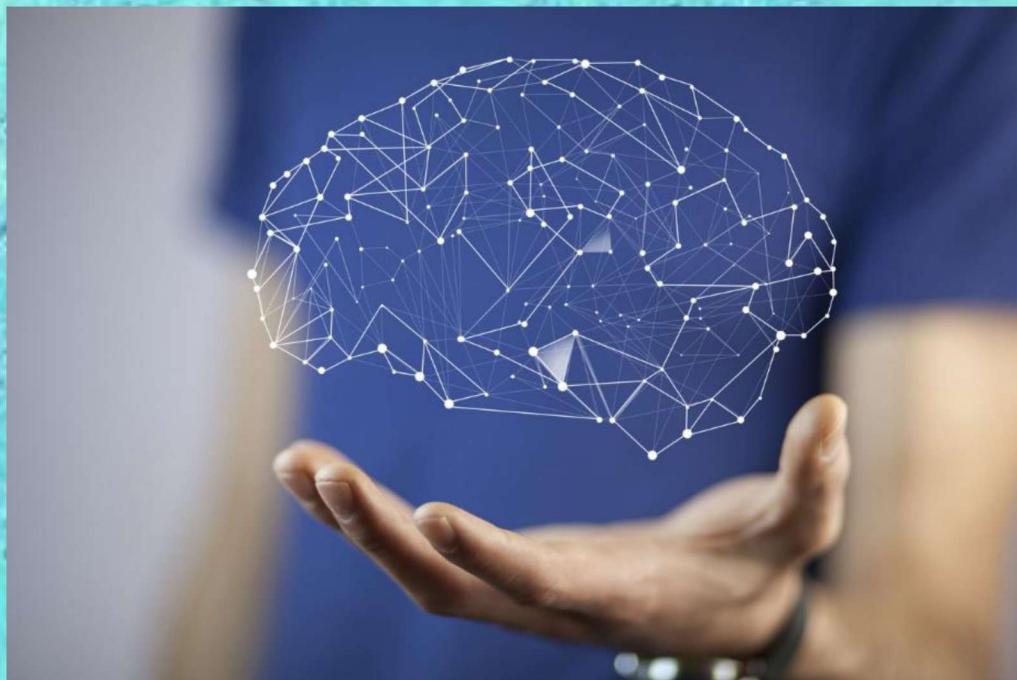


ЗБІРНИК РОЗМОВНИХ ТЕМ З АНГЛІЙСЬКОЇ МОВИ

для студентів медичного університету
спеціальності 225 «МЕДИЧНА ПСИХОЛОГІЯ»



МІНІСТЕРСТВО ОСВІТИ І НАУКИ УКРАЇНИ
Вінницький національний медичний університет ім. М. І. Пирогова

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Збірник розмовних тем з англійської мови для студентів медичного університету спеціальності 225 «Медична психологія» (на англійській мові) / Л. В. Дудікова, А. Л. Кондратюк, Ю. М. Остраус, М. І. Костюк. Вінниця : ТОВ «Нілан-ЛТД», 2024. 33 с.

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Збірник розмовних тем з англійської мови призначений для студентів першого та другого курсів медичних університетів, що навчаються за спеціальностями 225 «Медична психологія».

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ПЕРЕДМОВА

Збірник розмовних тем з англійської мови призначений для студентів першого та другого курсів медичних університетів, що навчаються за спеціальністю 225 «Медична психологія».

Збірник створено відповідно до вимог робочих програм з навчальних дисциплін «Англійська мова» та «Англійська мова (за професійним спрямуванням)» підготовки фахівців другого (магістерського) рівня вищої освіти, освітньої кваліфікації «Магістр з медичної психології», професійної кваліфікації «Лікар-психолог». Зазначені дисципліни є обов'язковим компонентом освітньо-професійної програми підготовки магістра з медичної психології.

Метою збірника є формування у студентів комунікативної компетенції та вміння застосовувати діапазон словника розмовних тем для здійснення іншомовного спілкування. У результаті вивчення розмовних тем студенти вдосконалюють уміння висловлюватися вільно і спонтанно, не відчуваючи браку мовних засобів для вираження думки; здійснювати професійну комунікацію з необхідним ступенем деталізованості й тематичної складності; ефективно і гнучко використовувати англійську мову в різноманітних ситуаціях професійного спілкування.

Збірник містить 13 розмовних тем, що тісно пов'язані зі сферою професійної діяльності лікаря-психолога. Запропоновані адаптовані тексти двох рівнів складності супроводжуються переліком питань, які сприяють осмисленню та розумінню матеріалу. Дотекстовий словник повністю відображає змістожної теми та сприяє формуванню англомовної термінологічної компетенції майбутніх фахівців.

Текстовий матеріал збірника – це адаптовані матеріали сучасних оригінальних англомовних джерел – словників, енциклопедій, сайтів довідкового характеру. Зокрема, було використано словники:

- Bma Illustrated Medical Dictionary, Fourth Edition. Dorling Kindersley, 2018;
- Webster's New World Medical Dictionary, Third Edition. Hoboken : Wiley Publishing, 2008;
енциклопедії:
- Human Diseases and Conditions, Third edition / Project editor : Miranda Herbert Ferrara. Charles Scribner's Sons, 2016;
- The Gale Encyclopedia of Medicine, Sixth edition. Gale Research Inc., 2020;
сайти:
 - <https://braincheck.com>
 - <https://medlineplus.gov>
 - <https://my.clevelandclinic.org>
 - <https://www.betterhelp.com>
 - <https://www.cdc.gov>
 - <https://www.goodtherapy.org>
 - <https://www.healthline.com>

- <https://www.medicalnewstoday.com>
- <https://www.msdmanuals.com>
- <https://www.news-medical.net>
- <https://www.psychiatry.org>
- <https://www.psychiatry.org>
- <https://www.psychologytoday.com>
- <https://www.simplypsychology.org>
- <https://www.verywellmind.com>

Матеріали збірника забезпечують професійну спрямованість студентів спеціальності 225 «Медична психологія» під час вивчення англійської мови, готовують їх до іншомовної комунікації, формують уміння використовувати професійну лексику у монологічному та діалогічному мовленні.

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MY FUTURE PROFESSION

Increase your vocabulary:

addiction	[ə'dɪkʃn]	залежність
adult	[ə'ædʌlt], [ə'dʌlt]	дорослий
assessment	[ə'sesmənt]	діагностика, обстеження
behaviour	[bɪ'hɛvɪə(r)]	поведінка
career	[kə'riə(r)]	кар'єра
change	[tʃeɪndʒ]	зміна
common	[kəmən]	розважливий
condition	[kən'dɪʃn]	стан
cope with	[kəʊp wɪð]	впоратися, врегулювати
depression	[dɪ'preʃn]	депресія
diagnosis	[daiəg'nəʊsɪs]	діагноз
emotional	[ɪ'muəʃənl]	емоційний
health	[helθ]	здоров'я
improve	[ɪm'pru:v]	покращити
instead	[ɪn'stɛd]	натомість
mental health clinic	['mentl helθ 'klinik]	психіатрична клініка
medicine	[medisn]	медицина, лікарський препарат
mental	[mentl]	розумовий
patient	[peɪʃnt]	пацієнт
phobia	[fəʊbiə]	страх
prescribe	[prɪ'skraɪb]	приписувати
private practice	[prə'veɪt 'præktɪs]	приватна практика
psychologist	[saɪ'kɒlədʒɪst]	психолог
quality	['kwɒləti]	якість
speciality	[speʃɪ'tiəti]	спеціальність
session	[səʃn]	сеанс
talk therapy	[tɔ:k 'θerəpi]	діалогова терапія
thinking	[θɪŋkɪŋ]	мислення
thoughts	[θɔ:ts]	думки
trauma	[trɔ:mə]	травма
treat	[tri:t]	лікувати

I am a first-year student of Vinnytsia National Pirogov Memorial Medical University. I study Clinical Psychology. I have chosen this speciality because now it is a very popular career in medicine.

