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**РАБОЧАЯ ПРОГРАММА УЧЕБНОЙ ДИСЦИПЛИНЫ
ИНОСТРАННЫЙ ЯЗЫК**

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Финансы и кредит**

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БАКАЛАВР**


Очная форма обучения, очно-заочная, заочная форма обучения

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Рабочая программа учебной дисциплины «Иностранный язык» разработана на основании федерального государственного образовательного стандарта высшего образования по направлению подготовки 38.03.01 - Экономика (уровень бакалавриата), утвержденного приказом Министерства образования и науки Российской Федерации от 12 ноября 2015 г № 1327, учебного плана по основной профессиональной образовательной программе высшего образования «Финансы и кредит».

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1. Общие положения

1.1. Цель и задачи учебной дисциплины

Цели и задачи изучения дисциплины «Иностранный язык» соотносятся с общими целями и задачами ОПОП по данному направлению подготовки.

Цель учебной дисциплины заключается в получении обучающимися теоретических знаний об иностранном языке (английском) с последующим применением в профессиональной деятельности и практических навыков по использованию иностранного языка в социальной сфере.

Задачи учебной дисциплины:

1. формирование представлений о нормах изучаемого языка в традиционной общелитературной области, сфере официально-делового общения, в профессиональной сфере;
2. развитие умений иностранного языка в межличностном общении и профессиональной деятельности;
3. овладение навыками, навыками разговорной речи на иностранном языке, ведения дискуссии, полемики, диалога; навыками аннотирования, реферирования профессионально-ориентированного перевода.

1.2. Место учебной дисциплины в структуре основной профессиональной образовательной программы

Учебная дисциплина «Иностранный язык» реализуется в **базовой** части основной профессиональной образовательной программы высшего образования по данному направлению подготовки **очной, очно-заочной и заочной формам обучения**.

Изучение учебной дисциплины «Иностранный язык» базируется на знаниях и умениях, полученных обучающимися ранее в ходе освоения базового программного материала учебной дисциплины «Иностранный язык» в средней школе. Изучение учебной дисциплины «Иностранный язык» является базовым для последующего освоения программного материала учебной дисциплины: «Иностранный язык в профессиональной деятельности».

1.3. Планируемые результаты обучения по учебной дисциплине в рамках планируемых результатов освоения основной профессиональной образовательной программы

Процесс освоения учебной дисциплины направлен на формирование у обучающихся следующих **общекультурных** компетенций: ОК-4; ОК-7, в соответствии с основной профессиональной образовательной программой по данному направлению подготовки.

В результате освоения учебной дисциплины обучающийся должен демонстрировать следующие результаты:

Код компетенции	Содержание компетенции	Результаты обучения
ОК-4	способность к коммуникации в устной и письменной формах на русском и иностранном языках для решения задач межличностного и межкультурного взаимодействия	Знать: лексический и грамматический минимум, в объеме, необходимом для работы с иноязычными текстами профессиональной направленности и осуществления взаимодействия на иностранном языке.
		Уметь: читать и переводить иноязычную литературу по профилю подготовки, самостоятельно находить информацию о странах изучаемого языка из различных источников (периодические издания,

		Интернет, справочная, учебная, художественная литература); взаимодействовать и общаться на иностранном языке
		Владеть: одним из иностранных языков на уровне профессиональной коммуникации
ОК-7	Способность к самоорганизации и самообразованию	<p>Знать: содержание процессов самоорганизации и самообразования, их особенностей и технологий реализации, исходя из целей совершенствования профессиональной деятельности.</p> <p>Уметь: планировать цели и устанавливать приоритеты при выборе способов принятия решений с учетом условий, средств, личностных возможностей и временной перспективы достижения; осуществления деятельности;</p> <p>- самостоятельно строить процесс овладения информацией, отобранной и структурированной для выполнения профессиональной деятельности.</p> <p>Владеть: приемами саморегуляции эмоциональных и функциональных состояний при выполнении профессиональной деятельности;</p> <p>- технологиями организации процесса самообразования; приемами целеполагания во временной перспективе, способами планирования, организации, самоконтроля и самооценки деятельности.</p>

2. Объем учебной дисциплины, включая контактную работы обучающегося с преподавателем и самостоятельную работу обучающегося

Общая трудоемкость учебной дисциплины составляет 10 зачетных единиц.

2.1. Очная форма обучения

Вид учебной работы	Всего часов	Семестры				
		1	2	3	4	
Аудиторные учебные занятия, всего	128	32	32	32	32	
В том числе контактная работа обучающихся с преподавателем						
Учебные занятия лекционного типа	0	0	0	0	0	
Учебные занятия семинарского типа	128	32	32	32	32	
Лабораторные занятия	0	0	0	0	0	

Самостоятельная работа обучающихся*, всего	196	40	40	40	76	
В том числе:						
Подготовка к лекционным и практическим занятиям, самостоятельное изучение разделов дисциплины в ЭИОС	86	18	18	18	32	
Выполнение практических заданий	90	18	18	18	36	
Рубежный текущий контроль	20	4	4	4	8	
Вид промежуточной аттестации, контроль (час)	36	зачет	зачет	зачет	экзамен 36	
Общая трудоемкость учебной дисциплины, з.е.	10	2	2	2	4	

2.2. Очно-заочная форма обучения

Вид учебной работы	Всего часов	Семестры				
		1	2	3	4	
Аудиторные учебные занятия, всего	64	16	16	16	16	
В том числе контактная работа обучающихся с преподавателем						
Учебные занятия лекционного типа	0	0	0	0	0	
Учебные занятия семинарского типа	64	16	16	16	16	
Лабораторные занятия	0	0	0	0	0	
Самостоятельная работа обучающихся*, всего	260	56	56	56	92	
В том числе:						
Подготовка к лекционным и практическим занятиям, самостоятельное изучение разделов дисциплины в ЭИОС	140	32	32	32	44	
Выполнение практических заданий	100	20	20	20	40	
Рубежный текущий контроль	20	4	4	4	8	
Вид промежуточной аттестации, контроль (час)	36	зачет	зачет	зачет	экзамен 36	
Общая трудоемкость учебной дисциплины, з.е.	10	2	2	2	4	

2.3. Заочная форма обучения

Вид учебной работы	Всего часов	Семестры				
		1	2	3	4	
Аудиторные учебные занятия, всего	16	4	4	4	4	

В том числе контактная работа обучающихся с преподавателем						
Учебные занятия лекционного типа	0	0	0	0	0	
Учебные занятия семинарского типа	16	4	4	4	4	
Лабораторные занятия	0	0	0	0	0	
Самостоятельная работа обучающихся*, всего	323	64	64	100	95	
В том числе:						
Подготовка к лекционным и практическим занятиям, самостоятельное изучение разделов дисциплины в ЭИОС	149	30	30	46	43	
Выполнение практических заданий	154	30	30	48	46	
Рубежный текущий контроль	20	4	4	6	6	
Вид промежуточной аттестации, контроль (час)	21	зачет 4	зачет 4	зачет 4	экзамен 9	
Общая трудоемкость учебной дисциплины, з.е.	10	2	2	3	3	

3. Содержание учебной дисциплины

3.1. Учебно-тематический план по очной форме обучения

Объем аудиторных занятий составляет 128 часов.

Объем самостоятельной работы – 196 часов.

Раздел, тема	Виды учебной работы, академических часов					
	Всего	Самостоятельная работа, в т.ч. промежуточная аттестация (СРС + контроль)	Контактная работа обучающихся с преподавателем			
			Всего	Лекционного типа	Семинарского типа	Лабораторные занятия
Модуль 1 (семестр 1)						
Раздел 1.1	36	20	16	0	16	0
Раздел 1.2	36	20	16	0	16	0
Общий объем, часов	72	40	32	0	32	0
Форма промежуточной аттестации	зачет					
Модуль 2 (семестр 2)						
Раздел 2.1	36	20	16	0	16	0
Раздел 2.2	36	20	16	0	16	0
Общий объем, часов	72	40	32	0	32	0

Форма промежуточной аттестации	зачет					
Модуль 3 (семестр 3)						
Раздел 3.1	36	20	16	0	16	0
Раздел 3.2	36	20	16	0	16	0
Общий объем, часов	72	40	32	0	32	0
Форма промежуточной аттестации	зачет					
Модуль 4 (семестр 4)						
Раздел 4.1	36	28	8	0	8	0
Раздел 4.2	36	28	8	0	8	0
Раздел 4.3	36	28	8	0	8	0
Раздел 4.4	36	28	8	0	8	0
Общий объем, часов	144	112	32	0	32	0
Форма промежуточной аттестации	экзамен					

3.2. Учебно-тематический план по очно-заочной форме обучения

Объем учебных занятий составляет 64 часа.

Объем самостоятельной работы, включая контроль – 296 часов (260+36)

Раздел, тема	Виды учебной работы, академических часов					
	Всего	Самостоятельная работа, в т.ч. промежуточная аттестация (СРС + контроль)	Контактная работа обучающихся с преподавателем			
			Всего	Лекционного типа	Семинарского типа	Лабораторные занятия
Модуль 1 (семестр 1)						
Раздел 1.1	36	28	8	0	8	0
Раздел 1.2	36	28	8	0	8	0
Общий объем, часов	72	56	16	0	16	0
Форма промежуточной аттестации	зачет					
Модуль 2 (семестр 2)						
Раздел 2.1	36	28	8	0	8	0
Раздел 2.2	36	28	8	0	8	0
Общий объем, часов	72	56	16	0	16	0
Форма промежуточной аттестации	зачет					

Модуль 3 (семестр 3)						
Раздел 3.1	36	28	8	0	8	0
Раздел 3.2	36	28	8	0	8	0
Общий объем, часов	72	56	16	0	16	0
Форма промежуточной аттестации	зачет					
Модуль 4 (семестр 4)						
Раздел 4.1	36	32	4	0	4	0
Раздел 4.2	36	32	4	0	4	0
Раздел 4.3	36	32	4	0	4	0
Раздел 4.4	36	32	4	0	4	0
Общий объем, часов	144	128	16	0	16	0
Форма промежуточной аттестации	экзамен					

3.3. Учебно-тематический план по заочной форме обучения

Объем учебных занятий составляет 16 часов.

Объем самостоятельной работы – 323 часов.

Раздел, тема	Виды учебной работы, академических часов					
	Всего	Самостоятельная работа, в т.ч. промежуточная аттестация (СРС + контроль)	Контактная работа обучающихся с преподавателем			
			Всего	Лекционного типа	Семинарского типа	Лабораторные занятия
Модуль 1 (семестр 1)						
Раздел 1.1	36	34	2	0	2	0
Раздел 1.2	36	34	2	0	2	0
Общий объем, часов	72	68	4	0	4	0
Форма промежуточной аттестации	зачет					
Модуль 2 (семестр 2)						
Раздел 2.1	36	34	2	0	2	0
Раздел 2.2	36	34	2	0	2	0
Общий объем, часов	72	68	4	0	4	0
Форма промежуточной аттестации	зачет					

Модуль 3 (семестр 3)						
Раздел 3.1	36	36	0	0	0	0
Раздел 3.2	36	34	2	0	2	0
Раздел 3.3	36	34	2	0	2	0
Общий объем, часов	108	104	4	0	4	0
Форма промежуточной аттестации	зачет					
Модуль 4 (семестр 4)						
Раздел 4.1	36	36	0	0	0	0
Раздел 4.2	36	34	2	0	2	0
Раздел 4.3	36	34	2	0	2	0
Общий объем, часов	108	104	4	0	4	0
Форма промежуточной аттестации	экзамен					

4. Учебно-методическое обеспечение самостоятельной работы обучающихся по учебной дисциплине

4.1. Виды самостоятельной работы обучающихся по дисциплине

Для очной формы обучения

Раздел, тема	Всего СРС + контроль	Виды самостоятельной работы обучающихся, в т.ч. контроль						
		Академическая активность, час	Форма академической активности	Выполнение практ. заданий, час	Форма практического задания	Рубежный текущий контроль, час	Форма рубежного текущего контроля	Контроль (промежут. аттестация), час
Модуль 1 (семестр 1)								
Раздел 1.1	20	9	Подготовка к лекционным и практическим занятиям, самостоятельное изучение раздела в ЭИОС	9	Текст и задания к нему/эссе/ролевые игры	2	Компьютерное тестирование или иная форма рубежного контроля по усмотрению преподавателя	0
Раздел 1.2	20	9	Подготовка к лекционным и практическим занятиям, самостоятельное изучение раздела в ЭИОС	9	Текст и задания к нему/эссе/ролевые игры	2	Компьютерное тестирование или иная форма рубежного контроля по усмотрению преподавателя	0
Общий объем, часов	40	18		18		4		0

Форма промежуточной аттестации		зачет						
Модуль 2 (семестр 2)								
Раздел 2.1	20	9	Подготовка к лекционным и практическим занятиям, самостоятельное изучение раздела в ЭИОС	9	Текст и задания к нему/эссе/ролевые игры	2	Компьютерное тестирование или иная форма рубежного контроля по усмотрению преподавателя	0
Раздел 2.2	20	9	Подготовка к лекционным и практическим занятиям, самостоятельное изучение раздела в ЭИОС	9	Текст и задания к нему/эссе/ролевые игры	2	Компьютерное тестирование или иная форма рубежного контроля по усмотрению преподавателя	0
Общий объем, часов	40	18		18		4		0
Форма промежуточной аттестации		зачет						
Модуль 3 (семестр 3)								
Раздел 3.1	20	9	Подготовка к лекционным и практическим занятиям, самостоятельное изучение раздела в ЭИОС	9	Текст и задания к нему	2	Компьютерное тестирование или иная форма рубежного контроля по усмотрению преподавателя	0
Раздел 3.2	20	9	Подготовка к лекционным и практическим занятиям, самостоятельное изучение раздела в ЭИОС	9	Текст и задания к нему/эссе/ролевые игры	2	Компьютерное тестирование или иная форма рубежного контроля по усмотрению преподавателя	0
Общий объем, часов	40	18		18		4		0
Форма промежуточной аттестации		зачет						
Модуль 4 (семестр 4)								
Раздел 4.1	28	8	Подготовка к лекционным и практическим занятиям, самостоятельное изучение раздела в ЭИОС	9	Текст и задания к нему/эссе/ролевые игры	2	Компьютерное тестирование или иная форма рубежного контроля по усмотрению преподавателя	9
Раздел 4.2	28	8	Подготовка к лекционным и практическим занятиям, самостоятельное изучение раздела в ЭИОС	9	Текст и задания к нему/эссе/ролевые игры	2	Компьютерное тестирование или иная форма рубежного контроля по усмотрению преподавателя	9

Раздел 4.3	28	8	Подготовка к лекционным и практическим занятиям, самостоятельное изучение раздела в ЭИОС	9	Текст и задания к нему/эссе/ролевые игры	2	Компьютерное тестирование или иная форма рубежного контроля по усмотрению преподавателя	9
Раздел 4.4	28	8	Подготовка к лекционным и практическим занятиям, самостоятельное изучение раздела в ЭИОС	9	Текст и задания к нему/эссе/ролевые игры	2	Компьютерное тестирование или иная форма рубежного контроля по усмотрению преподавателя	9
Общий объем, часов	112	32		36		8		36
Форма промежуточной аттестации		экзамен						

Для очно-заочной формы обучения

Раздел, тема	Всего СРС + контроль	Виды самостоятельной работы обучающихся, в т.ч. контроль						
		Академическая активность, час	Форма академической активности	Выполнение практ. заданий, час	Форма практического задания	Рубежный текущий контроль, час	Форма рубежного текущего контроля	Контроль (промежут. аттестация), час
Модуль 1 (семестр 1)								
Раздел 1.1	28	16	Подготовка к лекционным и практическим занятиям, самостоятельное изучение раздела в ЭИОС	10	Текст и задания к нему/эссе/ролевые игры	2	Компьютерное тестирование или иная форма рубежного контроля по усмотрению преподавателя	0
Раздел 1.2	28	16	Подготовка к лекционным и практическим занятиям, самостоятельное изучение раздела в ЭИОС	10	Текст и задания к нему/эссе/ролевые игры	2	Компьютерное тестирование или иная форма рубежного контроля по усмотрению преподавателя	0
Общий объем, часов	56	32		20		4		0
Форма промежуточной аттестации		зачет						
Модуль 2 (семестр 2)								