Clinical psychologists are mental health professionals. They help people with emotional and mental health conditions. They also can help with different problems, like depression,

stress, trauma, phobias, and addiction. Clinical psychologists may work with patients of all ages, from children to adults. They can work in hospitals, private practices, or mental health clinics. They work with individuals, families, or groups.

Clinical psychologists make psychological assessments to understand their patients better. Diagnosis and treatment of mental health conditions are important parts of their job. They do not prescribe medicines to treat disorders. Instead, they use psychological treatment called talk therapy. Talk therapy is a meeting with a psychologist to speak about patient's emotions, thoughts, and reasons of psychological distress. During these sessions a psychologist helps to understand and cope with the patient's problems. A psychologist also helps to make positive changes in patients' behaviour and thinking.

Mental health conditions are very common. So clinical psychologists play an important role helping people improve their quality of life.

Answer the questions:

1. Where do you study?
2. Why have you chosen this speciality?
3. What age groups do clinical psychologists work with?
4. What are clinical psychologists?
5. What disorders can they help people with?
6. Where can clinical psychologists work?
7. What do clinical psychologists use to treat disorders?
8. What is talk therapy?
9. What does the psychologist do during sessions?
10. Why are clinical psychologists so important?

SUMMARY

I am a first-year student of Vinnytsia National Pirogov Memorial Medical University. I study Clinical Psychology. Clinical psychologists are mental health professionals. They help people with emotional and mental health conditions. Clinical psychologists may work with patients of all ages, from children to adults. They can work in hospitals, private practices, or mental health clinics. They work with individuals, families, or groups. Clinical psychologists assess, diagnose and treat patients with mental health conditions. They use psychological treatment called talk therapy. During these sessions they help to understand and cope with the patient's problems. Mental health conditions are very common. So clinical psychologists play an important role helping people improve their quality of life.

PSYCHOLOGY AS A SCIENCE

Increase your vocabulary:

ancient	[ˈeɪnʃənt]	стародавній
anthropology	[ænθrəˈpɔlədʒi]	антропологія
assessment	[əˈsesmənt]	оцінка
behaviour	[bɪˈheɪvɪə(r)]	поведінка
branch	[brɑːntʃ]	галузь
broad	[brɔːd]	широкий
cognitive	[ˈkɒgnətɪv]	розумовий, когнітивний
combine	[kəmˈbaɪn]	об'єднувати
emerge	[ɪˈmɜːdʒ]	з'являтися
focus on	[ˈfəʊkəs ən]	фокусуватися, базуватися
goal	[gəʊl]	мета
impact	[ˈɪmpækt]	вплив
improve	[ɪmˈpruːv]	покращувати
medicine	[ˈmedsn], [ˈmedɪsn]	медицина
predict	[priˈdikt]	передбачати
process	[prəʊses]	процес
psychology	[saɪˈkɒlədʒi]	психологія
quality	[ˈkwɒləti]	якість
relatively	[rɪˈleɪtɪvli]	відносно
rely on	[rɪˈlai ən]	спиратися на, ґрунтуватися на
scientific	[saɪəənˈtifik]	науковий
sociology	[səʊəsiˈɒlədʒi]	соціологія
soul	[səʊl]	душа
survey	[ˈsɜːveɪ]	дослідження
thought	[θɔːt]	думка
trace back	[treɪs bæk]	прослідкувати, простежити

Human psychology is the scientific study of the mind and behaviour. The term comes from the Greek words meaning “soul” and “study”. Psychology is considered a relatively new science, but its origins can be traced back to ancient Greece. Psychology emerged from biology and philosophy. It is linked to other disciplines such as sociology, medicine, and anthropology.

Psychology is a broad science. It includes the study of human thought, behaviour, development, personality, emotion, motivation, and more. It relies on scientific methods like survey, observation, testing, experiment and other. The four main goals of psychology are to describe, explain, predict and change human behaviour and mental processes.

Many different branches of psychology have developed. Some of them are biological psychology, clinical psychology, cognitive psychology, developmental psychology, personality psychology and social psychology.

Clinical psychology combines the science of psychology with treating complex human problems. It focuses on the assessment, diagnosis, and treatment of mental health disorders. The aim of clinical psychology is to help people improve their mental health and increase the quality of life.

Psychology has a powerful impact on the world today. It plays an important role in helping people live better lives. Today, psychologists work to understand many different aspects of the human mind and behaviour.

Answer the questions:

1. What is human psychology?
2. What is the origin and meaning of the term “Human Psychology”
3. Where did psychology emerge from?
4. What disciplines is it linked to
5. What does psychology include?
6. What does psychology rely on?
7. What are the four main goals of psychology?
8. What branches of psychology are there?
9. What does clinical psychology focus on?
10. What is the aim of psychology nowadays?

SUMMARY

Human psychology is the scientific study of the mind and behaviour. It emerged from biology and philosophy. Its origins can be traced back to ancient Greece. Psychology is a broad science. It includes the study of human thought, behaviour, development, personality, emotion, and more. It relies on scientific methods like survey, testing, experiment. There are many different branches of psychology. Some of them are biological psychology, clinical psychology, cognitive psychology, and social psychology. Clinical psychology focuses on the assessment, diagnosis, and treatment of mental health disorders. Psychology has a powerful impact on the world today. It plays an important role in helping people live better lives.

HUMAN BODY

Increase your vocabulary:

abdomen	['æbdəmən]	живіт, черевна порожнина
blood	[bləd]	кров
bone	[bən]	кістка
breastbone	['brestbən]	грудина
cartilage	['ka:təlɪdʒ]	хрящ
cavity	['kævətɪ]	порожнина
cheekbone	['tʃi:kbaʊn]	вилиця
chest	[tʃest]	грудна клітка
cranial	['kreɪniəl]	черепний
diaphragm	['daɪəfræm]	діафрагма
facial	['feɪʃəl]	лицьовий
forearm	['fɔ:ra:m]	передпліччя
forehead	['fɔ:rid]	лоб
gallbladder	['gɔlblaðər]	жовчний міхур
heart	[ha:t]	серце
intestine	[in'testin]	кишківник
jaw	[dʒɔ:]	щелепа
joint	[dʒɔɪnt]	суглоб
kidney	['kɪdnɪ]	нирка
ligament	['lɪgəmənt]	зв'язка
limb	[lim]	кінцівка
lung	[lʌŋ]	легеня
muscle	['mʌsl]	м'яз
pelvic	['pelvɪk]	тазовий
shin	[ſɪn]	гомілка
shoulder	['ʃəuldə]	плече
skull	[skul]	череп
spine	[spaɪn]	хребет
spleen	[ſpli:n]	селезінка
stomach	['stʌmək]	шлунок, живіт
tissue	['tɪʃu:]	тканина
temple	['temp!]	скроня
thigh	[θai]	стегно
trunk	[trʌŋk]	тулуб
urinary	['juərɪnəri]	сечовий
vertebrae	['vɜ:tibri:]	хребці
vessel	['vesl]	судина

Human body consists of three parts. They are the head, the trunk, and the limbs. There are many bones of different sizes and shapes in the skeleton. The bones are connected by cartilages, ligaments, and joints.