Раздел 2.1	28	16	Подготовка к лекционным и практическим занятиям, самостоятельное изучение раздела в ЭИОС	10	Текст и задания к нему/эссе/ролевые игры	2	Компьютерное тестирование или иная форма рубежного контроля по усмотрению преподавателя	0
Раздел 2.2	28	16	Подготовка к лекционным и практическим занятиям, самостоятельное изучение раздела в ЭИОС	10	Текст и задания к нему/эссе/ролевые игры	2	Компьютерное тестирование или иная форма рубежного контроля по усмотрению преподавателя	0
Общий объем, часов	56	32		20		4		0
Форма промежуточной аттестации			зачет					
Модуль 3 (семестр 3)								
Раздел 3.1	28	16	Подготовка к лекционным и практическим занятиям, самостоятельное изучение раздела в ЭИОС	10	текст и задания к нему	2	Компьютерное тестирование или иная форма рубежного контроля по усмотрению преподавателя	0
Раздел 3.2	28	16	Подготовка к лекционным и практическим занятиям, самостоятельное изучение раздела в ЭИОС	10	Текст и задания к нему/эссе/ролевые игры	2	Компьютерное тестирование или иная форма рубежного контроля по усмотрению преподавателя	0
Общий объем, часов	56	32		20		4		0
Форма промежуточной аттестации			зачет					
Модуль 4 (семестр 4)								
Раздел 4.1	32	11	Подготовка к лекционным и практическим занятиям, самостоятельное изучение раздела в ЭИОС	10	Текст и задания к нему/эссе/ролевые игры	2	Компьютерное тестирование или иная форма рубежного контроля по усмотрению преподавателя	9
Раздел 4.2	32	11	Подготовка к лекционным и практическим занятиям, самостоятельное изучение раздела в ЭИОС	10	Текст и задания к нему/эссе/ролевые игры	2	Компьютерное тестирование или иная форма рубежного контроля по усмотрению преподавателя	9
Раздел 4.3	32	11	Подготовка к лекционным и практическим занятиям, самостоятельное изучение раздела в ЭИОС	10	Текст и задания к нему/эссе/ролевые игры	2	Компьютерное тестирование или иная форма рубежного контроля по усмотрению преподавателя	9

Раздел 4.4	32	11	Подготовка к лекционным и практическим занятиям, самостоятельное изучение раздела в ЭИОС	10	Текст и задания к нему/эссе/ролевые игры	2	Компьютерное тестирование или иная форма рубежного контроля по усмотрению преподавателя	9
Общий объем, часов	128	44		40		8		36
Форма промежуточной аттестации	экзамен							

Для заочной формы обучения

Раздел, тема	Всего СРС + контроль	Виды самостоятельной работы обучающихся, в т.ч. контроль						
		Академическая активность, час	Форма академической активности	Выполнение практ. заданий, час	Форма практического задания	Рубежный текущий контроль, час	Форма рубежного текущего контроля	Контроль (промежут. аттестация), час
Модуль 1 (семестр 1)								
Раздел 1.1	34	15	Подготовка к лекционным и практическим занятиям, самостоятельное изучение раздела в ЭИОС	15	Текст и задания к нему/эссе/ролевые игры	2	Компьютерное тестирование или иная форма рубежного контроля по усмотрению преподавателя	2
Раздел 1.2	34	15	Подготовка к лекционным и практическим занятиям, самостоятельное изучение раздела в ЭИОС	15	Текст и задания к нему/эссе/диалоги	2	Компьютерное тестирование или иная форма рубежного контроля по усмотрению преподавателя	2
Общий объем, часов	68	30		30		4		4
Форма промежуточной аттестации		зачет						
Модуль 2 (семестр 2)								
Раздел 2.1	34	15	Подготовка к лекционным и практическим занятиям, самостоятельное изучение раздела в ЭИОС	15	Текст и задания к нему/эссе/ролевые игры	2	Компьютерное тестирование или иная форма рубежного контроля по усмотрению преподавателя	2

Раздел 2.2	34	15	Подготовка к лекционным и практическим занятиям, самостоятельное изучение раздела в ЭИОС	15	Текст и задания к нему/эссе/ролевые игры	2	Компьютерное тестирование или иная форма рубежного контроля по усмотрению преподавателя	2
Общий объем, часов	68	30		30		4		4
Форма промежуточной аттестации		зачет						
Модуль 3 (семестр 3)								
Раздел 3.1	36	16	Подготовка к лекционным и практическим занятиям, самостоятельное изучение раздела в ЭИОС	17	текст и задания к нему	2	Компьютерное тестирование или иная форма рубежного контроля по усмотрению преподавателя	1
Раздел 3.2	34	15	Подготовка к лекционным и практическим занятиям, самостоятельное изучение раздела в ЭИОС	16	Текст и задания к нему/эссе/ролевые игры	2	Компьютерное тестирование или иная форма рубежного контроля по усмотрению преподавателя	1
Раздел 3.3	34	15	Подготовка к лекционным и практическим занятиям, самостоятельное изучение раздела в ЭИОС	15	Текст и задания к нему/эссе/ролевые игры	2	Компьютерное тестирование или иная форма рубежного контроля по усмотрению преподавателя	2
Общий объем, часов	104	46		48		6		4
Форма промежуточной аттестации		зачет						
Модуль 4 (семестр 4)								
Раздел 4.1	36	15	Подготовка к лекционным и практическим занятиям, самостоятельное изучение раздела в ЭИОС	16	Текст и задания к нему/эссе/ролевые игры	2	Компьютерное тестирование или иная форма рубежного контроля по усмотрению преподавателя	3
Раздел 4.2	34	14	Подготовка к лекционным и практическим занятиям, самостоятельное изучение раздела в ЭИОС	15	Текст и задания к нему/эссе/ролевые игры	2	Компьютерное тестирование или иная форма рубежного контроля по усмотрению преподавателя	3
Раздел 4.3	34	14	Подготовка к лекционным и практическим занятиям, самостоятельное изучение раздела в ЭИОС	15	Текст и задания к нему/эссе/ролевые игры	2	Компьютерное тестирование или иная форма рубежного контроля по усмотрению преподавателя	3

Общий объем, часов	104	43		46		6		9
Форма промежуточной аттестации	экзамен							

4.2. Методические указания к самостоятельной работе по дисциплине (модулю)

РАЗДЕЛ 1.1.

Тема 1.1.1 Структура английского предложения.

Цель: Повторение и закрепление грамматического материала по теме «Структура английского предложения»

Перечень изучаемых элементов содержания

Простые предложения (повествовательное, вопросительное, отрицательное предложения).

Сложные предложения (повествовательное, вопросительное, отрицательное предложения).

Главные члены предложения и их выражение.

Вопросы для самоподготовки:

1. Выполнить письменные упражнения.

Тема 1.1.2. Семья.

Цель: Активизация лексико-грамматического материала в диалогической и монологической речи. Обучение поисковому и просмотровому чтению

Перечень изучаемых элементов содержания

Лексика по теме. Творческие задания.

Вопросы для самоподготовки:

1. Ролевая игра. Ролевая игра. Составление диалогов по следующим проблемам:
Teenage marriage.
Leadership in the family.
Marriage contacts and romantic love.
Divorce and one-parent wedding.
2. Работа в парах, отработка лексического материала.

ПРАКТИЧЕСКОЕ ЗАДАНИЕ К РАЗДЕЛУ 1.1

Форма практического задания: Текст и задания к нему/эссе/ ролевая игра

Примерный перечень текстов для чтения и перевода к 1.1 разделу

Вариант 1.

Family Life

Marriage is a thing which only a rare person in his or her life avoids. True **bachelors** and **spinsters** make up only a small percent of the population; most single people are “alone but not lonely”.

Millions of others **get married** because of the fun of family life. And it is fun, if only one takes it with a sense of humour.

There's a lot of fun in falling in love with someone and chasing the prospective **fiancée**, which means **dating** and going out with the candidate. All the **relatives** (**parents, grandparents and great-grandparents, brothers and sisters, cousins, aunts and uncles, nieces and nephews, stepmothers and stepfathers** and all **in-laws**) meanwhile have the fun of criticizing your choice and giving advice.

The trick here is not to listen to them but **propose** to your bride-to-be and somehow get her to accept your **proposal**. Then you may arrange the **engagement** and fix the day of the wedding.

What fun it is to get all those things, whose names start with the word “wedding” – dress, rings, cars, flowers, cakes, etc.! it’s great fun to pay for them.

It’s fun for the **bride** and the **groom** to escape from the guests and go on a **honeymoon** trip, especially if it is a wedding present from the parents. The guests remain with the fun of gossiping whether you **married** for love or for money. It’s fun to return back home with the idea that the person you are married to is somewhat different from the one you knew. But there is no time to think about it because you are newly-weds and you **expect a baby**.

There is no better fun for a **husband** than taking his **wife** to a maternity home alone and bringing her back with the **twins** or **triplets**.

And this is where the greatest fun starts: washing the **new-born’s nappies** and passing away sleepless nights, earning money to keep the family, taking children to kindergarten and later to school. By all means it’s fun to attend parents’ meetings and to learn that your children take after you and don’t do well at school.

The bigger your children grow, the more they resemble you outwardly and the less they display likeness with you inwardly. And you start **grumbling** at them and discussing with your old friends the problem of the “**generation gap**”. What fun!

And when at last you and your grey-haired **spouse** start thinking that your family life has calmed down, you haven’t divorced but preserved your union, the climax of your fun bursts out!

One of your dearest **off-springs** brings a long-legged blonde to your house and says that he wants to marry. And you think: “Why do people ever get married?”

Вариант 2.

My family

Let me introduce myself. My name is Alexander, Alec for short. My full name is Alrxander Sergeyevich Orlov. Orlov is my **surname**, Alexander is my first name and Sergeyevich is my **patronymic**. I am not yet nineteen.

At the moment I am a first-year student at the University.

My parents have two more children besides me. Thus I have got an older brother and a younger sister. My sister Helen is just out of school. She is seventeen. She is a pretty girl with brown hair and soft dark-brown eyes. Her dream is to become a pianist.

My brother, whose name is Michael, is eight years my **senior**. He is twenty-seven already. He is a builder. He is married and has a family of his own. They are four in the family. He has a wife and two children – a son and a daughter. They are twins. They are lovely little children with golden hair and dark-blue eyes. They are always full of joy and **gaiety**. His wife’s name is Nina. She is a **surgeon** by profession. They are not in St. Petersburg. They are in the Far East.

My parents are not old at all. Father is fifty, and Mother is three years his **junior**. My grandparents are already **pensioners** but they are still full of life and energy. They have a house in the country. Aunt Mary is with them.

She is a pleasant-looking woman of about forty. Uncle Nick, her husband, is a librarian. He is a clever man but a little unpractical. Aunt Mary, on the other hand, is very practical and full of common sense.

They have a son. He is my cousin. Peter is nineteen, tall, a fine manly fellow. He is at the University and is studying to be a chemist. He is a clever, hard-working student, a first-class footballer, and a good runner. He is strong, quiet and thoughtful like his father.

Примерный перечень заданий к тексту к 1.1 разделу

(??) Match English phrases from the text with their Russian equivalents. Подберите русские эквиваленты к английским словосочетаниям

(~) family life~семейная жизнь

(~) fall in love~влюбиться

(~) accept proposal~принять предложение

(~) fix the day of the wedding~назначить день свадьбы

(~) go out~выходить, развлекаться

(~) flowers~цветы

(~) honeymoon trip~медовый месяц

(~) generation gap~проблема отцов и детей

(~) expect a baby~ждать рождение ребенка

(~) take children to kindergarten ~отводить детей в детский садик

(~) maternity home~родильный дом

(~) do well at school~хорошо учиться в школе

(??) Match the words from the text and their synonyms. Подберите к данным словам синонимы.

(~) surname ~ family name, last name

(~) patronymic ~ second name

(~) pretty ~ beautiful, good-looking

(~) joy ~ gaiety

(~) profession ~ occupation

(~) the country ~ suburb

(~) pleasant-looking ~ pretty

(~) grandparents ~ grandmother and grandfather

(~) clever ~ smart

(~) strong ~ powerful

(~) fellow ~ guy

(~) lovely ~ nice

(~) let ~ allow

Вариант 3. Подготовить диалоги (ролевая игра), обсуждая следующие темы:

1. Teenage marriage.
2. Leadership in the family.
3. Marriage contacts and romantic love.
4. Divorce and one-parent wedding.

Вариант 4. Написать эссе на одну из предложенных тем:

Время — 40 мин, объем 500 - 700 печ. зн.

1. Families with many children versus families with one child.
2. The effect of divorce on children.
3. How to bridge the “generation gap”.
4. The ideal family of the future.

Примерный перечень тем эссе к разделу 1.1:

1. My family tree
2. “A marriage of convenience”
3. Positive and negative sides of family life
4. Ideal wife/husband

Примерный перечень тем диалогов (ролевая игра) к разделу 1.1:

- a) you are speaking with a distant relative trying to find out what relation you are to one another;
- b) you show your family album to your friend and answer all his or her questions.

РУБЕЖНЫЙ КОНТРОЛЬ К РАЗДЕЛУ 1.1:

Форма рубежного контроля: компьютерное тестирование.

- (??) Choose the correct order of the sentence. Выберите правильный порядок слов в предложении.
- (?) My parents besides me more children two have.
 - (!) My parents have two more children besides me.
 - (?) My two children have more besides me parents.
- (??) Choose the correct order of the sentence. Выберите правильный порядок слов в предложении.
- (?) Millions get married of life of family the others because of fun.
 - (?) Millions others of family life of fun get married of the because.
 - (!) Millions of others get married because of the fun of family life.
- (??) Choose the right synonyms of the word *let*. Подберите правильный синоним к слову *let*.
- (!) allow
 - (?) put
 - (?) tell
- (??) Choose the right synonym of the word *pretty*. Подберите правильный синоним к слову *pretty*.
- (?) good
 - (?) clever
 - (!) beautiful
- (??) Choose the right synonym of the word *profession*. Подберите правильный синоним к слову *profession*.
- (!) occupation
 - (?) promotion
 - (?) dream
- (??) Choose the right synonym of the word *surname*. Подберите правильный синоним к слову *surname*.
- (!) family name
 - (?) first name
 - (?) last name
- (??) Choose the right synonym of the word *clever*. Подберите правильный синоним к слову *clever*.
- (?) bad
 - (!) smart
 - (?) fast
- (??) Choose the right synonym of the word *country*. Подберите правильный синоним к слову *country*.
- (!) suburb
 - (?) city
 - (?) street
- (??) Choose the right synonym of the word *grandparents*. Подберите правильный синоним к слову *grandparents*.
- (?) mother and father
 - (?) brother and sister
 - (!) grandmother and grandfather
- (??) Choose the right Russian equivalent to the phrase *accept proposal*. Подберите правильный перевод к словосочетанию *accept proposal*
- (!) принять предложение
 - (?) ожидать рождение ребенка
 - (?) разводиться

(??) Choose the right equivalent to the phrase *generation gap*. Подберите правильный перевод к словосочетанию *generation gap*.

(?) проблема братьев и сестер

(?) проблема мужа и жены

(!) проблема отцов и детей

(??) Choose the right equivalent to the phrase *honeymoon trip*. Подберите правильный перевод словосочетания *honeymoon trip*.

(!) медовый месяц

(?) счастливы

(?) веселая свадьба

(??) Choose the right equivalent to the phrase *fall in love*. Подберите правильный перевод словосочетания *fall in love*.

(!) влюбиться

(?) расстаться

(?) жениться

(??) Choose the right equivalent of the word *bride*. Подберите правильный эквивалент к слову *bride*.

(!) невеста

(?) подружка невесты

(?) подруга

(??) Choose the right equivalent of the word *groom*. Подберите правильный эквивалент к слову *groom*.

(??) двоюродный брат

(??) друг

(!) жених

(??) Choose the right equivalent of the word *offspring*. Подберите правильный эквивалент к слову *offspring*.

(!) отпрыск

(??) родитель

(??) сосед

(??) Choose the right equivalent of the word *spinster*. Подберите правильный эквивалент к слову *spinster*.

(!) незамужняя женщина

(?) двоюродная сестра

(?) невеста

(??) Choose the right equivalent of the word *stepfather*. Подберите правильный эквивалент в слову *stepfather*.

(??) муж

(??) родственник

(!) отчим

(??) Choose the right equivalent of the word *triplet*. Подберите правильный эквивалент к слову *triplet*.

(!) близнец из тройни

(??) близнец из двойни

(??) приемный ребенок

(??) Choose the right equivalent of the word *newly-wed*. Подберите правильный эквивалент к слову *newly-wed*.

(!) молодожен

(??) близнец

(??) жених

(??) Choose the right equivalent of the word *nappy*. Подберите правильный эквивалент к слову *nappy*.

(!) пеленка

(??) детская кроватка

(??) ребенок

(??) Choose the right equivalent of the word *in-laws*. Подберите правильный эквивалент к слову *in-laws*.