The main part of the head is called the skull. The bones of the skull are composed of cranial and facial parts. The skull encloses the brain. The forehead, the temples, the cheeks, the cheekbones, the two jaws and the mouth compose the face.

The trunk consists of the spine, the chest, and the pelvic bones. In the spine there are many vertebrae. The trunk is divided into two large cavities by diaphragm. The upper cavity is called the chest and the lower one is called the abdomen. In the middle of the chest there is the breastbone. The ribs are connected with the breastbone by cartilages.

The lungs and the heart are located above the diaphragm in the chest. In the abdomen there are inner organs such as stomach, liver, urinary bladder, gallbladder, kidneys, spleen, and intestines. The upper limb is divided into the shoulder, the forearm, and the hand. The lower limb consists of the thigh, the shin, and the foot.

Muscles form about 40 per cent of the body weight. They are attached to bones, inner organs, and blood vessels. Muscles allow us to make internal or external movements. The body is covered by skin. There are blood vessels and nerves in all the tissues of the body.

Answer the questions:

1. What parts does the human body consist of?
2. What parts are the bones of the skull composed of?
3. What does the trunk consist of?
4. What cavities is the trunk divided into?
5. Where are the lungs and the heart located?
6. What organs are there in the lower cavity?
7. What is the upper limb divided into?
8. What does the lower limb consist of?
9. What are the muscles attached to?
10. What is the body covered by?

SUMMARY

Human body consists of the head, the trunk, and the limbs. The main part of the head is called the skull. The skull encloses the brain. The trunk consists of the spine, the chest, and the pelvic bones. The trunk is divided into two large cavities by diaphragm. The upper cavity is called the chest and the lower one is called the abdomen. The lungs and the heart are located above the diaphragm in the chest. In the abdomen there are inner organs such as stomach, liver, urinary bladder, gallbladder, kidneys, spleen and intestines. The upper limb is divided into the shoulder, the forearm, and the hand. The lower limb consists of the thigh, the shin, and the foot. Muscles form about 40 per cent of the body weight. They are attached to bones, inner organs, and blood vessels. The body is covered by skin.

NERVOUS SYSTEM

Increase your vocabulary:

autonomic	[, ɔ:tənəmɪk]	вегетативний
appropriate	[ə'prəʊpriət]	відповідний, доречний
axon	[',ækso:n]	аксон
brain	[breɪn]	головний мозок
cardiac muscle	[',ka:diæk 'mʌs]	серцевий м'яз
cell body	[sel 'bɔ:di / sel 'bɒdi]	тіло клітини
conduct	[kən'dʌkt]	проводити
cranial	[',kreɪniəl]	черепний
dendrite	[',dendraɪt]	дендрит
environment	[ɪn'veɪrənmənt]	навколошнє середовище
fiber	[',faɪbə(r)]	волокно
gland	[glænd]	залоза
glia	[',gli:ə]	глія
impulse	[',impʌls]	імпульс, сигнал
major	[',meɪdʒə(r)]	основний, головний
nerve	[nɜ:v]	нерв
nervous	[nɜ:vəs]	нервовий
neuron	[',njuərən]	нейрон
peripheral	[pə'rɪfərəl]	периферичний
reflex	[',ri:fleks]	рефлекс
response	[rɪ'spɒns]	відповідь, реакція
skull	[skʌl]	череп
smooth muscle	[smu:ð 'mʌsl]	гладенький м'яз
spinal cord	[',spænl kɔ:d]	спинний мозок
synapse	[',snaepz / 'snaeps]	синапс

The nervous system is divided into two parts: the central nervous system and the peripheral nervous system. The central nervous system consists of the brain and the spinal cord. The peripheral nervous system consists of the cranial nerves and the spinal nerves. The peripheral nervous system also includes the autonomic nervous system. It controls the movements of the body's smooth muscles, cardiac muscles, and glands.

A nerve is as a group of nerve fibers located outside the central nervous system. Nerve fibers make up nerve cells, also known as neurons. They are the building blocks of the nervous system. Neurons vary in size, shape, and functions. They consist of the following parts: cell

body, dendrite and axon. Neurons are classified into three groups: sensory, motor, and interneurons. The space between two neurons is known as a synapse.

The spinal cord connects the brain to the peripheral nervous system. The functions of the spinal cord are to conduct sensory and motor impulses and to carry out direct reflexes.

The brain is the major organ of the nervous system located in the skull. It consists of over 100 billion neurons and trillions of glia. The brain is covered by fluid, membranes, and bones.

The overall function of the nervous system is to gather and analyze information about the external environment and the body's internal state, and to initiate appropriate responses.

Answer the questions:

1. What does the central nervous system consist of?
2. What does the peripheral nervous system consist of?
3. What is the function of the autonomic nervous system?
4. What is a nerve?
5. What parts does a neuron consist of?
6. What groups are neurons classified into?
7. What is a synapse?
8. What are the functions of the spinal cord?
9. What does the brain consist of?
10. What is the brain covered by?

SUMMARY

The nervous system is divided into two parts: the central nervous system and the peripheral nervous system. The central nervous system consists of the brain and the spinal cord. The peripheral nervous system consists of the cranial nerves and the spinal nerves. A nerve is a group of nerve fibers located outside the central nervous system. Nerve fibers make up nerve cells, also known as neurons. Neurons consist of cell body, dendrites, and axon. Neurons are classified into three groups: sensory, motor, and interneurons. The space between two neurons is known as a synapse. The spinal cord connects the brain to the peripheral nervous system. The brain is the major organ of the nervous system. The function of the nervous system is to gather and analyze information and to initiate appropriate responses.

HUMAN BRAIN

Increase your vocabulary:

adult	[ˈædʌlt], [əˈdʌlt]	дорослий
average	[ˈævərɪdʒ]	середньостатистичний, загальний
brain	[breɪn]	головний мозок
brain stem	[breɪn stem]	стовбур головного мозку
carbohydrate	[,ka:bəʊ'haɪdrɪt]	углевод
cavity	[ˈkevətɪ]	порожнина
central	[ˈsentrəl]	основний, головний
cerebellum	[,serəˈbeləm]	мозочок
cerebrospinal fluid	[,serɪbrəʊˈspainəl ˈflu:ɪd]	спинномозкова рідина
cerebrum	[səˈri:b्रəm], [ˈserəbrəm]	кінцевий (великий) мозок
cognitive ability	[ˈkɒgnətɪv əˈbilətɪ]	пізнавальна здатність
complex	[ˈkɒmplɛks]	складний, комплексний
enable	[ɪˈneɪbl]	сприяти, забезпечувати
hollow	[ˈhɒləʊ]	порожністий
injury	[ˈɪndʒəri]	пошкодження
inside	[,ɪnˈsaɪd]	всередині
intelligence	[ɪnˈtelɪdʒəns]	інтелект
layer	[ˈleɪə(r)], [leə(r)]	шар, прошарок
locate	[ləʊˈkeɪt]	розташовувати
meninges	[məˈnɪndʒi:z]	мозкові оболонки
nervous system	[nɜ:vəs ˈsistəm]	нервова система
neuron	[ˈnjuərən]	нейрон
per cent	[pəˈsent]	відсоток
protein	[prəˈoti:n]	білок
provide	[prəˈvaɪd]	забезпечувати, надавати
psychological function	[saɪkəˈlɒdʒɪkl ˈfʌnktʃn]	психологічна функція
salt	[sɔ:lt], [sɒlt]	сіль
structure	[ˈstrʌktʃə(r)]	структурна
surround	[səˈraʊnd]	оточувати
tissue	[ˈtɪʃu:]	тканина
ventricle	[ˈventrɪkl]	шлунок
weigh	[wei]	мати вагу

The brain is the most complex structure in the human body. It is the central organ of the nervous system. An average adult brain weighs about 1.4 kilograms. It is made up of billions of neurons. The brain is about 60 per cent fat. The remaining 40 per cent is a combination of water, protein, carbohydrates and salts.

The brain is located inside the skull. It is surrounded by the meninges and cerebrospinal fluid. The meninges consist of three layers of tissue that cover the brain and spinal cord and provide protection. Cerebrospinal fluid is a clear substance that helps to protect the brain and spinal cord from injury. The brain has four hollow cavities called ventricles. Cerebrospinal fluid is produced in the ventricles.

The brain is made up of three main parts. They are the cerebrum, cerebellum, and brain stem. Each part has special functions and is made up of several components. The cerebrum is the largest part of the brain. There are areas which enable speech, thinking, problem-solving, emotions and learning. Its other functions relate to vision, hearing, touch and other senses.

The brain controls all functions of the body that are important for survival, such as heartbeat, breathing and temperature regulation. It receives information from sensory receptors, processes and interprets it. The brain also stores memories and controls movements. It is the root of human intelligence as it controls our cognitive abilities and psychological functions.

Answer the questions:

1. What is the brain?
2. How much does an average adult brain weigh?
3. What are the components of the human brain?
4. What do you know about the meninges?
5. How can you characterize cerebrospinal fluid?
6. What parts is the brain made up of?
7. What are the functions of the cerebrum?
8. What functions does the brain control?
9. Where does the brain receive information from?
10. Why is it the root of human intelligence?

SUMMARY

The brain is the most complex structure in the human body. It is the central organ of the nervous system. The brain weighs about 1.4 kilograms. It is made up of billions of neurons. It consists of fat, water, protein, carbohydrates and salts. The brain is located inside the skull. It is surrounded by the meninges and cerebrospinal fluid. The main parts of the brain are the cerebrum, cerebellum, and brain stem. The cerebrum is the largest part of the brain. It enables speech, thinking, problem-solving, emotions and learning. The brain controls all functions of the body such as heartbeat and breathing. It also receives, processes and interprets information. The brain is the root of human intelligence as it controls cognitive abilities.

COGNITIVE PROCESSES

Increase your vocabulary:

allow	[ə'ləʊ]	дозволяти
analyse	[ə'ænəlaɪz]	аналізувати
attention	[ə'tenʃn]	увага
due to	[dju: tə]	завдяки
enable	[ɪ'neɪbl]	дозволяти, забезпечувати
environment	[ɪn'veɪrənmənt]	навколошне середовище
focus on	[fəʊkəs ən]	зосередитися на
gain	[geɪn]	набувати
growth	[grəʊθ]	ріст
include	[ɪn'klu:d]	включати в себе
interact	[ɪn'tæk't]	взаємодіяти
involve	[ɪn'vɒlv]	охоплювати, залучати
judgment	[dʒudʒmənt]	судження
chemical	[kemɪkl]	хімічний
cognitive process	[kə'gnɪtɪv 'prəʊses]	когнітивний процес
keeping knowledge	[ki:pɪŋ 'nɒlɪdʒ]	зберігання знань
language	[læŋgwɪdʒ]	мова
learning	[lɜ:nɪŋ]	навчальна діяльність
lifelong	[lɪf'lɔŋ]	впродовж життя
memory	[meməri]	пам'ять
occur	[ə'kɜ:(r)]	відбуватися, виникати
perception	[pə'septʃən]	сприйняття
proper decision	[prə'pə(r) dɪ'sɪʒn]	правильне рішення
recall	[rɪ'kɔ:l]	згадувати, відтворювати
reason	[rɪ:zn]	міркувати
significant role	[sɪg'nɪfɪkənt rəʊl]	значна роль
stimulus	[stɪmju'ləs]	стимул, подразник
store	[stɔ:(r)]	запасати, накопичувати
thought	[θɔ:t]	мислення, думка
value	[vælju:]	цінність

Cognitive processes are chemical and electrical signals that occur in the brain. They allow humans to understand the environment and gain knowledge. Due to cognitive processes the brain interacts with the information around it, stores and analyses it to make proper decisions. Any activity people do involves cognitive processing.

There are many different types of cognitive processes. They include attention, perception, thought, memory, language and learning.

Attention allows people to focus on a specific stimulus in the environment. Perception enables getting information from the sense organs and using it. Because of this ability we respond and interact with the world.

Thought is an essential part of every cognitive process. Humans can reason, form judgments, and solve problems due to this mental activity.

Memory is a process that allows people to store and recall information. It is a critical component in learning as it enables keeping knowledge about the world.

Language involves the ability to understand and express thoughts by means of spoken and written words. It makes human communication possible.

Learning is the process of gaining new skills, knowledge, and values. Lifelong learning is an important component of community and individual growth.

Cognitive processes influence human behaviour and play a significant role in our daily life.

Answer the questions:

1. What are cognitive processes?
2. Where do cognitive processes occur?
3. What do cognitive processes enable our brain to do?
4. What types of cognitive processes are there?
5. What is the aim of attention?
6. What kind of ability is perception?
7. What is the essential part of every cognitive process?
8. What process allows people to store and recall information?
9. What does language involve?
10. What is learning?

SUMMARY

Cognitive processes are chemical and electrical signals in the brain. They allow humans to understand the environment and gain knowledge. There are many different types of cognitive processes. Attention allows people to focus on a specific stimulus in the environment. Perception enables getting information from the sense organs and using it. Thought is an essential part of every cognitive process. Memory is a process that allows people to store and recall information. It is a critical component in learning. Language involves the ability to understand and express thoughts by means of words. Learning is the process of gaining new skills and knowledge. Cognitive processes influence human behaviour and our daily life.