(!) родственники со стороны мужа и жены

(??) родители

(??) друзья жениха

(??) Choose the right equivalent of the word *divorce*. Подберите правильный эквивалент к слову *divorce*.

(??) медовый месяц

(??) свидание

(!) развод

(??) Choose the right equivalent of the word *engagement*. Подберите правильный эквивалент к слову *engagement*.

(??) развод

(??) предложение

(!) помолвка

(??) Choose the right equivalent of the word *bachelor*. Подберите правильный эквивалент к слову *bachelor*.

(!) холостяк

(??) дедушка

(??) прадедушка

(??) Choose the right equivalent of the word *new-born*. Подберите правильный эквивалент к слову *new-born*.

(!) новорожденный

(??) близнец

(??) жених

(??) Choose the right equivalent of the word *spouse*. Подберите правильный эквивалент к слову *spouse*.

(??) отчим

(??) родственник

(!) супруг

(??) Choose the right equivalent of the right word *twin*. Подберите правильный эквивалент к слову *twin*.

(??) брат

(??) жених

(!) близнец

(??) Choose the right equivalent of the word *wedding*. Подберите правильный эквивалент к слову *wedding*.

(!) свадьба

(??) помолвка

(??) предложение

(??) Choose the right equivalent of the word *senior*. Подберите правильный эквивалент к слову *senior*.

(??) младший

(??) пенсионер

(!) старший

(??) Choose the right equivalent of the word *junior*. Подберите правильный эквивалент к слову *junior*.

(!) младший

(??) старший

(??) холостяк

(??) Choose the right equivalent of the word *introduce*. Подберите правильный эквивалент к слову *introduce*.

(!) представиться

(??) рассказать

(??) разрешить

(??) Choose the right definitions to the term *chemist*. Подберите правильное определение к термину *chemist*.

(!) a scientist who specializes in chemistry

(??) a scientist who specializes in medical operation

(??) a scientist who works in hospital

(??) Choose the right definition to the term *surgeon*. Подберите правильное определение к термину *surgeon*.

(??) a person who runs a hospital

(??) a doctor who works in dental clinic

(!) a doctor whose job is to perform medical operation

(??) Choose the right definition to the term *pianist*. Подберите правильное определение к термину *pianist*.

(!) a person who plays the piano

(??) a person who performs on stage

(??) a musician who plays in orchestra

(??) Choose the right definition to the term *librarian*. Подберите правильное определение к термину *librarian*.

(!) a person who is in charge of or helps to run a library

(??) a person who works at university

(??) a person who is receiving a pension

(??) Choose the right definition to the term *twin*. Подберите правильное определение к термину *twin*.

(!) either or two children born of the same mother at the same time

(??) a sister and a brother

(??) a child who has a stepmother

(??) Choose the right definition to the term *student*. Подберите правильный эквивалент к термину *student*.

(!) a person who is studying, esp. at a college or university

(??) a person who graduated from university

(??) a person works in a library

(??) Choose the right definition to the term *pensioner*. Подберите правильный эквивалент к термину *pensioner*.

(??) a person who is waiting for a pension

(!) a person who is receiving a pension

(??) a person who works at university

(??) Choose the right half of the sentence : *My parents have two more children...* . Подберите правильное окончание предложения: *My parents have two more children ...* .

(??) twins

(!) besides me

(??) in the country

(??) Choose the right half of the sentence: *Her dream is...*

Подберите правильное окончание предложения: *Her dream is ...*

(!) to become a pianist

(??) to be a little unpractical

(??) besides me

(??) Choose the right half of the sentence: *He is a clever man but....*

Подберите правильное окончание предложения: *He is a clever man but... .*

(??) of about forty

(??) to become a pianist

(!) a little unpractical

(??) Choose the right half of the sentence: *He is at the University...*

Подберите правильное окончание предложения: *He is at the University...*

(!) and is studying to be a chemist

(??) besides me

(??) of his own

(??) Choose the right half of the sentence: *She is a pleasant-looking woman...* .Подберите правильное окончание предложения: *She is a pleasant-looking woman...*

(!) of about forty

(??) in the country

(??) besides me

(??) Choose the right half of the sentence: *He is strong, quiet...* . Подберите правильное окончание предложения: *He is strong, quiet...*

(!) and thoughtful like his father

(??) of his own

(??) besides me

(??) Choose the right half of the sentence: *They have a house....* .Подберите правильное окончание предложения: *They have a house....*

(??) a little unpractical

(??) of about forty

(!) in the country

(??) Choose the right half of the sentence: *They are lovely little children...*

Подберите правильное окончание предложения: *They are lovely little children...*

(!) with golden hair and dark-blue eyes

(??) and thoughtful like his father

(??) of his own

(??) Choose the right half of the sentence: *He is married and has a family...* . Подберите правильное окончание предложения: *He is married and has a family...*

(??) besides me

(!) of his own

(??) in the country

▮

РАЗДЕЛ 1.2.

Тема 1.2.1. Глагол *to be*. Оборот *there is/there are*. Специальные вопросы.

Цель: Повторение и закрепление грамматического материала по темам “*To be in Present, Past and Future Simple*”, “*There is/there are*”, “*Special questions*”

Перечень изучаемых элементов содержания

Глагол *to be* в настоящем времени.

Глагол *to be* в прошедшем времени.

Глагол *to be* в будущем времени .

Специальные вопросы.

Конструкция *there is/there are*.

Вопросы для самоподготовки:

1.Выполнить грамматические упражнения

Тема 1.2.2. Дома.

Цель: Активизация лексико-грамматического материала в диалогической и монологической речи. Обучение поисковому и просмотровому чтению

Перечень изучаемых элементов содержания

Лексика по теме.

Лексические упражнения.

Вопросы для самоподготовки:

1. Составьте тематический англо-русский и русско-английский глоссарий по теме.
2. Назовите категории существующих построек.
3. Назовите основные комнаты в квартире.

ПРАКТИЧЕСКОЕ ЗАДАНИЕ К РАЗДЕЛУ 1.2

Форма практического задания: Текст и задания к нему/эссе/ ролевая игра

Примерный перечень текстов для чтения и перевода к разделу

Вариант 1.

Home

Home, sweet home. It does not matter what your home is like – a **country mansion**, a more modest **detached** or **semi-detached house**, a **flat** in a **block of flats** or even a **room** in a **common flat**. Anyway, it is the place where you once move in and start to **furnish** and **decorate** it to your own taste. It becomes your second “ego”.

Your second “ego” is very big and disquieting if you have a house. There is **enough space** for everything: a **hall**, a **kitchen** with an **adjacent dining-room**, a **living-room** or a **lounge**, a couple of **bedrooms** and **closets (storerooms)**, a **toilet** and a **bathroom**. You can walk slowly **around the house** thinking what else you can do to **renovate** it. In the hall you cast a glance at the **coatrack** and a **chest of drawers for shoes**. Probably, nothing needs to be changed here.

You come to the kitchen: kitchen **furniture**, kitchen **utensils**, a **refridgerator (fridge)** with a **freezer**, a **dishdrainer**, an **electric** or **gas cooker** with an **oven**. May be, it needs a **cooker hood**.

The dining-room is lovely. A big **dining table** with **chairs** in the center, a **cupboard with tea sets** and **dinner sets**. There is enough place to **keep all cutlery** and **crockery** in. You know pretty well where things go.

The **spacious** living-room is the heart of the house. It is the place where you can have a chance to see the rest of your family. They come in the evening to sit around the **coffee table** in soft **armchairs** and on the **sofa**. You look at the **wall units**, stuffed with **china**, **crystal** and books. Some place is left for a stereo system and a TV set. A **fireplace** and **houseplants** make the living-room really **cosy**.

Your bedroom is your private area though most bedrooms are alike: a **single** or a **double bed**, a **wardrobe**, one or **two bedside tables** and a **dressing-table**.

You look inside the bathroom: a **sink**, **hot** and **cold taps** and a **bath**. Here is nothing to see in the toilet except a **flush-toilet**.

You are quite satisfied with what you have seen, but still doubt disturbs you: “Is there anything to change?” Yes! The walls of the rooms should be **papered**, and in the bathroom and toilet – **tiled**! Instead of **linoleum** there should be **parquet floors**. Instead of **patterned curtains** it is better to put darker **plain** ones, so that they might **not show the dirt**. You do it all, but doubt does not leave you. Then you start moving the furniture around in the bedroom, because the dressing-table **blocks out the light**. You are ready to give a sigh of relief, but... suddenly find out that the lounge is too **crammed up with furniture**.

Those who live in **one-room** or **two-room flats** may feel pity for those who live in houses. They do not have such problems. At the same time they have a lot of privileges: **central heating**, **running water**, a **refuse-chute** and... nice **neighbours** who like to play music at midnight. **Owners** of small flats are happy to have small problems and they love their homes no less than those who live in **three-storeyed palaces**. Home, sweet home.

Вариант 2.

My home.

I

We have a nice flat rather **far from** the centre of the city. It is in a new sixteen-**storey** high – rise building in Gagarin Avenue. As there are so many storeys in the building it has two lifts.

Our flat is on the fourth **floor**. It has all modern conveniences such as central heating, gas electricity, cold and hot water, and a chute to carry rubbish down.

There are three rooms, a kitchen, a bathroom and a hall in our flat.

The living-room is the largest and most comfortable room in the flat. In the middle of the living-room we have a square dinner-table with six chairs round it. There is a hanging lamp above the table. **To the right** of the dinner-table there is a wall-unit which has several sections: a sideboard, a wardrobe and some shelves. At the opposite wall there is a piano with a piano stool before it.

Between the two large windows there is a little table with a colour TV set on it. Our TV set there are two cosy armchairs. Nothing is more pleasant in rainy weather than to sit in a comfortable armchair and watch TV programmes.

A small round table, a divan-bed and a standard lamp are in the left-hand corner. This table is for newspapers and magazines.

The walls of the living-room are light-green and there are a few prints and water-colours on them.

II

The bedroom is smaller than the living-room and not so light as there is only one window in it. In this room there are two beds with a bedside-table **between** them. An alarm-clock and a small lamp with a pink lamp-shade are on the table. In the left-hand corner there is a dressing-table with a big mirror.

In this room we have a built-in wardrobe with **coat-hangers** to hang clothes on. There is a thick carpet on the floor and plain light-brown curtains on the window.

III

The third room is the study. It is not so large as the dining-room but it is as cosy as all the other rooms.

There is not much furniture in it, only the most necessary pieces. It has a writing-desk with drawers to keep papers in. pens, pencils, a writing-pad and a few dictionaries are lying on the desk. There is a telephone on the left. Just behind it there is a reading lamp. On the right there is a desk-clock and a calendar. A desk-armchair is standing before it. I've also got a computer on a little table near the desk. There are books on the shelves all round the walls. In the right-hand corner there is a bookcase full of books. Among them there are many English books in the original and in translation as I am a student of English.

A small table with a radio is standing in the left-hand corner. Near it there is a sofa with some cushions. In my opinion the study is the best room in our flat.

Примерный перечень заданий к тексту к разделу 1.2

(??) Match English phrases from the text with their Russian equivalents. Подберите русские эквиваленты к английским словосочетаниям:

- (~) block of flats~многоквартирный дом
- (~) central heating~центральное отопление
- (~) chest of drawers~комод
- (~) coat rack~вешалка
- (~) crammed up with things~забитый вещами
- (~) detached house~отдельный дом
- (~) dining room~столовая
- (~) dish-drainer~сушилка для посуды
- (~) tea set~ чайный сервиз
- (~) living room ~гостиная
- (~) papered~обклеенный обоями
- (~) utensil~посуда, утварь

(??) Match the words from the text and their synonyms. Подберите к данным словам синонимы.

- (~) apartment ~ flat
- (~) basement ~ cellar
- (~) cooker ~ oven
- (~) coat rack ~ hanger
- (~) dining room ~ eatery
- (~) decorate ~ beautify
- (~) country house ~ cottage
- (~) closet ~ locker
- (~) living room ~ lounge
- (~) owner ~ keeper
- (~) hall ~ lobby
- (~) storeroom ~ pantry
- (~) renovate ~ refit

Написать эссе на одну из предложенных тем:

1. My dream house.
2. One's character shows in his or her home.
3. I like to stay at my grandma's place.
4. Home sweet home.

Время — 40 мин, объем 500 - 700 печ. зн.

РУБЕЖНЫЙ КОНТРОЛЬ К РАЗДЕЛУ 1.2:

Форма рубежного контроля: компьютерное тестирование.

(??) Choose the correct order of the sentence. Выберите правильный порядок слов в предложении.

(?) In the garden many apple trees there are.

(!) There are many apple trees in the garden.

(?) Many apple trees there are in the garden.

(??) Choose the correct order of the sentence. Выберите правильный порядок слов в предложении.

(?) A meeting at the university there was yesterday.

(?) Yesterday at the university was a meeting there.

(!) There was a meeting at the university yesterday.

(??) Choose the correct order of the sentence. Выберите правильный порядок слов в предложении.

(!) There will be a good wheat crop this year.

(?) Will be a good wheat crop there this year.

(?) A good wheat crop will be there this year.

(??) Choose the correct order of the sentence. Выберите правильный порядок слов в предложении.

(!) How many books did you buy?

(?) Did you buy how many books?

(!) Books how many did you buy?

(??) Choose the correct order of the sentence. Выберите правильный порядок слов в предложении.

(?) Read to the students yesterday what did the teacher?

(!) What did the teacher read to the students yesterday?

(?) Did what the teacher read to the students yesterday?

(??) Choose the correct order of the sentence. Выберите правильный порядок слов в предложении.

(!) Is there a telephone in your room?

(?) A telephone in your room is there?

(!) There is a telephone in your room?

(??) Choose the right synonyms of the word *apartment*. Подберите правильный синоним к слову *apartment*.

(!) flat

(?) cottage

(?) building

- (??) Choose the right synonym of the word *basement*. Подберите правильный синоним к слову *basement*.
- (?) room
 - (?) balcony
 - (!) cellar
- (??) Choose the right synonym of the word *cooker*. Подберите правильный синоним к слову *cooker*.
- (!) oven
 - (?) table
 - (?) closet
- (??) Choose the right synonym of the word *coat rack*. Подберите правильный синоним к слову *coat rack*.
- (!) hanger
 - (?) wardrobe
 - (?) locker
- (??) Choose the right synonym of the word *dining room*. Подберите правильный синоним к слову *dining room*.
- (?) bathroom
 - (!) eatery
 - (?) yard
- (??) Choose the right synonym of the word *decorate*. Подберите правильный синоним к слову *decorate*.
- (!) beautify
 - (?) tidy
 - (?) stop
- (??) Choose the right synonym of the word *country house*. Подберите правильный синоним к слову *country house*.
- (?) block of flats
 - (?) apartment building
 - (!) cottage
- (??) Choose the right synonym of the word *closet*. Подберите правильный синоним к слову *closet*.
- (!) locker
 - (?) room
 - (?) lift
- (??) Choose the right synonym of the word *living-room*. Подберите правильный синоним к слову *living-room*.
- (!) lounge
 - (?) room
 - (?) garden
- (??) Choose the right synonym of the word *owner*. Подберите правильный синоним к слову *owner*.
- (!) keeper
 - (?) tenant
 - (?) neighbor
- (??) Choose the right synonym of the word *storeroom*. Подберите правильный синоним к слову *storeroom*.
- (!) pantry
 - (?) basement
 - (?) hall
- (??) Choose the right synonym of the word *renovate*. Подберите правильный синоним к слову *renovate*.
- (!) refit
 - (?) clean
 - (?) open

(??) Choose the right Russian equivalent to the phrase *block of flats*. Подберите правильный перевод к словосочетанию *block of flats*.

- (!) многоквартирный дом
- (?) загородный дом
- (?) офис

(??) Choose the right equivalent to the phrase *central heating*. Подберите правильный перевод к словосочетанию *central heating*.

- (?) подвал
- (?) запасной выход
- (!) центральное отопление

(??) Choose the right equivalent to the phrase *chest of drawers*. Подберите правильный перевод словосочетания *chest of drawers*.

- (!) комод
- (?) шкаф для посуды
- (?) полки

(??) Choose the right equivalent to the phrase *coat rack*. Подберите правильный перевод словосочетания *coat rack*.

- (!) вешалка
- (?) комод
- (?) шкаф

(??) Choose the right equivalent of the word *cooker*. Подберите правильный эквивалент к слову *cooker*.

- (!) плита
- (?) холодильник
- (?) полка

(??) Choose the right equivalent of the word *adjacent*. Подберите правильный эквивалент к слову *adjacent*.