REFLEXES

Increase your vocabulary:

appearance	[ə'priərəns]	поява
autonomic	[, ə:tənəmik]	автономний, вегетативний
birth	[bɜ:θ]	народження
breathing	['bri:ðɪŋ]	дихання
contract	[kɒntrækt]	скорочуватися
danger	[d'ændʒə(r)]	небезпека
experience	[ɪk'spiəriəns]	досвід
harm	[ha:m]	збиток, шкода
homeostasis	[, həʊməstɪsɪs]	гомеостаз
involuntary	[ɪn'vɒləntri]	мимовільний
involve	[ɪn'vɒlv]	включати
nervous	[nɜ:vəs]	нервовий
neuron	[njuərən]	нейрон
maintain	[meɪn'teɪn]	підтримувати
motor	[məʊtə(r)]	руховий
move away	[mu:v ə'wei]	відсмикнути
muscle	[mʌsl]	м'яз
smooth ~	[smu:θ]	гладенький ~
cardiac ~	[kə:dɪæk]	серцевий ~
occur	[ə'kɜ:(r)]	виникати, відбуватися
reflex	[rɪ'fleks]	рефлекс
response	[rɪ'spɒns]	відповідь
sensory	[sensəri]	чуттєвий, сенсорний
somatic	[sə'matik]	соматичний, фізичний
stimulus	[stɪmju'ləs]	стимул, подразник
swallowing	[swɒləʊŋ]	ковтання
sudden	[sʌdn]	раптовий
thinking	[θɪŋkɪŋ]	мислення
touch	[tʌtʃ]	дотик
unconditioned	[ʌnkjən'dɪʃnd]	безумовний
unplanned	[ʌn'plænd]	незапланований
voluntary	[vɒləntri]	добровільний

Reflex is a sudden, involuntary, unplanned action or response to a stimulus. It happens without thinking about it. Reflexes protect the body from danger or harm and help maintain homeostasis. Reflexes can occur at two different levels - somatic and autonomic.

Somatic reflexes involve skeletal muscles. These reflexes are voluntary and are controlled by the somatic nervous system. Somatic reflex is a motor response to a sensory stimulus. It involves a sensory neuron and a motor neuron. They stimulate a skeletal muscle to contract. Common somatic reflexes include moving the hand away when you touch a hot object or moving the leg away when you step on a sharp object.

Autonomic reflexes involve smooth muscles, cardiac muscle, and glands. These reflexes are involuntary and are controlled by the autonomic nervous system. An autonomic reflex consists of contractions of smooth or cardiac muscle, or secretion by glands in response to a stimulus. Common autonomic reflexes include breathing and swallowing.

People are born with many reflexes which occur naturally and automatically. They are called unconditioned reflexes. Conditioned reflexes develop after birth and their appearance depends on personal experience.

Answer the questions:

1. What is reflex?
2. What do reflexes protect the body from?
3. What levels of reflexes do you know?
4. What do somatic reflexes involve?
5. What do common somatic reflexes include?
6. What do autonomic reflexes involve?
7. What do common autonomic reflexes include?
8. What are called unconditioned reflexes?
9. When do conditioned reflexes develop?
10. How can we call somatic and autonomic reflexes?

SUMMARY

Reflex is an involuntary, unplanned action or response to a stimulus. It happens without thinking about it. Reflexes protect the body and help maintain homeostasis. Reflexes can occur at two different levels - somatic and autonomic. Somatic reflexes involve skeletal muscles. These reflexes are voluntary. Somatic reflex is a motor response to a sensory stimulus. Autonomic reflexes involve smooth muscles, cardiac muscle, and glands. These reflexes are involuntary. Common autonomic reflexes include breathing and swallowing. People are born with many reflexes. They are called unconditioned reflexes. Conditioned reflexes develop after birth and depend on personal experience.

AFFECTIVE DISORDERS

Increase your vocabulary:

affect	[ə'fekt]	вражати, впливати
anger	[ˈæŋgə(r)]	злість
behaviour	[bɪˈhevɪə(r)]	поведінка
common	[ˈkɒmən]	поширеній
condition	[kənˈdɪʃn]	стан
disorder	[dɪs'ɔ:də(r)]	роздяд
affective ~	[ə'fektɪv] ~	афективний ~
bipolar ~	[baɪ'pɔ:lə(r)] ~	біполярний ~
mood ~	[mu:d] ~	~ настрою
mental ~	[ˈmentl] ~	психічний ~
decrease	[di'kri:s]	зменшувати(ся)
extreme	[ɪk'stri:m]	надмірний, екстремальний
feeling	[fi:lɪŋ]	відчуття, почуття
genetic	[dʒe'netɪk]	генетичний
hopelessness	[həʊpləsnəs]	безнадійність, безвихід
impact	[ˈimpækɪt]	впливати
impulsiveness	[ɪm'pʌlsɪvnəs]	імпульсивність
involve	[ɪn'vɒlv]	включати, залучати
irritability	[ɪrɪtə'bɪləti]	роздратування
manic	[ˈmænɪk]	маніакальний
persistent	[pə'sistant]	тривалий
psychotherapy	[saɪkəʊ'θerəpi]	психотерапія
receive	[rɪ'si:v]	отримувати
sadness	[ˈsædnəs]	сум
shift	[ʃɪft]	зміна
suicide	[ˈsu:isaɪd]	самогубство
thoughts	[θo:ts]	думки

Affective disorders are also called mood disorders. These are mental disorders that affect a person's emotional state. They impact person's thoughts, feelings, and daily activities. Affective disorders cause long periods of extreme happiness, extreme sadness or both. Some of them involve other persistent emotions, such as anger and irritability.

Two of the most common affective disorders are depression and bipolar disorder.

Depression is a medical term that describes permanent feelings of extreme sadness and hopelessness. The condition can cause difficulty with thinking, memory, eating and sleeping.

A person must have symptoms for at least two weeks to receive a diagnosis of clinical depression.

Bipolar disorder is a lifelong disorder that causes intense shifts in mood, energy levels, thinking and behaviour. Bipolar disorders are generally marked by shifts between depressive and manic episodes. Depressive episodes are characterised by extremely low mood, lack of energy, difficulty concentrating, thoughts about death or suicide. Manic episodes are characterised by extremely elevated mood, increased energy, decreased ability and need for sleep, impulsiveness and irritability.

Affective disorders can be caused by a combination of factors, including chemical imbalances in the brain, genetics, and stressful life events. Treatment of affective disorders usually involves a combination of medication and psychotherapy. Lifestyle changes, such as increasing exercise, eating a healthy diet, and reducing stress, may also help.

Answer the questions:

1. What are affective disorders?
2. What do they impact?
3. What do they cause?
4. What are the most common affective disorders?
5. What is depression?
6. What can depression cause?
7. What is bipolar disorder?
8. What are depressive episodes characterised by?
9. What are manic episodes characterised by?
10. What does treatment of affective disorders usually involve?

SUMMARY

Affective disorders are mental disorders that affect a person's emotional state. They impact person's thoughts, feelings, and daily activities. Two of the most common affective disorders are depression and bipolar disorder. Depression is a permanent feeling of extreme sadness and hopelessness. The condition can also cause difficulty with thinking, memory, eating and sleeping. Bipolar disorder causes intense shifts in mood, energy levels, thinking and behaviour. It is generally marked by shifts between depressive and manic episodes. Affective disorders can be caused by chemical imbalances in the brain, genetics, and stressful life events. Treatment usually involves a combination of medication and psychotherapy. Lifestyle changes, such as increasing exercise, eating a healthy diet, and reducing stress, may also help.

ANXIETY DISORDERS

Increase your vocabulary:

anxiety	[æn'zaiəti]	занепокоєння, тривога,
attention	[ə'tenʃn]	увага
chemical	[ˈkemɪkl]	хімічний
cope with	[kəʊp wið]	впоратися
dangerous	[ˈdeindʒərəs]	небезпечний
diabetes	[daiət'bi:ti:z]	діабет
excessive	[ɪk'sesɪv]	надмірний
experience	[ɪk'spɪəriəns]	відчувати, зазнавати
fear	[fiə(r)]	страх
focus	[fəʊkəs]	сфокусуватися
heredity	[hə'redəti]	спадковість
improve	[ɪm'pru:v]	покращити
interfere	[ɪn'tər fɪə(r)]	перешкоджати
job performance	[dʒɒb pə'fɔ:məns]	продуктивність праці
make decision	[meɪk dɪ'siʒn]	приймати рішення
mild	[maɪld]	помірний, незначний
nervousness	[nɜ:vəsnəs]	нервозність, знервованість
occur	[ə'kɜ:(r)]	виникати
phobias	[fəʊbiəs]	страх, фобія
quality	['kwɒləti]	якість
rapidly	[ræpɪdli]	швидко
relationship	[rɪ'leɪʃnʃɪp]	стосунки, взаємовідносини
sweating	[swetŋ]	потіння
trembling	[tremblŋ]	тремтіння
worry	['wʌri]	хвилюватися

Anxiety is a normal reaction to stress. Mild levels of anxiety can be useful. It helps us to notice dangerous situations and focuses our attention, so we stay safe.

Anxiety disorders differ from normal feelings of nervousness. People with anxiety disorders have excessive and persistent worry and fear about everyday situations. Other symptoms may include increased heart rate, breathing rapidly, sweating, trembling, trouble sleeping, trouble concentrating or making decisions. People typically experience these symptoms for at least several months. The symptoms can interfere with daily activities such as job performance, schoolwork, and relationships. Examples of anxiety disorders are generalized anxiety disorder, panic disorder, and phobias.

Anxiety disorders are the most common of mental disorders. They occur more often in women. They affect nearly 30% of adults at some point in their lives. Researchers don't know exactly what causes anxiety disorders. They may result from a combination of factors, including chemical imbalance, heredity and stressful events. They also can be caused by a medical disorder or by the use of medications, drugs, alcohol, and other substances. Anxiety disorders can increase the risk for other diseases such as heart disease, diabetes, and depression.

Medications cannot cure an anxiety disorder, but they can improve symptoms and help to function better. Psychotherapy helps to learn strategies to cope with stress when it occurs. These treatments can be given alone or in combination. The right treatment can help to improve the quality of life and productivity.

Answer the questions:

1. What is anxiety?
2. What can you say about mild levels of anxiety?
3. What are the symptoms of anxiety disorders?
4. How long can the symptoms last?
5. What can the symptoms interfere with?
6. Who is more often affected?
7. What may anxiety disorders result from?
8. What can anxiety disorders increase the risk for?
9. What is the treatment for an anxiety disorder?
10. Why is psychotherapy used?

SUMMARY

Anxiety is a normal reaction to stress. Mild levels of anxiety can be useful. Anxiety disorders differ from normal feelings of nervousness. People with anxiety disorders have excessive worry and fear about everyday situations. Other symptoms include increased heart rate, breathing rapidly, sweating, trembling, trouble sleeping. Examples of anxiety disorders are generalized anxiety disorder, panic disorder, and phobias. Anxiety disorders are the most common of mental disorders. They occur more often in women. They affect nearly 30% of adults. The exact cause of anxiety disorders is not known. They may result from chemical imbalance, heredity, stressful events, medical disorders or the use of medications and drugs. The main treatments for anxiety disorders are psychotherapy, medicines, or both. The right treatment can help to improve the quality of life and productivity.

INTELLECTUAL DISABILITIES

Increase your vocabulary:

abstract thinking	[ˈæbstrækɪŋ]	абстрактне мислення
appear	[əˈpiə(r)]	з’являтися
assistance	[əˈsistəns]	допомога
childhood	[ˈtʃaɪldhod]	дитинство
cure	[kjoo(r)]	лікування, лікувати
disability	[dɪsəˈbɪləti]	інвалідність, вада, порушення
due to	[dju: tə]	внаслідок
exact	[ɪgˈzækt]	точний, чіткий
experience	[ɪkˈspɪəriəns]	досвід
follow instructions	[ˈfɒləʊɪŋ]	дотримуватися інструкцій
influence	[ˈɪnfluəns]	вплив, впливати
injury	[ˈɪndʒəri]	ушкодження
intellectual	[ɪnˈteləktʃuəl]	розумовий
judgment	[dʒudʒmənt]	судження
lifelong	[ˈlaɪflɔŋ]	протягом усього життя
manage	[mænɪdʒ]	роздорювати
perform	[pərˈfɔ:m]	виконувати
physical	[fɪzɪkl]	фізичний
skills	[skɪlz]	вміння, навички, здібності
self-care ~	[self ˈkeə(r)] ~	~ самообслуговування
academic ~	[ækədəmɪk] ~	освітні ~
society	[səˈsaɪəti]	суспільство
solve	[sɒlv]	вирішувати
take care of	[teɪk keə(r)]	піклуватися
trouble	[ˈtrʌbl]	проблема
vary	[ˈveəri]	різнистися

An intellectual disability is a condition when a person has difficulty with general mental abilities. The effects of this can vary widely. Some people may experience mild effects and live independent lives. Others may have severe effects and need lifelong assistance.

Intellectual disabilities can influence person’s intellectual, practical and social functioning. Intellectual functioning involves learning, judgment, problem solving, abstract thinking, memory, and academic skills. Practical functioning is the ability to function and take care of oneself independently, such as doing self-care activities, managing money, and performing work. Social functioning is the ability to function normally in society by using skills such as communication, following social rules, and making friends.

Symptoms of intellectual disabilities appear in early childhood. In some cases, they might be physical such as unusually large or small head, abnormalities with hands or feet, or other physical differences. Some common symptoms of intellectual disabilities include difficulty speaking or reading, trouble following simple instruction, inability to think logically, memory problems, limited self-care skills, learning difficulties.

In many cases, the exact cause of intellectual disability is unknown. Typically, it develops due to injury, genetic conditions, childhood illnesses or pregnancy complications. Intellectual disability is a lifelong condition, which has no cure. Treatment comes in the form of support and care to improve the daily functioning of a person with this condition.