- (??) новый
- (??) встроенный
- (!) примыкающий

(??) Choose the right equivalent of the word *crockery*. Подберите правильный эквивалент к слову *crockery*.

- (!) фарфоровая посуда
- (??) утварь
- (??) вещи

(??) Choose the right equivalent of the word *cultery*. Подберите правильный эквивалент к слову *cultery*.

- (!) столовые приборы
- (?) сервиз
- (?) вещи

(??) Choose the right equivalent of the word *freezer*. Подберите правильный эквивалент в слову *freezer*.

- (??) шкаф
- (??) холодильник
- (!) морозильная камера

(??) Choose the right equivalent of the word *cosy*. Подберите правильный эквивалент к слову *cosy*.

- (!) удобный
- (??) близкий
- (??) домашний

(??) Choose the right equivalent of the word *papered*. Подберите правильный эквивалент к слову *papered*.

- (!) обклеенный обоями
- (??) новый

(??) старый

(??) Choose the right equivalent of the word *owner*. Подберите правильный эквивалент к слову *owner*.

(!) владелец

(??) квартирант

(??) сосед

(??) Choose the right equivalent of the word *tea set*. Подберите правильный эквивалент к слову *tea set*.

(!) чайный сервиз

(??) чайник

(??) поднос

(??) Choose the right equivalent of the word *utensil*. Подберите правильный эквивалент к слову *utensil*.

(??) обои

(??) кран

(!) утварь

(??) Choose the right equivalent of the word *room*. Подберите правильный эквивалент к слову *room*.

(??) подвал

(??) балкон

(!) комната

(??) Choose the right equivalent of the word *renovate*. Подберите правильный эквивалент к слову *renovate*.

(!) ремонтировать

(??) открывать

(??) продавать

(??) Choose the right equivalent of the word *storeroom*. Подберите правильный эквивалент к слову *storeroom*.

(!) кладовая

(??) балкон

(??) подвал

(??) Choose the right equivalent of the word *stove*. Подберите правильный эквивалент к слову *stove*.

(??) холодильник

(??) морозильная камера

(!) плита

(??) Choose the right equivalent of the right word *tap*. Подберите правильный эквивалент к слову *tap*.

(??) холодильник

(??) кухня

(!) кран

(??) Choose the right equivalent of the word *storey*. Подберите правильный эквивалент к слову *storey*.

(!) этаж

(??) балкон

(??) подоконник

(??) Choose the right equivalent of the word *furniture*. Подберите правильный эквивалент к слову *furniture*.

(??) одежда

(??) утварь

(!) мебель

(??) Choose the right equivalent of the word *cooker hood*. Подберите правильный эквивалент к слову *cooker hood*.

(!) вытяжка

(??) плита

(??) шкаф

(??) Choose the right equivalent of the word *bookcase*. Подберите правильный эквивалент к слову *bookcase*.

(!) книжный шкаф

(??) холл

(??) стол

(??) Choose the right equivalent of the word *dish-drainer*. Подберите правильный эквивалент к слову *dish-drainer*.

(!) сушилка для посуды

(??) холодильник

(??) стол

(??) Choose the right equivalent of the word *move to*. Подберите правильный эквивалент к слову *move to*.

(!) переезжать

(??) ремонтировать

(??) украшать

(??) Choose the right equivalent of the word *balcony*. Подберите правильный эквивалент к слову *balcony*.

(!) балкон

(??) холл

(??) стол

(??) Choose the right equivalent of the word *bathroom*. Подберите правильный эквивалент к слову *bathroom*.

(!) ванная комната

(??) туалет

(??) спальня

(??) Choose the right definition to the term *owner*. Подберите правильное определение к термину *owner*.

(!) a person who owns something

(??) a person who lives nearby

(??) a child who has a stepmother

(??) Choose the right definition to the term *living room*. Подберите правильный эквивалент к термину *living room*.

(!) the main room in a house where people can do things together

(??) the room in the block of flats

(??) the room in the hotel

(??) Choose the right definition to the term *mansion*. Подберите правильный эквивалент к термину *mansion*.

(??) a house for person who is waiting for a pension

(!) a large house, belonging to a wealthy person

(??) a large house, belonging to a person who works at university

(??) Choose the right half of the sentence : *Home, ...* . Подберите правильное окончание предложения: *Home, ...* .

(??) is a castle

(!) sweet home

(??) in the country

(??) Choose the right half of the sentence: *It becomes your second...*

Подберите правильное окончание предложения: *It becomes your second...*

(!) "ego"

(??) "life"

(??) "house"

РАЗДЕЛ 2.1.

Тема 2.1.1. Времена группы Simple.

Цель: Повторение и закрепление грамматического материала по теме «Времена группы Simple»

Перечень изучаемых элементов содержания

Время Present Simple.

Время Past Simple

Время Future Simple

Вопросы для самоподготовки:

1. Выполнить грамматические упражнения

Тема 2.1.2. Daily Routine. Распорядок дня

Цель: Активизация лексико-грамматического материала в диалогической и монологической речи. Обучение поисковому и просмотровому чтению

Перечень изучаемых элементов содержания

Лексика по теме “Daily routine”.

Рассказ о своих привычках и повседневных занятиях

Вопросы для самоподготовки:

1. Расскажите о своем знакомом-иностранце и его привычках.
2. Расскажите о своих обычных занятиях.
3. Используйте глаголы умственного и физического восприятия.
4. Используйте основные наречия по данной теме

ПРАКТИЧЕСКОЕ ЗАДАНИЕ К РАЗДЕЛУ 2.1

Форма практического задания: Текст и задания к нему/эссе

Примерный перечень текстов для чтения и перевода к разделу

Вариант 1.

Daily Routine

I'm in the first year at the university, where I'm studying English. My elder sister, Betty, is studying history at the same university. Betty can **organize her time wisely**, whereas I do not know what order I should do things in. I find it hard to **get up on time**, and usually I do not **get enough sleep**. I have to **wind** two **alarm-clocks** to make sure I do not **oversleep**.

My sister, an **early riser**, is **awake** by 7 o'clock, **refreshed** and **full of energy**. While I'm wandering round the kitchen, fighting the urge to go back to bed, my sister manages to **have a quick shower**, **make her bed**, **put on make-up**, **do her hair**, **eat a full breakfast** and **set off** to the university. It takes me an hour and a half to get ready. **I have a hasty bite** and **rush out** of the house. Even if **I catch a bus** at once I still **arrive at the university 15 minutes late**, which always makes me feel guilty.

My studies **keep me busy** all day long. I **have 14 hours of English** a week. I also **have lectures** and **seminars**. **At lunchtime** I meet up with my sister and we **have a snack** at the university café. After classes I make myself go to the library where I spend about six hours a week **reading for my seminars**.

My sister and I come home tired. I always find excuses to **put my homework off**. Unlike me, my sister manages to **do the housework** and **get down to homework**. I like the idea of **going to bed early**, but quite often I have to **sit up late**, **brushing up on my grammar and vocabulary**, though I **feel sleepy**. My sister says that **keeping late hours** ruins one's health. Of course, I agree.

As my sister and I do not get any **time off** during the week, we try to **relax** on the weekends. One of my greatest pleasures is to **lie in bed** and read my favourite books. My sister is a **sporty** person. To **keep herself fit**, **betty goes for a run** in the park; from time to time she **works out in the gym**.

I hate **staying in**, and sometimes on Saturday night my sister **takes me out to a concert or a play**. Sometimes we **go to a party or to a disco**. But more often than not I end up **catching up on my studies** and my sister **goes out**. I wonder how I manage to spoil my **leisure time**. Every Monday when I **awaken** I think I should **start a new life**. I honestly think that I must become **well-organised** and correct my **daily routine**. I make plans to **go to keep-feet classes**, to **do shopping** with my sister, to **do the cleaning** and to do a hundred other good things. But then I remember that I have to **call on** my school friend in the evening, and I put off my plans till next Monday. It is always better to start a new life **in a week**.

Вариант 2.

The Daily Programme

On week-days the alarm-clock wakes me up and my **working day** begins. It is seven o'clock. If it is spring or summer I jump out of bed, run to the window and open it wide to let the fresh morning air in. The bright sun and the singing of birds **set me onto a cheerful working mood**. In winter I am not so quick to leave my bed, and I bury my head under the pillows pretending not to hear the alarm-clock. But **all the same**, it is time to get up and I start getting ready for my work.

I do my bed and go to the bathroom where I turn on the hot and cold taps. While the water is running into the bath, I **clean (brush) my teeth**. Then I turn off the taps and have my bath. Sometimes I **have a shower**. If I am not **short of time**, I **tidy up my room**. I am through with it in 10 minutes.

While I am having breakfast, I switch on the radio and **listen to** the news.

Breakfast, as doctors say, must be the most **substantial meal** of the day. But I have neither time nor inclination to cook it, so I just have a cup of coffee and some sandwiches. I live in the **suburbs**, and every week-day I **commute** to town.

I **leave** the house at ten minutes to eight, and as I live quite near the station I like to walk there in any weather. My train to town leaves at 8.10. I arrive in town at a quarter to nine. On my way to the office I often meet my **fellow-workers** and colleagues and we go on together **talking shop**.

My working day starts at 9 sharp, I work till half past twelve and then I go out for dinner to a **self-service canteen** which is just round the corner. It does not take me long to have my midday meal. I return to my office at half past one and work steadily till six. During my working hours I haven't a **spare moment** to think of my University classes. I am a student at **the Evening Department** of the University.

We have classes four times a week, and on other days I often spend my evenings in the reading-room of our library preparing my homework. It is not easy to work and study at the same time, but I feel great satisfaction when I think of the future.

Sometimes friends come to my place and we play chess; sometimes we **go to the pictures** or the theatre, but not very often. In summer I like to get out more, so in the evenings I go to the tennis court for a few sets of tennis, or take out my **bike** for a run in the country.

Примерный перечень заданий к тексту к разделу 2.1.

(??) Match English phrases from the text with their Russian equivalents. Подберите русские эквиваленты к английским словосочетаниям

(~) working day~рабочий день

(~) make the bed~застилать кровать

(~) sporty~спортивный

(~) in a week~через неделю

- (~) fellow-workers~сослуживцы
- (~) spare moment~свободная минутка
- (~) call on smb.~зайти к кому-то
- (~) go for a run~делать пробежку
- (~) leisure time~досуг
- (~) have a snack ~перекусить
- (~) suburbs~пригород
- (~) short of time~нехватка времени

(??) Match the words from the text and their synonyms. Подберите к данным словам синонимы.

- (~) sporty ~ athletic
- (~) have a snack ~ take a quick bite
- (~) fellow-workers ~ colleagues
- (~) oversleep ~ sleep away
- (~) leisure time ~ free time
- (~) call on ~ drop in on
- (~) in suburbs ~ out of town
- (~) clean teeth ~ brush teeth
- (~) canteen ~ dining-room
- (~) go to the pictures ~ go to the cinema
- (~) bike ~ bicycle
- (~) tidy up room ~ clean room
- (~) relax ~ have a rest

Написать эссе на одну из предложенных тем:

1. How I organize my time.
2. The day of a person is a picture of this person.
3. My busiest day.
4. My day off.

Время — 40 мин, объем 500 - 700 печ. зн.

РУБЕЖНЫЙ КОНТРОЛЬ К РАЗДЕЛУ 2.1.:

Форма рубежного контроля: компьютерное тестирование.

- (??) Choose the correct order of the sentence. Выберите правильный порядок слов в предложении.
- (?) Mark every day walks to school.
 - (!) Mark walks to school every day.
 - (?) Mark every to school day walks.
- (??) Choose the correct order of the sentence. Выберите правильный порядок слов в предложении.
- (?) He does swim usually in the evening?
 - (?) In the evening does he usually swim?
 - (!) Does he usually swim in the evening?
- (??) Choose the right synonyms of the word *sporty*. Подберите правильный синоним к слову *sporty*.
- (!) athletic
 - (?) strong
 - (?) fast
- (??) Choose the right synonym of the word *fellow-workers*. Подберите правильный синоним к слову *fellow-workers*.
- (?) friends
 - (?) relatives
 - (!) colleagues
- (??) Choose the right synonym of the word *relax*. Подберите правильный синоним к слову *relax*.
- (!) have a rest

- (?) have a snack
 (?) have a snap
 (??) Choose the right synonym of the word *canteen*. Подберите правильный синоним к слову *canteen*.
 (!) dining-room
 (?) kitchen
 (?) cafe
 (??) Choose the right synonym of the word *in suburbs*. Подберите правильный синоним к слову *in suburbs*.
 (?) in town
 (!) out of town
 (?) in the country
 (??) Choose the right synonym of the word *call on*. Подберите правильный синоним к слову *call on*.
 (!) drop in on
 (?) come in
 (?) call at
 (??) Choose the right synonym of the word *oversleep*. Подберите правильный синоним к слову *oversleep*.
 (?) sleep
 (?) have a sleep
 (!) sleep away
 (??) Choose the right Russian equivalent to the phrase *working day*. Подберите правильный перевод к словосочетанию *working day*.
 (!) рабочий день
 (?) выходной
 (?) отпуск
 (??) Choose the right equivalent to the phrase *short of time*. Подберите правильный перевод к словосочетанию *short of time*.
 (?) свободное время
 (?) рабочее время
 (!) нехватка времени
 (??) Choose the right equivalent to the phrase *leisure time*. Подберите правильный перевод словосочетания *leisure time*.
 (!) досуг
 (?) свободное время
 (?) отпуск
 (??) Choose the right equivalent to the phrase *spare moment*. Подберите правильный перевод словосочетания *spare moment*.
 (!) свободная минутка
 (?) рабочий момент
 (?) быстро
 (??) Choose the right equivalent of the phrase *have a snack*. Подберите правильный эквивалент к словосочетанию *have a snack*.
 (!) перекусить
 (?) обедать
 (?) ужинать
 (??) Choose the right equivalent of the word *alarm-clock*. Подберите правильный эквивалент к слову *alarm-clock*.
 (??) часы
 (??) ключ
 (!) будильник
 (??) Choose the right equivalent of the word *wind*. Подберите правильный эквивалент к слову *wind*.
 (!) заводить

(??) успевать

(??) отключать

(??) Choose the right equivalent of the word *wisely*. Подберите правильный эквивалент к слову *wisely*.

(!) разумно

(?) широко

(?) быстро

(??) Choose the right equivalent of the word *play*. Подберите правильный эквивалент к слову *play*.

(??) игра

(??) кино

(!) пьеса

(??) Choose the right equivalent of the word *vocabulary*. Подберите правильный эквивалент к слову *vocabulary*.

(!) словарный запас

(??) словарь

(??) лексика

(??) Choose the right equivalent of the words *daily routine*. Подберите правильный эквивалент к словосочетанию *daily routine*.

(!) распорядок дня

(??) рабочее задание

(??) расписание

(??) Choose the right equivalent of the word *reading-room*. Подберите правильный эквивалент к слову *reading-room*.

(!) читальный зал

(??) комната отдыха

(??) библиотека

(??) Choose the right equivalent of the word *pillow*. Подберите правильный эквивалент к слову *pillow*.

(!) подушка

(??) будильник

(??) обед

(??) Choose the right equivalent of the word *sometimes*. Подберите правильный эквивалент к слову *sometimes*.

(??) редко

(??) всегда

(!) иногда

(??) Choose the right equivalent of the word *often*. Подберите правильный эквивалент к слову *often*.

(??) иногда

(??) всегда

(!) часто

(??) Choose the right equivalent of the word *always*. Подберите правильный эквивалент к слову *always*.

(!) всегда

(??) редко

(??) иногда

(??) Choose the right equivalent of the word *bike*. Подберите правильный эквивалент к слову *bike*.

(!) велосипед

(??) мотоцикл

(??) автобус

(??) Choose the right equivalent of the word *department*. Подберите правильный эквивалент к слову *department*.

(??) курс

(??) ректорат

(!) факультет

(??) Choose the right equivalent of the right word *tap*. Подберите правильный эквивалент к слову *tap*.

(??) ванная

(??) душ

(!) кран

(??) Choose the right equivalent of the word *commute*. Подберите правильный эквивалент к слову *commute*.

(!) регулярно ездить на работу из пригорода

(??) общаться

(??) возвращаться с работы

(??) Choose the right equivalent of the words *make the bed*. Подберите правильный эквивалент к словам *make the bed*.

(??) убирать постель

(??) сидеть на кровати

(!) стелить постель

(??) Choose the right equivalent of the words *do the bed*. Подберите правильный эквивалент к словам *do the bed*.

(!) убирать постель

(??) стелить постель

(??) сидеть на кровати

(??) Choose the right equivalent of the word *homework*. Подберите правильный эквивалент к слову *homework*.