Answer the questions:

1. What is an intellectual disability?
2. Are there any differences in intellectual disability effects?
3. What does intellectual functioning involve?
4. What is practical functioning?
5. What social functioning is?
6. When do the symptoms of intellectual disabilities appear?
7. What are the physical symptoms of intellectual disabilities?
8. What are common symptoms of intellectual disabilities?
9. What do intellectual disabilities develop due to?
10. What is the treatment for intellectual disabilities?

SUMMARY

An intellectual disability is a condition when a person has difficulty with general mental abilities. The effects of this can vary widely. Some people may experience mild effects and live independent lives. Others may have severe effects and need lifelong assistance. Intellectual disabilities can influence persons intellectual, practical and social functioning. Symptoms of intellectual disabilities appear in early childhood. In some cases, they might be physical. Some common symptoms include difficulty speaking or reading, inability to think logically, memory problems, learning difficulties. In many cases, the exact cause of intellectual disability is unknown. It can develop due to injury, genetic conditions, childhood illnesses or pregnancy complications. Intellectual disability is a lifelong condition, which has no cure. Treatment comes in the form of support and care. The aim of treatment is to improve the daily functioning of a person with this condition.

PSYCHOSOMATIC DISORDERS

Increase your vocabulary:

ache	[eɪk]	біль
head ~	[hed] ~	головний біль
stomach ~	[ˈstʌmək] ~	біль у животі
affect	[ə'fekt]	вражати
anxiety	[æŋ'ziəti]	тревога
behavioural therapy	[bɪ'heɪvɪərəl 'θerəpi]	поведінкова терапія
elevated	[ˈelɪvəntɪd]	підвищений
experience	[ɪk'спɪrɪəns]	досвід
explanation	[,eksplə'neʃn]	пояснення
cardiovascular	[,ka:dɪəvə'saʊskjələ(r)]	серцево-судинний
common	[ˈkɒmən]	поширенний
depression	[dɪ'preʃn]	депресія
distress	[dɪ'stres]	горе, страждання
due to	[du: tə]	через, завдяки
gastrointestinal	[,gæstrəʊɪn'testɪnl]	шлунково-кишковий
illness	[ˈilnəs]	захворювання
increase	[ɪn'kri:s]	підвищуватися
insomnia	[ɪn'somniə]	безсоння
lead to	[li:d tə]	призводити до
occur	[ə'kɜ:(r)]	відбуватися, виникати
medication	[,medɪ'keɪʃn]	лікарський препарат
pain	[peɪn]	біль
chest ~	[tʃest] ~	біль у грудях
muscle ~	[məsl] ~	м'язовий біль
psychological	[,saɪkə'lɒdʒɪkl]	психологічний
psychosomatic	[,saɪkə'səmətɪk]	психосоматичний
psychotherapy	[saɪkə'θerəpi]	психотерапія
require	[rɪ'kwaɪə(r)]	вимагати, потребувати
severe	[sɪ've(r)]	серйозний, важкий
mental	[ˈmentl]	психічний
respiratory	[rɪ'spirətri], [rɪ'spərətri]	дихальний
report	[rɪ'pɔ:t]	повідомляти
worsen	[ˈwɜ:sn]	погіршуватися, загострюватися

Psychosomatic disorder is an illness that connects the mind and body. It is caused or worsened by a person's mental state. It can affect almost any part of the body. It occurs when a psychological condition leads to physical symptoms, often without any medical explanation.

Psychosomatic symptoms are real and require treatment, just like any other illness. The pain that patients experience is a result of increased nervous impulses in the brain.

Psychosomatic disorder is a common condition affecting people of many ages. It occurs more often in women than men. A psychosomatic disorder may develop during a period of severe stress or due to a mental disorder such as depression or anxiety. Some common psychosomatic symptoms include chest pain, headaches and stomach aches, elevated blood pressure, muscle pain and insomnia. Cardiovascular diseases, respiratory diseases, skin conditions and gastrointestinal conditions can worsen due to a psychosomatic disorder.

Psychosomatic disorders can be difficult to diagnose. People with the disorder usually don't report the presence of stress factors. Instead, they believe their problems are caused by medical conditions. They visit a doctor frequently to get tests and treatments. But often they do not receive a diagnosis, which may lead to distress. Treatments that can help people with psychosomatic disorders include behavioural therapy, psychotherapy and medications.

Answer the questions:

1. What is a psychosomatic disorder?
2. What is it caused or worsened by?
3. When do psychosomatic disorders occur?
4. Who is most commonly affected by the disease?
5. What are the causes of psychosomatic disorder development?
6. What are the common psychosomatic symptoms?
7. What can worsen due to a psychosomatic disorder?
8. Is it easy to diagnose a psychosomatic disorder?
9. Why is it difficult to diagnose a psychosomatic disorder?
10. What does the treatment include?

SUMMARY

Psychosomatic disorder is an illness that connects the mind and body. It is caused by a person's mental state. It can affect almost any part of the body. It occurs when a psychological condition leads to physical symptoms. Psychosomatic disorder is a common condition affecting people of many ages. It occurs more often in women than men. It may develop during a period of severe stress or due to a mental disorder. Psychosomatic symptoms include chest pain, headaches, elevated blood pressure, muscle pain and insomnia. Psychosomatic disorders can be difficult to diagnose. Patients usually don't report the presence of stress factors. Instead, they believe their problems are caused by medical conditions. Behavioural therapy, psychotherapy and medications can help people with psychosomatic disorders.

TEMPERAMENT

Increase your vocabulary:

ambitious	[æm'bɪʃəs]	амбітний
ancient	[ˈeɪnʃənt]	стародавній
anger	[ˈæŋgə(r)]	гніватися
behaviour	[bɪˈhevɪə(r)]	поведінка
blend	[blend]	суміш
characteristic	[,kærəktəˈristɪk]	риса
choleric	[ˈkɒlərɪk], [kɒ'lərɪk]	холерик
creative	[kri' eɪtɪv]	творчий
energetic	[,enə'dʒetɪk]	енергійний
hardworking	[,ha:d 'wɜ:kɪŋ]	працьовитий
impulsive	[ɪm'pʌlsɪv]	імпульсивний
independent	[,ɪndɪ'pendənt]	незалежний
influence	[,ɪnfluəns]	впливати
lack	[læk]	відсутність
melancholic	[,melənˈkɒlɪk]	меланхолійний
mood	[mu:d]	настрій
notice	[,nəʊtɪs]	помічати
patient	[,peɪʃnt]	терплячий
peaceful	[,pi:sfl]	спокійний
perfectionist	[pə'fekʃənɪst]	перфекціоніст
personality	[,pɜ:sə'nləti]	особистість
phlegmatic	[fleg'mætɪk]	флегматичний
prefer	[pri' fɜ:(r)]	віддавати перевагу
quick	[kwɪk]	швидкий
reliable	[rɪ'lائəbl]	надійний
sanguine	[,sæŋgwɪn]	сангвінік
stubborn	[,stʌbən]	впертий
talkative	[,tɔ:kətɪv]	балакучий
thinker	[,θɪŋkə(r)]	мислитель
unfriendly	[ʌn'frendli]	недружній
unique	[ju'ni:k]	унікальний
unsympathetic	[,ʌn sɪmpə'θetɪk]	безсердечний, жорстокий

Temperament is one of the many factors that influence human behaviour. It is a unique set of characteristics and aspects of personality that people are born with. Temperament is the way people react to situations. It can be used to describe a person's typical mood and behaviour.