(!) домашнее задание

(??) работа по дому

(??) работа на дому

(??) Choose the right definitions to the term *colleague*. Подберите правильное определение к термину *colleague*.

(!) someone who works in the same office as oneself

(??) someone who lives in the same apartment as oneself

(??) someone who studies in the same department as oneself

(??) Choose the right definition to the term *housework*. Подберите правильное определение к термину *housework*.

(??) work done in office

(??) studies which must be done at home by students

(!) work done in taking care of a house, esp. cleaning

(??) Choose the right definition to the term *homework*. Подберите правильное определение к термину *homework*.

(!) studies which must be done at home by students

(??) work done in taking care of a house, esp. cleaning

(??) work done in office

(??) Choose the right definition to the term *play*. Подберите правильное определение к термину *play*.

(!) a piece of writing performed by actors in a theatre on television

(??) a new cinema

(??) a first-night performance

(??) Choose the right definition to the term *snack*. Подберите правильное определение к термину *snack*.

(!) an amount of food smaller than a meal

(??) at lunchtime

(??) breakfast

(??) Choose the right definition to the term *suburb*. Подберите правильный эквивалент к термину *suburb*.

(!) an outer area of a town or city, where people live

(??) an area in town

(??) a neighborhood

(??) Choose the right definition to the term *department*. Подберите правильный эквивалент к термину *department*.

(??) a division at school

(!) important division of college

(??) a class

(??) Choose the right half of the sentence : *I have to wind two alarm-clocks to make sure ...* .

Подберите правильное окончание предложения: *I have to wind two alarm-clocks to make sure ...* .

(??) about it

(!) I do not oversleep

(??) I can't sleep

(??) Choose the right half of the sentence: *My studies...*

Подберите правильное окончание предложения: *My studies ...*

(!) keep me busy all day long

(??) keep me at home

(??) besides me

(??) Choose the right half of the sentence: *My sister is....*

Подберите правильное окончание предложения: *My sister is... .*

(??) about forty

(??) to become a pianist

(!) a sporty person

(??) Choose the right half of the sentence: *One of my greatest pleasures ...* .

Подберите правильное окончание предложения: *One of my greatest pleasures... .*

(!) is to lie in bed and read my favourite books

(??) is to watch TV

(??) is to put my homework off

(??) Choose the right half of the sentence: *I also have...* .Подберите правильное окончание предложения: *I also have... .*

(!) lectures and seminars

(??) breakfast

(??) six hours a week

(??) Choose the right half of the sentence: *I always find excuses ...* . Подберите правильное окончание предложения: *I always find excuses...* .

(!) to put my homework off

(??) to put off my housework

(??) to be late

(??) Choose the right half of the sentence: *Breakfast, as doctors say,....* Подберите правильное окончание предложения: *Breakfast, as doctors say,*

(??) a little unpractical

(??) is not important

(!) must be the most substantial meal of the day

(??) Choose the right half of the sentence: *I live in the suburbs, and every week-day...* .

Подберите правильное окончание предложения: *I live in the suburbs, and every week-day...* .

(!) I commute to work

(??) I stay at home

(??) I go on talking shop

(??) Choose the right half of the sentence: *I am a student at...* . Подберите правильное окончание предложения: *I am a student at... .*

(??) school

(!) the Evening Department

(??) the country

(??) Choose the right half of the sentence: *My train to town...* . Подберите правильное окончание предложения: *My train to town...* .

(!) leaves at 8.10

(?) commute to work

(?) starts at 8.10

РАЗДЕЛ 2.2.

Тема 2.2.1. Неопределенные местоимения

Цель: Повторение и закрепление грамматического материала по теме «Present Simple»

Перечень изучаемых элементов содержания

Much, many

Few, little

Some, any, no и их производные

Вопросы для самоподготовки:

1. Выполнить грамматические упражнения

Тема 2.2.2. Eating habits.

Цель: Активизация лексико-грамматического материала в диалогической и монологической речи. Обучение поисковому и просмотровому чтению

Перечень изучаемых элементов содержания

Правильное питание.

Здоровый образ жизни.

Способы бросить вредные привычки

Вопросы для самоподготовки:

1. Опишите свой режим питания.
2. Здоровый образ жизни.
3. Назовите вредные привычки и способы борьбы с ними.

ПРАКТИЧЕСКОЕ ЗАДАНИЕ К РАЗДЕЛУ 2.2.

Форма практического задания: текст и задания к нему/ролевая игра

Примерный перечень текстов для чтения и перевода к разделу 2.2.

Вариант 1.

Eating habits

As I was walking through the **gym** the other day, I caught a **glimpse** of an **overweight** woman across the room. But then I did a **double take**, and then another. The woman was me — I had seen my own reflection in a distant mirror and, for a **split second**, hadn't recognized myself. This moment of mistaken identity was **disconcerting**, but it wasn't all that unusual. Many of us are surprised by our size when reflected in the mirror or a store window — it's like thinking that a recording of your own voice **sounds off**. And while psychologists have worried for years that media images of **superslim starlets** would put the nation's collective **self-esteem** at risk, it turns out that something altogether different has happened. As the population becomes fatter, study after study shows that instead of feeling bad about ourselves, we have entered a collective **state of denial** about how big we're actually getting.

Look at a **group of silhouettes** and see if you can choose which one matches your body.

A team of researchers led by a group from the University of Illinois at Urbana-Champaign recently asked 3,622 young men and women in Mexico to estimate their body size based on categories ranging from very **underweight** to **obese**. People in the normal weight range selected the correct category about 80 percent of the time, but 58 percent of overweight students incorrectly described

themselves as normal weight. Among the obese, 75 percent placed themselves in the overweight category, and only 10 percent accurately described their body size. (Notably, a **sizable minority** who were at a healthy weight described themselves as being underweight.)

The tendency for people to **underestimate** their body sizes, according to studies in the United States, Canada, Europe and elsewhere, is remarkably consistent across cultures and age groups. So why are so many people in fat denial? Scientists are only now beginning to understand the complicated process in which the brain (in particular, the **posterior parietal cortex**) integrates signals from all the senses to form our body images. Because our bodies change over time, the brain must constantly adjust its perception. Scientists believe that this internal calibration system can sometimes go **haywire**, notably for sufferers of **anorexia**, **bulimia** and **body dysmorphic disorder**, and possibly for obese people too.

In the meantime, they certainly know that the brain's body-perception center isn't **foolproof**. In an experiment called the Pinocchio Illusion, a person can be fooled into thinking that his nose is growing. This happens when someone touching his own nose with closed eyes has his biceps stimulated to feel as if his forearm is moving forward. The brain senses the arm movement but also knows that the fingers are still touching the nose. For both sensations to be true, the brain decides that the nose must be growing.

A few years ago, researchers at University College, London, conducted a similar experiment regarding waist size. While a person's hands were resting on his waist, his **wrist tendons** were stimulated to create a sensation that they were moving inward — to feel, in other words, as if his waist were **shrinking**. Brain scans conducted during the experiment showed a marked increase in activity in the posterior parietal cortex, which gave the researchers a glimpse of the brain trying to tweak its perceived body size in real time. "The relative size of our body parts needs to be continuously updated or **recalibrated**," said Henrik Ehrsson, lead author of the study, now associate professor of cognitive neuroscience at the Karolinska Institute in Stockholm. "One possibility is that, in people who get obese or who have body-image disorders, something goes wrong with that process."

While researchers **admit** that some denial may have to do with personal **embarrassment**, the consistency of the findings suggests that neural processing and psychology probably both play a role. It is also possible that a few extra pounds isn't an **urgent priority** for the brain to acknowledge. Researchers at University of Texas Medical Branch in Galveston found that one in three women did not know when they had gained 5 pounds, and about 15 percent weren't aware when they had gained more than 10.

But part of the explanation may have to do with perspective. In a recent study, 3,665 children and **adolescents** in Quebec were given a series of silhouettes showing body sizes ranging from underweight to obese. When asked to describe their own body, nearly 70 percent of the overweight and obese children chose a slimmer silhouette. But the researchers discovered that children with the heaviest parents and peers were far more likely to underestimate their weight than those with healthy-weight parents and friends. "When kids live in an environment in which they see, on a **daily basis**, parents or school peers who are overweight, they may develop inaccurate perceptions of what constitutes a healthy weight," says Katerina Maximova, assistant **professor of epidemiology** at the University of Alberta. "Their own overweight seems normal by comparison." Now that health officials estimate that two out of every three adults in the United States are overweight, future generations may not see the difference, either.

Вариант 2.

Six Steps to Changing Bad Eating Habits.

How to overcome unhealthy habits that are keeping you from losing weight and getting fit.

Most of us are creatures of habit. We buy the same foods from the same grocery store, prepare the same recipes over and over, and live within our own familiar routines. But if you're serious about eating healthier and losing weight, you need to shake it up, change those bad eating habits, and start thinking differently about your diet and lifestyle.

The problem is that we get so comfortable in our ways that it's hard to give up those old habits.

"Many people are skeptical about changing their diets because they have grown accustomed to eating or drinking the same foods, and there is a fear of the unknown or trying something new," says

John Foreyt, PhD, director of the Baylor College of Medicine Behavioral Medicine Research Center. Even when you want to change, old habits die hard.

"Over time, habits become automatic, learned behaviors, and these are stronger than new habits you are trying to incorporate into your life," says Foreyt. What helps you stay on track with your weight loss goals?

One thing that helped me was to keep a food diary. I wrote down everything I ate and why I was...

Even those who manage to change their bad eating habits can easily fall back on their old ways during times of stress. When you're feeling weak or vulnerable, automatic responses often override good intentions.

"Everything can be going along just fine until you hit a rough patch and feelings of boredom, loneliness, depression, or ... any kind of stress," says Foreyt. Foreyt says tackling bad eating and exercise habits requires a three-pronged approach:

- * Being aware of the bad habits you want to fix.

- * Figuring out why these habits exist.

- * Figuring out how you'll slowly change your bad eating and exercise habits into healthier new ones.

Another expert notes that you're much more likely to be successful at changing your habits if you take things one step at a time. "Try to gradually incorporate new habits over time, and before you know it, you will be eating more healthfully and losing weight," says Keri Gans, MS, RD, American Dietetic Association spokesperson and a nutritionist in private practice in New York.

Eating a healthier diet may be intimidating at first. But once you see for yourself how good it makes you feel -- and how good healthy food can taste -- you have a better chance of succeeding. Over time, your preferences will change and cravings for bad-for-you foods will fade away.

Here are 6 steps to help you get rid of your old, unhealthy habits and create healthier ones:

1. Take Baby Steps. Making small changes in your diet and lifestyle can improve your health as well as trim your waistline. Some suggestions from the experts:

- * Start each day with a nutritious breakfast.

- * Get 8 hours of sleep each night, as fatigue can lead to overeating.

- * Eat your meals seated at a table, without distractions.

- * Eat more meals with your partner or family.

- * Teach yourself to eat when you're really hungry and stop when you're comfortably full.

- * Reduce your portion sizes by 20%, or give up second helpings.

- * Try lower-fat dairy products.

- * Make sandwiches with whole-grain bread and spread them with mustard instead of mayo.

- * Switch to cafe au lait, using strong coffee and hot skim milk instead of cream.

- * Eat a nutritious meal or snack every few hours.

- * Use nonstick pans and cooking spray instead of oil to reduce the fat in recipes.

- * Try different cooking methods, such as grilling, roasting, baking, or poaching.

- * Drink more water and fewer sugary drinks.

- * Eat smaller portions of calorie-dense foods (like casseroles and pizza) and larger portions of water-rich foods (like broth-based soups, salads, and veggies).

- * Flavor your foods with herbs, vinegars, mustards, or lemon instead of fatty sauces.

- * Limit alcohol to 1-2 drinks per day.

2. Become More Mindful. One of the first steps toward conquering bad eating habits is paying more attention to what you're eating and drinking. "Read food labels, become familiar with lists of ingredients, and start to take notice of everything you put into your mouth," says Gans. Once you b

e 3. Make a Plan; Be Specific. How are you going to start eating more fruit, having breakfast every day, or getting to the gym more often? Spell out your options. For example: Plan to take a piece of fruit to work every day for snacks, stock up on cereal and fruit for quick breakfasts, and go to the gym on the m to work three times a week. "To say 'I am going to work out more,' won't help you," says Gans. e What will help is thinking about when and how you can fit it into your lifestyle."

4. Tackle a New Mini-Goal Each Week. These mini-steps will eventually add up to major change.

For example, if your goal is to eat more vegetables, tell yourself you'll try one new veggie each week until you find some you really enjoy. Or look for easy ways to add one more serving of vegetables to your diet each week until you reach your goal. Try topping your lunch sandwich with slices of cucumbers; adding shredded carrots to the muffins you have for breakfast; or topping your dinnertime pizza with sun-dried tomatoes and mushrooms.

5. Be Realistic. Don't expect too much from yourself too soon. It takes about a month for any new action to become habit. Slow and steady wins the race -- along with a dose of vigilance.

6. Practice. "Focus on dealing with stress through exercise, relaxation, meditation, or whatever works for you, so you don't fall back into those bad habits during periods of stress or use food to help you cope with the situation," advises Foreyt.

Примерный перечень заданий к тексту к разделу 2.2.

(??) Match English phrases from the text with their Russian equivalents. Подберите русские эквиваленты к английским словосочетаниям

- (~) an overweight woman ~ женщина с избыточным весом
- (~) moment of mistaken identity ~ момент ошибочной идентификации
- (~) something altogether different ~ нечто совсем иное
- (~) becomes fatter ~ набирать вес
- (~) from very underweight to obese ~ от очень маленького веса (недостатка) к ожирению
- (~) across cultures ~ в разных культурах
- (~) a similar experiment ~ аналогичный эксперимент
- (~) associate professor of cognitive neuroscience ~ общество профессоров когнитивной нейробиологии
- (~) children with the heaviest parents and peers ~ дети с полными родителями и сверстниками
- (~) personal embarrassment ~ личное препятствие(помеха)
- (~) a glimpse of the brain ~ вспышка активности мозговой деятельности

(??) Match the words from the text and their synonyms. Подберите к данным словам синонимы.

- (~) gym ~ fitness center
- (~) brain ~ intellect, mind
- (~) mistake ~ error, fault
- (~) training ~ study
- (~) everyday ~ daily
- (~) state ~ situation, standing
- (~) disorder ~ frustration, upset
- (~) private ~ personal, individual
- (~) foolproof ~ simple, onefold, dolly, low-tech
- (~) fat ~ thick, stout, fleshy, heavy, puffy

Примерный перечень тем диалогов (ролевые игры) к разделу 2.2.:

1. *Fast food is very popular among young people. However, many experts consider fast food harmful to our health.*

What can you say for and against fast food?

2. *Many people believe that the only way to lose weight is following a special diet. However, doctors consider dieting harmful to our health.*

What can you say for and against following a special diet? Which way of keeping fit do you prefer?

3. *Generally modified foods have caused an enormous amount of debate, scientific discussion, and media coverage. As well as benefits, a variety of ecological and human health concerns come with the new advances made possible by genetic modification.*

What can you say for and against the development of genetically modified food?

РУБЕЖНЫЙ КОНТРОЛЬ К РАЗДЕЛУ 2.2.:

Форма рубежного контроля: компьютерное тестирование.

(??) Match English phrases from the text with their Russian equivalents. Подберите русские эквиваленты к английским словосочетаниям(??)

- (~) an overweight woman ~ женщина с избыточным весом
- (~) moment of mistaken identity ~ момент ошибочной идентификации
- (~) something altogether different ~ нечто совсем иное
- (~) becomes fatter ~ набирать вес
- (~) from very underweight to obese ~ от очень маленького веса (недостатка) к ожирению
- (~) across cultures ~ в разных культурах
- (~) a similar experiment ~ аналогичный эксперимент
- (~) associate professor of cognitive neuroscience ~ общество профессоров когнитивной нейробиологии
- (~) children with the heaviest parents and peers ~ дети с полными родителями и сверстниками
- (~) personal embarrassment ~ личное препятствие(помеха)
- (~) a glimpse of the brain ~ вспышка активности мозговой деятельности

(??) Match the words from the text and their synonyms. Подберите к данным словам синонимы(??)

- (~) gym ~ fitness center
- (~) brain ~ intellect, mind
- (~) mistake ~ error, fault
- (~) training ~ study
- (~) everyday ~ daily
- (~) state ~ situation, standing
- (~) disorder ~ frustration, upset
- (~) private ~ personal, individual
- (~) foolproof ~ simple, onefold, dolly, low-tech
- (~) fat ~ thick, stout, fleshy, heavy, puffy

(??) Match the halves of the sentences. Соедините половины предложений(??)

- (~) While a person's hands were resting on his waist, his wrist tendons were stimulated to create a sensation that they were moving inward — ...~... to feel, in other words, as if his waist were shrinking.
- (~) Scientists are only now beginning to understand the complicated process in which the brain (in particular, the posterior parietal cortex) integrates signals...~...from all the senses to form our body images.
- (~) The tendency for people to underestimate their body sizes, according to studies in the United States, Canada, Europe and elsewhere, is...~... remarkably consistent across cultures and age groups
- (~) This happens when someone touching his own nose with closed eyes...~... has his biceps stimulated to feel as if his forearm is moving forward.
- (~) When asked to describe their own body, nearly 70 percent of the overweight and obese children...~...chose a slimmer silhouette.
- (~) Because our bodies change over time ...~... the brain must constantly adjust its perception.
- (~) "The relative size of our body parts needs to be continuously updated or recalibrated," said Henrik Ehrsson, ...~... lead author of the study, now associate professor of cognitive neuroscience at the Karolinska Institute in Stockholm.
- (~) It is also possible that a few extra pounds isn't ...~... an urgent priority for the brain to acknowledge.
- (~) Now that health officials estimate that two out of every three adults in the United States ...~... are overweight, future generations may not see the difference, either.

(??) Complete the sentences with the words given below. Подставьте слова в предложения(??)

- (~) As I was walking through the gym the other day, I caught a glimpse of an _____ woman across the room. ~ overweight
- (~) Look at a group of _____ and see if you can choose which one matches your body. ~ silhouettes
- (~) Many of us are surprised by our size when reflected in the mirror or a _____ — it's like thinking that a recording of your own voice sounds off. ~ store window
- (~) For both sensations to be true, the brain decides that the nose must be _____. ~ growing
- (~) In the meantime, they certainly know that the brain's body-perception center isn't _____. ~ foolproof
- (~) Notably, a _____ who were at a healthy weight described themselves as being underweight. ~ sizable minority
- (~) In a recent study, 3,665 children and adolescents in _____ were given a series of silhouettes showing body sizes ranging from underweight to obese. ~ Quebec
- (~) The relative size of our body parts needs to be continuously updated or _____. ~ recalibrated
- (~) We have entered a collective _____ about how big we're actually getting. ~ state of denial
- (~) Scientists are only now beginning to understand the complicated process in which the brain integrates _____ from all the senses to form our body images. ~ signals
- (~) People in the normal _____ range selected the correct category about 80 percent of the time. ~ weight
- (~) Nearly 70 percent of the overweight and obese children chose a _____ silhouette. ~ slimmer
- (~) Researchers at University College, London, conducted a similar experiment regarding _____. ~ waist size.

(??)Match the terms and their definitions. Соедините термины и их определения(??)

- (~) underestimate ~ estimate (something) to be smaller or less important than it actually is
- (~) overweight ~ above a weight considered normal or desirable.
- (~) obese ~ grossly fat or overweight.
- (~) neuroscience ~ any or all of the sciences, such as neurochemistry and experimental psychology, which deal with the structure or function of the nervous system and brain.
- (~) adolescent ~ (of a young person) in the process of developing from a child into an adult.
- (~) bulimia ~ insatiable overeating as a medical condition, in particular.
- (~) anorexia ~ a lack or loss of appetite for food (as a medical condition).
- (~) admit ~ confess to be true or to be the case, typically with reluctance.

(??)Put the words in the correct order to make sentences. Восстановите порядок слов в предложениях(??)

(??)Scientists believe that this internal calibration system can sometimes go haywire

- (#) believe
- (#) this
- (#) system
- (#) go
- (#) Scientists
- (#) internal
- (#) that
- (#) sometimes
- (#) calibration
- (#) can
- (#) haywire

(??)When kids live in an environment in which they see parents or school peers who are overweight, they may develop inaccurate perceptions of what constitutes a healthy weight

- (#) kids
- (#) an

(#) inaccurate
 (#) parents
 (#) live
 (#) what
 (#) When
 (#) perceptions
 (#) which
 (#) develop
 (#) environment
 (#) in
 (#) constitutes
 (#) they
 (#) of
 (#) see
 (#) they
 (#) overweight
 (#) school
 (#) who
 (#) peers
 (#) or
 (#) may
 (#) are
 (#) weight
 (#) healthy

(??)Answer the questions. Выберите ответ на вопрос из предложенных вариантов(??)

(??)Most of us creatures of _____:

- (!)habit
- (?)intention
- (?)desire

(??)Many people are skeptical about changing their diets because _____:

- (?)it's too difficult for them
- (!)they have grown accustomed to eating or drinking the same foods
- (?)they want to changing nothing in their life

(??)Even when you want to change, old habits _____:

- (?)staying alive
- (!)die hard
- (?)don't want to go away

(??)Foreyt says tackling bad eating and exercise habits requires a _____ approach.

- (?)three-way
- (?)three
- (!)three-pronged

(??)Start each day with a _____ breakfast.

- (!)nutritious
- (?)lower-fat
- (?)calorie-dense

(??)It takes about a _____ for any new action to become habit.

- (?)3 weeks

(!)month

(?)year

(??)One thing that helped me was _____.

(!)to keep the food diary

(?)whole-grain bread

(?)nutritionist

(??)Match the halves of the sentences. Соедините половины предложений(??)

(~)Even when you want to change, ...~... old habits die hard.

(~)Being aware of...~... the bad habits you want to fix.

(~)Here are 6 steps to help you get rid of...~... your old, unhealthy habits and create healthier ones.

(~)It takes about a month for...~... any new action to become habit.

(~)What will help is thinking about...~... when and how you can fit it into your lifestyle.

(~)Try different cooking methods, ...~... such as grilling, roasting, baking, or poaching.

(~)Being aware of...~... the bad habits you want to fix.

(~) One thing that helped me was...~... to keep a food diary.

(??)Match the words from the text and their synonyms. Подберите к данным словам синонимы(??)

(~) Override ~ cancel

(~) spokeperson ~ reporter

(~) flavour ~ taste

(~) inimidating ~ frightening

(~) goal ~ task

(~) incorporate ~ include

(~) give up ~ surrender

(~) poaching ~ cooking

РАЗДЕЛ 3.1.

Тема 3.1.1. Времена группы Continuous.

Цель: Повторение и закрепление грамматического материала по теме «Времена группы Continuous»

Перечень изучаемых элементов содержания

Грамматическое время Present Continuous

Грамматическое время Past Continuous

Грамматическое время Future Continuous

Вопросы для самоподготовки:

1.Выполнить грамматические упражнения

Тема 3.1.2. Popular Myths.

Цель: Активизация лексико-грамматического материала в диалогической и монологической речи. Обучение поисковому и просмотровому чтению

Перечень изучаемых элементов содержания

Лексика по теме.

Популярные мифы.

Психологические исследования.

Вопросы для самоподготовки:

1. Составьте тематический англо-русский и русско-английский глоссарий по теме «Popular Myths».
2. Расскажите о исследовании цвета в психологии.

ПРАКТИЧЕСКОЕ ЗАДАНИЕ К РАЗДЕЛУ 3.1.

Форма практического задания: текст и задания к нему

Примерный перечень текстов для чтения и перевода к разделу 3.1.

Вариант 1.

Popular Myths.

These popular myths from around the world would seem truly weird for every reasonable person.

1. Don't eat lettuce if you want to have children

In the 19th century, English men avoided salads if they wanted to start a family. In the Oxford Dictionary of Superstitions a book on 'Plant Lore' suggested that since lettuce was a 'sterile' plant, it would also make men sterile.

2. Carrots are good for your eyesight

Though some studies have shown that the vitamin A in carrots is good for the eyes, the vegetable alone isn't enough to spark 20/20 vision. This old wives' tale was fabricated by parents trying to get their children to eat their veggies. This originated as a myth during World War II.

3. Not forwarding chain letters will give you bad luck

We all know how this superstition goes – forward a chain letter so you don't receive bad luck.

4. An awkward silence means an angel is passing over

This interesting explanation for a lull in conversation is attributed to Dylan Thomas' *Portrait of the Artist*.

5. Eat grapes at midnight for good luck

On New Year's Eve in Spain, instead of kissing, the superstitious eat twelve grapes at midnight for 12 months of good luck.

6. It's bad luck to chase someone with a broom

In the fourteenth century, brooms were first regarded as a vehicle for witches' transportation. Which is why to this day, it is still considered bad luck to chase someone around with one.

7. Never give a Russian woman an even number of flowers

In Russia, an even number of flowers are for the dead. When you order a dozen roses in Russia you should always ask them to throw in one extra flower for good luck.

8. Pass a newborn baby through a rind of cheese

In Medieval England, expectant mothers made a 'Groaning Cheese' – a large wheel of cheese that matured for nine months as the baby grew. When birth time came, the cheese would be shared out amongst the family – and when nothing but the outer rind was left, the baby would be passed through the wheel of cheese on Christening day to be blessed with a long and prosperous life.

9. Stay forever young by carrying an acorn

In ancient Britain, women carried acorns in their pockets to stay looking young. According to The Encyclopedia of Superstitions, the oak tree was believed to provide longevity and to ward off illness due to its long life.

10. Don't knit on a doorstep during late winter

In Iceland, it is forbidden to knit on a doorstep in late winter, as it is believed to lengthen its duration.

Вариант 2.

Side Effects

Vegetarianism can come with some unexpected side effects

New research suggests that along with **shedding pounds**, slashing cancer risk, and **boosting life expectancy**, vegetarianism could come with less-known side effects:

- Panic attacks

- **OCD**
- Depression

Her symptoms were sudden and severe. Drew Ramsey is 35-year-old patient had always been fit and active, but her energy had **flatlined**. When she managed **to drag herself to** the gym, it did not help. She felt anxious and was often **on the verge of** tears for no reason, even when she was with friends. Worst of all were her panic attacks, a rare occurrence in the past but now so common that she **was afraid of** losing her job because she had trouble getting out of bed, and she'd become terrified of taking the New York City subway. Ramsey, a Columbia University professor and psychiatrist with 14 years of experience, wanted to put her **on medication**. His patient **demurred**. She was so conscious of what she put in her body, she'd even **given up** meat a year ago, having heard about all the health benefits of vegetarianism. Her case is far from unique. "I hear from vegetarians every day; they have this terrible depression and anxiety and they don't understand why," says Lierre Keith, author of *The Vegetarian Myth*. "People think they are eating beautiful, **righteous** diet, but they don't realize potential dark side."

It has been decades since meat eating has been considered truly healthy. Practically every day, it seems, a new study emerges showing that vegetarian diets are **the key to** everything from shedding pounds to **beating cancer**. One group of California researchers even found evidence that **ditching** meat can tack more than three years onto your **lifespan**. So it was **startling** last year when Australian researchers revealed that vegetarians reported being less optimistic about the future than **meat eaters**. What's more, they were 18 percent more likely to report depression and 28 percent more likely **to suffer** panic attacks and anxiety. A separate German study **backs this up**, finding that vegetarians were 15 percent more prone to depressive conditions and twice as likely to suffer **anxiety disorders**.

Even the pros find the stats **confounding** in a chicken-or-egg-way. "We don't know if a vegetarian diet causes depression and anxiety, or if people **are predisposed to** those mental conditions **gravitate towards** vegetarianism," says Emily Deans, M.D., a Boston psychiatrist who studies the link between food and mood.

Most likely, says Deans, there is truth to both theories. People with anxious, obsessive, or neurotic tendencies might **be more inclined** to micromanage their plates (in one study, vegetarians had triple the risk of developing **an eating disorder** in comparison with meat lovers). Yet experts all agree that, regardless of where you rank on a scale of 1 to OCD, what you **swallow** plays a **major role** in what happens in your head.

"Food is a factor in **mental health**," says Ramsey. "We should be talking about it. You can't just make **sweeping change** to your diet and expect it won't **have any effect on** you mentally."

Примерный перечень заданий к тексту к разделу 3.1.

(??) Match the words from the text and their synonyms. Подберите к данным словам синонимы.

- (~) reasonable ~ sensible
- (~) avoid ~ shun
- (~) suggest ~ propose
- (~) spark ~ initiate
- (~) fabricate ~ build
- (~) receive ~ acquire
- (~) awkward ~ clumsy
- (~) pass over ~ go through
- (~) lull ~ pause, break
- (~) extra ~ additional
- (~) share out ~ distribute
- (~) prosperous ~ flourishing
- (~) ward off ~ avert

(??) Answer the questions. Выберите ответ на вопрос из предложенных вариантов.

- (??) Why did English men avoid eating salads?
- (?) They didn't like its taste.
- (!) They wanted to have children.

(?) They believed it was unhealthy.

(??) Who spread the myth that carrots can fix your eyesight?

(!) Mothers.

(?) Scientists.

(?) Doctors.

(??) Where and when is it best to eat grapes?

(?) In France in Christmas.

(!) In Spain, on New Year's Eve.

(?) In England on St. Valentine's day.

(??) How did the English make their children have a long life?

(?) They fed them with milk.

(?) Their mothers ate fish.

(!) They ate cheese on their birthdays.

(??) How should you use acorns to stay young?

(?) Eat one every morning.

(?) Sacrifice it to the god of youth.

(!) Carry it in your pocket.

РУБЕЖНЫЙ КОНТРОЛЬ К РАЗДЕЛУ 3.1.:

Форма рубежного контроля: компьютерное тестирование.

(??) Match the words from the text and their synonyms. Подберите к данным словам синонимы(??)

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(~) avoid ~ shun

(~) suggest ~ propose

(~) spark ~ initiate

(~) fabricate ~ build

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(~) awkward ~ clumsy

(~) pass over ~ go through

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(~) share out ~ distribute

(~) prosperous ~ flourishing

(~) ward off ~ avert

(??) Answer the questions. Выберите ответ на вопрос из предложенных вариантов(??)

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(!) They ate cheese on their birthdays.

(??) How should you use acorns to stay young?

(?) Eat one every morning.

(?) Sacrifice it to the god of youth.

(!) Carry it in your pocket.

(??) Match the words from the text and their synonyms. Подберите к данным словам синонимы(??)

(~) energy ~ vitality; liveliness

(~) reason ~ cause

(~) to be afraid of ~ to be scared; to be terrified

(~) to give up ~ renounce

(~) lifespan ~ lifetime

(~) subway ~ underground; metro

(~) unique ~ individual; special

(~) to rank ~ to classify; to rank

(~) researcher ~ explorer; investigator

(~) to report ~ announce

(??) Complete the sentences with the words given below. Подставьте слова в предложения(??)

(~) When she managed to _____ herself to the gym, it did not help. ~ drag

(~) She felt anxious and was often on the verge of tears for no reason, even when she was with _____. ~ friends

(~) She was so conscious of what she put in her body, she'd even given up meat a year ago, having heard about all the _____ of vegetarianism. ~ health benefits

(~) It has been decades since _____ has been considered truly healthy. ~ meat eating

(~) One group of California researchers even found _____ that ditching meat can tack more than three years onto your lifespan. ~ evidence

(~) So it was startling last year when Australian researchers revealed that _____ reported being less optimistic about the future than meat eaters. ~ vegetarians

(~) What's more, they were 18 percent more likely to report depression and 28 percent more likely to suffer _____ and anxiety. ~ panic attacks

(~) Even the pros find the stats _____ in a chicken-or-egg-way. ~ confounding

(~) Yet experts all agree that, regardless of where you rank on a scale of 1 to OCD, what you _____ plays a major role in what happens in your head. ~ swallow

(~) "Food is a factor in _____," says Ramsey. ~ mental health

(??) Match the terms and their definitions. Соедините термины и их определения(??)

(~) depression ~ a mental state characterized by a pessimistic sense of inadequacy and a despondent lack of activity

(~) a chicken-or-egg-way ~ a situation in which it is impossible to say which of two things existed first and which caused the other one

(~) vegetarianism ~ the theory or practice of living on vegetarian diet

(~) psychiatrist ~ a physician who specializes in the prevention, diagnosis and the treatment of mental illness

(~) disorder ~ a physical condition in which there is a disturbance of normal functioning

(~) cancer ~ a serious disease that is caused when cells in the body grow in a way that is uncontrolled and not normal

(~) health ~ the condition of being well or free from disease

(~) theory ~ an idea that is suggested or presented as possibly true but that is not known or proven to

be true

(~) symptom ~ a change in the body or mind which indicates that a disease is present

(~) medication ~ the act or process of treating a person or disease with medicine

РАЗДЕЛ 3.2.

Тема 3.2.1. Времена группы Perfect.

Цель: *Повторение и закрепление грамматического материала по теме «Времена группы Perfect»*

Перечень изучаемых элементов содержания

Грамматическое время Present Perfect.