According to the ancient Greeks, there may be four temperaments: sanguine, choleric, melancholic, and phlegmatic.

A sanguine person is energetic. They are friendly, talkative, and creative. They like to be noticed by others. But people in this category can lose interest in things they do. They may also be impulsive and lack discipline.

A choleric is ambitious, independent and hardworking. They are natural leaders. They are able to make good plans and do things well by not losing interest. On the other side, choleric people can be quick to anger and can be unsympathetic and unfriendly to others.

A melancholic person is a thinker and perfectionist. They prefer to spend time alone instead of being in social situations. People in this category are often very creative in areas such as poetry and music. They are also very sympathetic and sensitive.

A phlegmatic is a quiet, kind and peaceful person. They tend to be relaxed, passive and not have a lot of energy. They are reliable and patient people who like routine and stability in life. Phlegmatic people show little emotion and can be extremely slow and stubborn.

These types of temperament are primary ones, but no person is a single temperament. Everyone is a unique blend of two or more temperaments.

Answer the questions:

1. What is temperament?
2. What does temperament influence?
3. What can temperament be used to describe?
4. How many types of temperament are there?
5. How can you characterize a sanguine person?
6. How can you characterize a choleric person?
7. How can you characterize a melancholic person?
8. How can you characterize a phlegmatic person?
9. Does a person fit under a single temperament?

SUMMARY

Temperament is a unique set of characteristics and aspects of personality that people are born with. It is the way people react to situations. It can be used to describe a person's typical mood and behaviour. There are four temperaments: choleric, sanguine, phlegmatic, and melancholic. A sanguine person is energetic. They are friendly, talkative, and creative. They may also be impulsive and lack discipline. A choleric is ambitious, independent and hardworking. They are natural leaders. On the other side, choleric people can be quick to anger. A melancholic person is a thinker and perfectionist. They prefer to spend time alone. They are also very creative and sensitive. A phlegmatic is a quiet, kind and peaceful person. They show little emotion and can be extremely slow and stubborn. Everyone is a unique blend of two or more temperaments.

HEREDITY AND GENETICS

Increase your vocabulary:

ability	[ə'biləti]	здатність, вміння
behaviour	[bɪ'hevɪə(r)]	поведінка
bipolar	[,baɪ'pəʊlə(r)]	біполярний
characteristic	[,kærəktə'rɪstɪk]	характерні риси
cognitive	[kɒgnətɪv]	пізнавальний, когнітивний
chromosome	[,krəʊməsəʊm]	хромосома
culture	[,kʌltʃə(r)]	культура
determine	[dɪ'tɜ:min]	визначити
disorder	[dɪ'sɔ:də(r)]	роздад
estimate	[,estɪmeɪt]	визначати, підраховувати
experience	[ɪk'spiəriəns]	досвід
gene	[dʒi:n]	ген
genetics	[dʒetɪ'netɪks]	генетика
geographic	[,dʒɪ'ɒgræfɪk]	географічний
greatly	[,greɪtlɪ]	значною мірою
height	[heit]	зріст
heredity	[hə'redəti]	спадковість
inherit	[ɪn'hərit]	успадковувати
influence	[,ɪnfluəns]	вплив, впливати
intelligence	[ɪn'telɪdʒəns]	інтелект
offspring (pl. offspring)	[,ɒfspriŋ]	нащадок
quality	[,kwaləti]	якість
schizophrenia	[,skɪzəfri:nɪə]	шизофренія
strand	[strænd]	ланцюжок
trait	[treɪt]	риса
upbringing	[,ʌpbrɪŋɪŋ]	виховання
variation	[,veərɪ'eɪʃn]	різноманітність
visible	[,vɪzəbl]	видимий

Psychologists study heredity and genetics in order to better understand how genes influence human behaviour and personality. Heredity is the manner in which characteristics and traits are passed on from parents to their offspring. Information containing these traits is stored in the cells called genes. These genes are found in strands of DNA called chromosomes. There are forty-six chromosomes in each human cell, except sex cells, which contain only 23 chromosomes each.

Genetics is the study of heredity and the variation of characteristics that are influenced by genes. A person inherits half of DNA from one parent and half from the other parent. Many

traits are determined by a combination of multiple genes. Genes determine visible traits like height, eye colour, hair colour, and skin colour. They also influence psychological qualities such as personality traits, intelligence, cognitive abilities, and many others. Many mental disorders like bipolar disorder and schizophrenia are genetic. It means that people whose parents or other family members have them are more likely to develop them as well. Depression is also influenced by genetics.

Scientists estimate that as much as 60% of personality is determined by genes. Environmental factors, such as upbringing, culture, geographic location, and life experience, greatly influence personality.

Answer the questions:

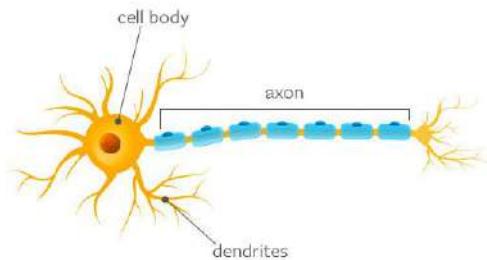
1. What do psychologists study heredity and genetics for?
2. What is heredity?
3. What are genes?
4. How many genes are there in human cells?
5. How can you define genetics?
6. What are many traits determined by?
7. What traits do genes determine?
8. What do genetic disorders mean?
9. What part of personality is determined by genes?
10. What factors influence personality?

SUMMARY

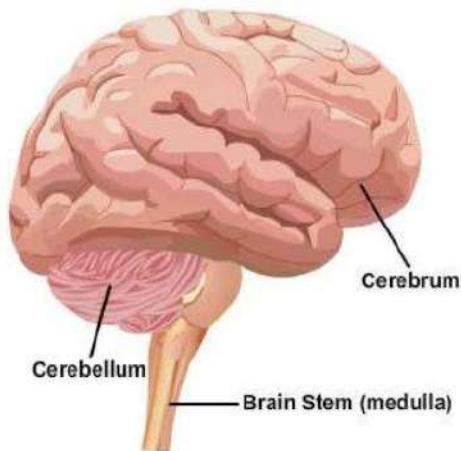
Heredity and genetics are important for understanding how genes influence personality. Heredity is the manner in which characteristics are passed on from parents to their offspring. Information containing these traits is stored in genes. Genes are found in chromosomes. There are forty-six chromosomes in each human cell, except sex cells. Genetics is the study of heredity and characteristics that are influenced by genes. Many traits are determined by a combination of genes. Genes determine visible traits like height, eye colour, and hair colour. They also influence personality traits, intelligence, and cognitive abilities. Many mental disorders are genetic. 60% of personality is determined by genes. Environmental factors, such as culture and life experience, greatly influence personality as well.

APPENDIX

Neuron anatomy



Parts of the Brain



Three Main
Parts of the
Brain

МІНІСТЕРСТВО ОСВІТИ І НАУКИ УКРАЇНИ
Вінницький національний медичний університет ім. М. І. Пирогова

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