Грамматическое время Past Perfect.

Грамматическое время Future Perfect.

Вопросы для самоподготовки:

1. Выполнить грамматические упражнения

Тема 3.2.2. College life.

Цель: *Активизация лексико-грамматического материала в диалогической и монологической речи. Обучение поисковому и просмотровому чтению*

Перечень изучаемых элементов содержания

Лексика по теме “College life”.

Образование в современном мире.

My first day at college.

Вопросы для самоподготовки:

1. Education.
2. Advantages and disadvantages of studying abroad.
3. College life.

ПРАКТИЧЕСКОЕ ЗАДАНИЕ К РАЗДЕЛУ 3.2.

Форма практического задания: текст и задания к нему/эссе/ролевые игры

Примерный перечень текстов для чтения и перевода к разделу 3.2.

Вариант 1.

Advantages and disadvantages of studying abroad

Nowadays more and more student are eager to study abroad, because they feel that studying abroad is better than studying local universities of our country. Of course, getting education in foreign county has a lot of benefits. First of all, studying abroad you have a really good chance to improve your knowledge of the language. When you are surrounded by another language environment, you have an opportunity to develop your listening and speaking skills. I suppose there is no other good way to become fluent.

Also, aside from language, you get to know a new culture, history, lifestyle, customs and so on. Living in any new country is likely to broaden the mind. Many people who have studied abroad say it was one of the best experiences of their lives. It challenges you to step out of your comfort zone while seeing the world and experiencing something entirely new.

It's great to take a break from your everyday life to experience something that not many people get the chance to see. You'll meet new people from across the globe and make lifelong bonds and friendships.

There's no better way to see how people live and understand a culture than by living there. You can learn things you just can't while you sit in a classroom. Actually living in a foreign place

can greatly assist with learning the native language. Living there as opposed to visiting, will give you the chance to get a genuine experience instead of a tourist experience.

Everyday tasks like reading a map, exchanging money and learning to get around on your own is a life lesson waiting for you. These skills can transfer over to being a more profitable employee later on.

Simply taking an extended travel break or getting a job abroad is a great way to see the world, but with studying abroad, you'll be gaining an education. So you'll be earning a degree while you're traveling to maximize your time and money.

The idea of studying abroad can seem like a fabulous opportunity, but there are also plenty of potential downsides: practical, financial, and psychological.

Students have to pay not only for the study but also for the living cost. And students who study abroad are exposed to culture shock and they will have communication barrier. In addition, you will miss your friends and family, feel homesick, at times lost or alienated.

While there are many ways to save up for studying abroad and you may even be able to find scholarships to help you go, studying abroad can be expensive. Besides tuition, you also have to factor in living expenses, travel costs and other costs you may not have anticipated.

Примерный перечень заданий к тексту к разделу 3.2.

(??)Match English phrases from the text with their Russian equivalents. Подберите русские эквиваленты к английским словосочетаниям

- (~) has a lot of benefits ~иметь много преимуществ
- (~) a good chance to improve your knowledge ~ хороший шанс улучшить ваши знания
- (~) it's great to take a break from your everyday life ~ это здорово взять перерыв от будничной жизни
- (~) assist with learning the native language ~ содействовать изучению местного языка
- (~) you'll be earning a degree ~ вы будете получать высшее образование
- (~) plenty of potential downsides ~ множество возможных минусов
- (~) different habits and customs you'll have to get used to~ разные привычки и обычаи, к которым вам придется привыкнуть
- (~) the quality of medical facilities~ качество медицинского обслуживания
- (~) to protect your money ~ защищать свои деньги
- (~) it entails lots of hard work ~ это влечет за собой тяжелый труд

(??)Match the words from the text and their synonyms. Подберите к данным словам синонимы.

- (~) fluent ~ smooth spoken
- (~) entirely new ~ brand-new
- (~) take a break ~ take a time-out
- (~) idea ~ concept
- (~) diseases ~ sickness
- (~) life ~ existence
- (~) exciting ~ thrilling
- (~) facilities ~ equipment
- (~) get sick ~ be ill
- (~) customs ~ traditions
- (~) too familiar ~ well-known

Написать эссе на одну из предложенных тем:

1. Our college life needs changes.
2. Some advice for college students.
3. Education reform. To be or not to be.
4. To my mind, colleges shouldn't provide students with general knowledge. Emphasis should be placed on professional skills.

Время — 40 мин, объем 500 - 700 печ. зн.

Примерный перечень тем диалогов (ролевые игры) к разделу 3.2.:

1. Online education is a growing industry, but is it a blessing or a curse?
2. Many parents encourage their children to study well by giving extra pocket money for each good mark.
3. Exams are a fair way of testing students.

РУБЕЖНЫЙ КОНТРОЛЬ К РАЗДЕЛУ 3.2.:

Форма рубежного контроля: компьютерное тестирование.

(??) Match English phrases from the text with their Russian equivalents. Подберите русские эквиваленты к английским словосочетаниям(??)

- (~) has a lot of benefits ~ иметь много преимуществ
- (~) a good chance to improve your knowledge ~ хороший шанс улучшить ваши знания
- (~) it's great to take a break from your everyday life ~ это здорово взять перерыв от будничной жизни
- (~) assist with learning the native language ~ содействовать изучению местного языка
- (~) you'll be earning a degree ~ вы будете получать высшее образование
- (~) plenty of potential downsides ~ множество возможных минусов
- (~) different habits and customs you'll have to get used to ~ разные привычки и обычаи, к которым вам придется привыкнуть
- (~) the quality of medical facilities ~ качество медицинского обслуживания
- (~) to protect your money ~ защищать свои деньги
- (~) it entails lots of hard work ~ это влечет за собой тяжелый труд

(??) Match the words from the text and their synonyms. Подберите к данным словам синонимы(??)

- (~) fluent ~ smooth spoken
- (~) entirely new ~ brand-new
- (~) take a break ~ take a time-out
- (~) idea ~ concept
- (~) diseases ~ sickness
- (~) life ~ existence
- (~) exciting ~ thrilling
- (~) facilities ~ equipment
- (~) get sick ~ be ill
- (~) customs ~ traditions
- (~) too familiar ~ well-known

(??) Match the halves of the sentences. Соедините половины предложений(??)

- (~) It challenges you to step out of your comfort zone... ~ ... while seeing the world and experiencing something entirely new.
- (~) Living there as opposed to visiting ... ~ ... will give you the chance to get a genuine experience instead of a tourist experience.
- (~) These skills can transfer over... ~ ... to being a more profitable employee later on.

- (~) Students have to pay not only for the study... ~ ... but also for the living cost.
 (~) There are many documents to get... ~ ... in order and applications to fill out.
 (~) You'll need to know what to do... ~ ... if you get sick or encounter another emergency abroad since you're a long way from people who can help.
 (~) Of course there are ways to protect your money... ~ ... while traveling abroad and to ensure you're safety while traveling, but things can happen anywhere.

РАЗДЕЛ 4.1.

Тема 4.1.1. Времена группы Perfect Continuous.

Цель: Повторение и закрепление грамматического материала по теме «Времена группы Perfect Continuous»

Перечень изучаемых элементов содержания

Грамматическое время Present Perfect Continuous

Грамматическое время Past Perfect Continuous

Грамматическое время Future Perfect Continuous

Вопросы для самоподготовки:

1. Выполнить грамматические упражнения

Тема 4.1.2. Global languages.

Цель: Активизация лексико-грамматического материала в диалогической и монологической речи. Обучение поисковому и просмотровому чтению

Перечень изучаемых элементов содержания

Лексика по теме "Global languages".

Global English.

Russian language in the world.

Вопросы для самоподготовки:

1. Роль и место английского языка в мире.
2. Роль и место русского языка в мире.

ПРАКТИЧЕСКОЕ ЗАДАНИЕ К РАЗДЕЛУ 4.1.

Форма практического задания: текст и задания к нему/эссе/ ролевые игры

Примерный перечень текстов для чтения и перевода к разделу 4.1.

Вариант 1.

Global English.

The English language is now the first language of about 400 million people, the **native** language of 12 nations and the **official** or **semiofficial** language of 33 more nations. That means one in every seven people in the world speaks English. The English language has become the "new latin" of the century, the world's top **tongue**. One billion people speak English. That's 20% of the world population. For the other 600 million it's either a second language or a foreign language. There are more than 500,000 words in the Oxford English Dictionary. **Compare** that **with** the **vocabulary** of German (about 200,000) and French (about 100,000) At present no other language on Earth is better **suited** to play the role of a world language.

English is so **widespread** nowadays because it has become the standard language for all kinds of international **communication**: 80% of all information in the world's computers is in English; **nearly** 50% of all the companies in Europe communicate with one another in English; 75% of all international letters are in English. English is also the international language of business people, **pilots**, **diplomats** and **politicians**, sportsmen and **scientists**, doctors and students, musicians and singers.

Obviously English is going to become even more important as a global language, **dominating** world trade, computers and media.

Not so long ago learning English was not much fun. You only had to read boring texts, translate them from English into Russian and back and learn lists of words by heart.

Today learning English has become much more **exciting**. Students can enjoy and kind of **pronunciation** and **various accents** listening to the CDs read by native speakers. Watching video and DVD films allow students to see **authentic** movies with or without **subtitles**. You can use the computer not only for playing games but also for **acquiring knowledge**. The Internet is a **boundless** world of learning **opportunities**. There are a lot of sites **providing** different activities, students' cafes and chats. You can ask any questions to the world's top teachers and you will get your answers in a second. You can find the words of popular songs in English and sing along with your favourite singers. And finally if you can **afford** it, go **abroad** and learn English with native speakers in an English-speaking country.

Because English is so widely spoken, it has often been referred to as a "global language", the **lingua franca** of the modern era. While English is not an official language in many countries, it is currently the language most often taught as a second language around the world. Some **linguists** believe that it is no longer **the exclusive** cultural **sign** of "native English speakers", but it rather a language that is **absorbing aspects** of cultures worldwide as it continues to grow. It is, by international **treaty**, the official language for **aerial** and **maritime** communications, as well as one of the official languages of the European Union, the United Nations, and most international athletic organizations, including the International Olympic Committee.

English is the language most often studied as a foreign language in the European Union (by 89% of schoolchildren), followed by French (32%), German (18%), and Spanish (8%). It is also the most studied in the People's republic of China, Japan, South Korea, and Taiwan.

Books, magazines, and newspapers written in English are available in many countries around the world. English is also the most **commonly** used language in the sciences. In 1997, the Science Citation Index reported that 95% of its **articles** were written in English, even though only half of them came from authors in English-speaking countries.

Вариант 2.

Russian Language in the world

In the XX century Russian language was included in the so-called world (global) languages. The spread of the Russian language geographically and territorially was largely the result of the actions of the Russian **empire**, then the USSR. The status of the Russian language was **enshrined** in the United Nations, where Russian is a working language.

In the early XX century Russian language owned by **approximately** 150 million people – mostly citizens of the Russian Empire. Over the next 90 years, the number of knowledgeable Russian language has **increased** to approximately 350 million people, with 286 million of them lived in the USSR, where Russian was the state language and for the most part, its inhabitants were the native language, and over 70 million people (mainly in the republics of the USSR, Eastern European, Balkan countries and some Asian countries) also to some **extent** know Russian language.

Russian is an East Slavic language and an official language in Russia, Belarus and Kyrgyzstan. It is an unofficial but widely spoken language in Ukraine, Moldova, Latvia, Estonia, and to a lesser extent, the other countries that were once **constituent** republics of the Soviet Union and **former participants** of the Eastern Bloc. Russian belongs to the family of Indo-European languages and is one of the three living members of the East Slavic languages. Written examples of Old Slavonic are **attested** from the 10th century onwards.

Russian is the eighth most spoken language in the world by number of native speakers and the seventh by total number of speakers. The Russian language is one of the six official languages of the United Nations.

Russian is a Slavic language of the Indo-European family. Over the course of centuries, the vocabulary and literary style of Russian have also been **influenced** by western and Central European

languages such as Greek, Latin, Polish, Dutch, German, French, Italian and English, and to a lesser extent the language to the south and the east: Uralic, Turkish, Persian, Arabic, as well as Hebrew. It is also regarded by the United States Intelligence Community as a “**hard target**” language, due to both its difficulty to master for English speakers and its critical role in American world policy.

In the end, about the Russian language in the world following picture: the Russian language is spoken by approximately 170 million people, 350 million have a good **grasp of**. Outside their historical homeland (Russian) is home to more than 30 million people, for whom Russian is their native language. 180 million people, the **inhabitants** of the countries near and far abroad, study Russian language. All these factors make Russian language a means of global communication.

Примерный перечень заданий к тексту к разделу 4.1.

(??) Match English phrases from the text with their Russian equivalents. Подберите русские эквиваленты к английским словосочетаниям

- (~) lingua franca~лингва-франка
- (~) native language~родной язык
- (~) go abroad~поехать за границу
- (~) world trade~мировая торговля
- (~) various accents~различные акценты
- (~) acquiring knowledge~приобретение знания
- (~) authentic movies~оригинальные фильмы
- (~) international treaty~международная конвенция
- (~) “hard target”~перспективный
- (~) grasp of ~общепонятный
- (~) United Nations~Организация Объединенных Наций
- (~) European Union~Европейский Союз
- (~) by heart~ наизусть

(??) Match the words from the text and their synonyms. Подберите к данным словам синонимы.

- (~) nation ~ people
- (~) language ~ tongue
- (~) dominating ~ commanding
- (~) abroad ~ overseas
- (~) treaty~ convention
- (~) maritime ~ marine
- (~) aerial ~ airy
- (~) aspect ~ phase
- (~) union ~ confederation
- (~) approximately ~ about
- (~) former ~ ex
- (~) participant ~ member
- (~) communication ~ touch

Написать эссе на одну из предложенных тем:

1. Is the Russian the most difficult language to learn?
2. Why do you think people try to protest against the influence of the English language?
3. You are as many times a man as many languages you know.
4. Language is human communication through speech, writing, or both.

Время — 40 мин, объем 500 - 700 печ. зн.

Примерный перечень тем диалогов (ролевые игры) к разделу 4.1.:

1. Learning a foreign language makes people work hard.
2. What future for the English language is predicted?
3. British and American English.
4. In its role as a global language, Russian has become one of the most important academic and professional tools.

РУБЕЖНЫЙ КОНТРОЛЬ К РАЗДЕЛУ 4.1.:

Форма рубежного контроля: компьютерное тестирование.

- (??) Choose the correct order of the sentence. Выберите правильный порядок слов в предложении.
- (?) I have been never to London.
 - (!) I have never been to London.
 - (?) I never have been to London.
- (??) Choose the correct order of the sentence. Выберите правильный порядок слов в предложении.
- (?) I have been often there.
 - (?) I often have been there.
 - (!) I have often been there.
- (??) Choose the correct order of the sentence. Выберите правильный порядок слов в предложении.
- (?) He yet hasn't finished his work.
 - (!) He hasn't finished his work yet.
 - (?) He hasn't yet finished his work.
- (??) Choose the correct order of the sentence. Выберите правильный порядок слов в предложении.
- (?) I already have read this book.
 - (!) I have already read this book.
 - (?) I have this book already read.
- (??) Choose the correct order of the sentence. Выберите правильный порядок слов в предложении.
- (!) I have never read that book.
 - (?) I never have read that book.
 - (?) I have read that book never.
- (??) Choose the correct order of the sentence. Выберите правильный порядок слов в предложении.
- (!) Have you read the newspaper today?
 - (?) You read the newspaper read today?
 - (?) Have you today read the newspaper?
- (??) Choose the right synonyms of the word *nation*. Подберите правильный синоним к слову *nation*.
- (!) people
 - (?) empire
 - (?) union
- (??) Choose the right synonym of the word *language*. Подберите правильный синоним к слову *language*.
- (?) communication
 - (?) knowledge
 - (!) tongue
- (??) Choose the right synonym of the word *union*. Подберите правильный синоним к слову *union*.
- (!) confederation
 - (?) communication
 - (?) dream
- (??) Choose the right synonym of the word *abroad*. Подберите правильный синоним к слову *abroad*.
- (!) overseas
 - (?) maritime
 - (?) aerial

- (??) Choose the right synonym of the word *participant*. Подберите правильный синоним к слову *participant*.
- (?) treaty
 - (!) member
 - (?) union
- (??) Choose the right synonym of the word *treaty*. Подберите правильный синоним к слову *treaty*.
- (!) convention
 - (?) city
 - (?) union
- (??) Choose the right synonym of the word *approximately*. Подберите правильный синоним к слову *approximately*.
- (?) after
 - (?) at the moment
 - (!) about
- (??) Choose the right Russian equivalent to the phrase *lingua franca*. Подберите правильный перевод к словосочетанию *lingua franca*.
- (!) лингва-франка
 - (?) мировая торговля
 - (?) граница
- (??) Choose the right equivalent to the phrase *native language*. Подберите правильный перевод к словосочетанию *native language*.
- (?) коренной житель
 - (?) родная речь
 - (!) родной язык
- (??) Choose the right equivalent to the phrase *European Union*. Подберите правильный перевод словосочетания *European Union*.
- (!) Европейский Союз
 - (?) Советский Союз
 - (?) Национальный Союз
- (??) Choose the right equivalent to the phrase *by heart*. Подберите правильный перевод словосочетания *by heart*.
- (!) наизусть
 - (?) быстро
 - (?) от сердца
- (??) Choose the right equivalent of the words *various accents*. Подберите правильный эквивалент к слову *various accents*.
- (!) различные акценты
 - (?) международные акценты
 - (?) новые акценты
- (??) Choose the right equivalent of the words *world trade*. Подберите правильный эквивалент к слову *world trade*.
- (??) мировые цены
 - (??) мировой кризис
 - (!) мировая торговля
- (??) Choose the right equivalent of the words *authentic movies*. Подберите правильный эквивалент к слову *authentic movies*.
- (!) оригинальные фильмы
 - (??) фильмы с субтитрами
 - (??) немые фильмы
- (??) Choose the right equivalent of the words *United Nations*. Подберите правильный эквивалент к слову *United Nations*.
- (!) Организация Объединенных Наций
 - (?) Европейский Союз

(?) Соединенные Штаты Америки

(??) Choose the right equivalent of the words *acquiring knowledge*. Подберите правильный эквивалент к слову *acquiring knowledge*.

(??) новые знания

(??) языковые знания

(!) приобретение знаний

(??) Choose the right equivalent of the words "*hard target*". Подберите правильный эквивалент к слову "*hard target*".

(!) перспективный

(??) современный

(??) оригинальный

(??) Choose the right equivalent of the word *scientist*. Подберите правильный эквивалент к слову *scientist*.

(!) ученый

(??) дипломат

(??) бизнесмен

(??) Choose the right equivalent of the word *article*. Подберите правильный эквивалент к слову *article*.

(!) статья

(??) доклад

(??) перевод

(??) Choose the right equivalent of the word *vocabulary*. Подберите правильный эквивалент к слову *vocabulary*.

(!) словарный запас

(??) словарь

(??) переводчик

(??) Choose the right equivalent of the word *opportunity*. Подберите правильный эквивалент к слову *opportunity*.

(??) язык

(??) знание

(!) возможность

(??) Choose the right equivalent of the word *sign*. Подберите правильный эквивалент к слову *sign*.

(??) статья

(??) предложение

(!) признак

(??) Choose the right equivalent of the word *subtitles*. Подберите правильный эквивалент к слову *subtitles*.

(!) субтитры

(??) фильмы

(??) языки

(??) Choose the right equivalent of the word *empire*. Подберите правильный эквивалент к слову *empire*.

(!) империя

(??) нация

(??) государство

(??) Choose the right definitions to the term *pilot*. Подберите правильное определение к термину *pilot*.

(!) a person who controls an aircraft or spacecraft

(??) a scientist who specializes in medical operation

(??) a person who works in hospital

(??) Choose the right definition to the term *diplomat*. Подберите правильное определение к термину *diplomat*.

(??) a person who runs a hospital

- (??) a person who works in dental clinic
 (!) a person who represents one country in another
 (??) Choose the right definition to the term *politician*. Подберите правильное определение к термину *politician*.
 (!) a person whose business is politics
 (??) a person who performs on stage
 (??) a person who plays in orchestra
 (??) Choose the right definition to the term *vocabulary*. Подберите правильное определение к термину *vocabulary*.
 (!) words known, learnt, used
 (??) translated words
 (??) words in different languages
 (??) Choose the right definition to the term *article*. Подберите правильное определение к термину *article*.
 (!) a separate piece of writing in a newspaper, magazine
 (??) a written words in newspaper
 (??) a story in magazine
 (??) Choose the right definition to the term *linguist*. Подберите правильный эквивалент к термину *linguist*.
 (!) a person who is good at foreign languages
 (??) a person who graduated from university
 (??) a person works in a library
 (??) Choose the right definition to the term *inhabitant*. Подберите правильный эквивалент к термину *inhabitant*.
 (??) a person who lives in town
 (!) a person who is lives in particular place for a long period of time
 (??) a person who lives in the country
 (??) Choose the right half of the sentence : *The English language is now...* . Подберите правильное окончание предложения: *the English language is now ...* .
 (??) the second language of about 500 million people
 (!) the first language of about 400 million people
 (??) the native language in England
 (??) Choose the right half of the sentence: *There are more than 500,000 words...*
 Подберите правильное окончание предложения: *There are more than 500,000 words ...*
 (!) in the Oxford English Dictionary
 (??) in the Russian Dictionary
 (??) in English
 (??) Choose the right half of the sentence: *The Internet is....*
 Подберите правильное окончание предложения: *The Internet is... .*
 (??) a grasp of English
 (??) lingua franca
 (!) a boundless world of learning opportunity
 (??) Choose the right half of the sentence: *Today learning English has become...* .
 Подберите правильное окончание предложения: *Today learning English has become... .*
 (!) much more exciting
 (??) more difficult
 (??) easier
 (??) Choose the right half of the sentence: *Russian is...* .Подберите правильное окончание предложения: *Russian is... .*
 (!) a Slavic language of the Indo-European family
 (??) a second language
 (??) a first language

- (??) Choose the right half of the sentence: *There are a lot of sites providing...* . Подберите правильное окончание предложения: *There are a lot of sites providing...* .
- (!) different activities, students' cafes and chats
 - (??) authentic movies
 - (??) learning English
- (??) Choose the right half of the sentence: *The Russian language....* Подберите правильное окончание предложения: *The Russian language...*
- (??) is one of the six official languages in European Union
 - (??) is native language
 - (!) is one of the six official languages of the United Nations
- (??) Choose the right half of the sentence: *Russian...* .
- Подберите правильное окончание предложения: *Russian...* .
- (!) is a Slavic language of the Indo-European family
 - (??) is a language in science
 - (??) is a language of communication
- (??) Choose the right half of the sentence: *English is also the most commonly used language...* .
- Подберите правильное окончание предложения: *English is also the most commonly used language...* .
- (??) in the United Nations
 - (!) in the sciences
 - (??) in European Union
- (??) Choose the right half of the sentence: *Today learning English has become much more ...* .
- Подберите правильное окончание предложения: *Today learning English has become much more...*
- (!) exciting
 - (??) interesting
 - (??) boring
- (??) Choose the right half of the sentence: *Written examples of Old Slavonic are attested ...* .
- Подберите правильное окончание предложения: *Written examples of Old Slavonic are attested...* .
- (!) from the 10th century onwards
 - (??) from the 18th century onwards
 - (??) from the 21st century onwards
- (??) Choose the right half of the sentence: *I have never...* . Подберите правильное окончание предложения: *I have never...* .
- (!) been to London
 - (??) was in London
 - (??) already been to London
- (??) Choose the right half of the sentence: *I ...* . Подберите правильное окончание предложения: *I ...* .
- (??) already have read this book
 - (!) have already read this book
 - (??) read already have this book

РАЗДЕЛ 4.2.

Тема 4.2.1. Passive Voice.

Цель: Повторение и закрепление грамматического материала по теме «Passive Voice»

Перечень изучаемых элементов содержания

Образование форм Present, Past, Future Simple, Continuous, Perfect Passive

Сравнение действительного залога и страдательного залога

Употребление страдательного залога

Вопросы для самоподготовки:

1. Выполнить грамматические упражнения

Тема 4.2.2. Social life.

Цель: *Активизация лексико-грамматического материала в диалогической и монологической речи. Обучение поисковому и просмотровому чтению*

Перечень изучаемых элементов содержания

Лексика по теме “Social life”.

Family matters.

Three Generations Under One Roof.

Вопросы для самоподготовки:

1. Составьте тематический англо-русский и русско-английский глоссарий по теме “Jobs and Professions”.
2. Назовите специальности и расскажите о требованиях, предъявляемых к этим специалистам.
3. Перечислите ряд специальностей и расскажите о требованиях, предъявляемых к этим специалистам.

ПРАКТИЧЕСКОЕ ЗАДАНИЕ К РАЗДЕЛУ 4.2.

Форма практического задания: текст и задания к нему/ролевые игры

Примерный перечень текстов для чтения и перевода к разделу 4.2.

Вариант 1.

Family matters. “Why is my child acting this way?”

Many parents ask, “Why is my child acting this way?” Children misbehave for many reasons. The information given in this lesson will help you understand why your child misbehaves. Once you understand why a young child is misbehaving, it is easier to choose effective guidance techniques to handle the situation. Children need to feel that they belong to you, to the family, to the class at school, to a group of friends. They may misbehave to gain membership or to find out if they will still be accepted. Thus, it is important to let children know you love them and that they are still part of the family, even when they behave badly. Children misbehave to get attention. To a child, any kind of attention is better than no attention.

Some children feel their parents do not like them or do not talk or spend time with them. Therefore, these children act up to gain attention. Children who feel this way may even try to get in trouble to be noticed by a parent. Give your child attention when he or she is behaving well. Don’t make your child misbehave to get your attention.

Children misbehave when they feel inadequate or lack confidence. They may act out when afraid to try new things or fear failure at a new task. Help children understand that everyone makes mistakes. Children misbehave when they do not feel well. Children need 8-12 hours of sleep each night, healthful foods, fresh air, and exercise every day. Without these essentials, they may be hard to get along with, just as an adult might be. Most discipline problems occur around 8 a.m., noon, p.m., and 8 p.m., times when children are hungry and tired. A change in behavior is often a sign that a child is ill or has a physical discomfort. Be careful not to punish your child for having a physical ailment.

Children misbehave when they are upset. A change in the season, daylight savings time, or a new schedule are minor factors that can upset a child’s routine. Major factors can include divorce or moving to a new home. The child does not know how to act in the new situation and needs reassurance and instruction to guide their behavior. Children misbehave when they are disappointed. A canceled trip, a parent that does not show up for visitation, or a rained-out ball game can cause frustration and irritability in all of us. This is when children need adults who can accept their feelings to help them cope with their disappointment.

Children misbehave when they are discouraged. Adults are often too quick to tell a child when they do something wrong and forget to tell them what they are doing right. Children who believe that they are bad will act bad, and perhaps hurt others. A child who believes he or she is stupid will not do well in school. Children need praise and approval, even for small things like saying “thank you.” This prevents them from having to misbehave to get attention. People often say discouraging things to

children that they would never say to an adult. Try to show your child the same courtesy and encouragement that you give your adult friends.

Children misbehave when they feel unloved. The bond between parent and child makes the child want to please the parent by behaving well. Parental love motivates the parent to care for the child. A loving relationship is essential for positive discipline to guide the child's behavior. Your child's actions will improve if you show signs of love: hugs, kind words, and sharing experiences. Children may misbehave when they do not know what to do in a new setting or circumstance. Children make mistakes when they are learning something new; for instance, falling often when learning to walk, or mispronouncing new words. Try to have patience as your child learns acceptable behavior. Some acts that parents refer to as wrong are simply mistakes. The child needs to see appropriate behavior. Try to anticipate new situations your child may encounter and talk about what they will be like. Discuss the problems and choices of behavior a child needs to make when exposed to a new setting. Parents cannot always be with their child when situations arise. Thus, it is important to practice thinking ahead. For example, talk with your three-year-old about how to answer the phone.

Children misbehave when they imitate their parents. Children experiment with behavior they see on television, at school, and at child care by mimicking other adults and children. Unfortunately, we cannot control what our children see others doing, but we can control what we do by acting as good role models and admitting our mistakes. If a parent swears, the child may use bad language as well. If a parent hits a child, the child may hit a brother or sister. Parents can say, "I was wrong to yell." We need to make clear to children which behaviors we want them to choose for themselves. This is especially important when bad behavior is presented as cute, heroic, or funny in television and movies. Children test their parent's discipline. They want to know that their parents truly mean what they say. Misbehavior can occur when a child checks to see which behaviors the parent likes and dislikes. Be firm about what is important to you and the behaviors you value, in order to meet the goals you have for your child. Sometimes children misbehave when trying to stand up for themselves and their ideas. This is a sign of growing up. They may run away from an abusive parent or refuse to do something they think is wrong. In some cases, after seeing the child's point of view, the parent changes their own views or behaviors. In other cases, the parent may decide to insist on obedience. Be patient. Children have a lot to learn. You have 12-18 years to teach your child how to behave. Children misbehave when we expect too much or too little from them. Take the time to enjoy your children as they learn about right and wrong behavior. Your children need to know that you accept them just the way they are. Let them know you will always love them and will be there to teach them what is right. Emphasize that they can depend on your love and discipline.

Children sometimes misbehave because it is a way to get what they want. If misbehavior has worked in the past, it may continue, whether it is wanting another child's toy or the parent's attention. Make it clear to your child that they do not have to earn your love by behaving well; you love them no matter what. Show your child acceptable behavior. Emphasize that because you love your child and because you are a responsible parent, you want your children to know how to behave correctly. Children feel love and acceptance when you listen to them talk about their thoughts, feelings, and safety. Be generous and sincere with your approval and praise. Try to say at least five positive things to your child for each time you criticize. Praise should be about the course of Children feel love and acceptance when you listen to them talk about their thoughts, feelings, and action. "You did a good job of picking up the toys" is better than saying, "You are a good boy for picking up the toys."

Avoid put-downs and name-calling. Television comedy is full of this type of sarcasm among friends and family. In many families, children and teenagers copy this behavior. The whole family tries to think of clever put-downs to say quickly. Actually, these insulting remarks can make people feel worthless, incapable, and unhappy. In an atmosphere of put-downs children will not attempt new things for fear of being teased. Put-downs and name-calling are inappropriate discipline methods. For instance, calling your child a "knothead" for doing something foolish only closes the door for communication. Our culture is so full of such words that it may be difficult to avoid; however, avoiding them will have positive results for your family. You will be glad you made the extra effort to stop put-downs and name-calling in your family.

Вариант 2.

Advantages and Disadvantages of Being an Only Child

The Advantages:

Being an only child can be either good or bad, depending on how you perceive it and how you are brought up by your parents. The advantages could be that you get the undivided love and attention of your parents. They would dote on you more and provide for you more - in terms of getting you stuff, toys, etc. Obviously, being an only child means that your parents have only you to spend the money on and not have to share it among other siblings. So, you'd get more toys than normal, more money to spend than normal, more inheritance than normal, and of course more love from your parents than normal.

As an only child, you may also be spared the complications arising out of having an overbearing, unhelpful, competitive sibling. It is no fun having a sibling like this, who hoards the attention of your parents, who in the eyes of your parents can do no wrong and is doted upon to no end, often at your expense. They may well walk off with much of the inheritance by virtue of being the doted one in the family. As an only child, you would be free of any of these complications.

As an only child, you may grow up to be more independent and able to fend for yourself better, if your parents haven't spoiled you by tending to your each and every need. Not having an older sibling to help you every step of the way may in that sense be beneficial and make you capable of looking after yourself earlier in life. Therefore, being an only child can certainly have its advantages.

Disadvantages of being an only child

As far as disadvantages go, the "Little Emperor Syndrome" comes to mind. For those unfamiliar with the term, "Little Emperor Syndrome" refers to the Chinese situation involving parents and their single child. Of course, all of you would be aware of China's one-child policy. Little Emperor Syndrome is an unintended consequence of that policy. This is a situation in which the parents lavish their love, attention, resources on this one child of theirs, and as a result, the child becomes spoilt and, well, behaves like a "Little Emperor." This sort of excessive attention and care can prove detrimental in the long term for the child. The child gets used to having everything done, managed, taken care of - by their parents. When they have to live in the real world and face real problems, they might not be able to cope with it. They may lack self-confidence to go out in the world and get things done for themselves. They might feel lost outside of the cocoon that their parents created for them. This of course need not always be the case and can be overcome by good parenting.

Perhaps the most apparent disadvantage of being an only child is the feeling of loneliness - not having a sibling to play with regularly and to be able to share your thoughts and memories with. When your parents are no longer around, not having a sibling to talk about things with or look up to for any kind of help or support can be quite a disadvantage. Also, when your parents get older, being an only child, you would have to shoulder the responsibility of taking care of your parents on your own, which might be overwhelming. As an only child, you may also face an immense pressure put on you by your parents; for example, to keep the family name going or to do well in your academics. As an only child, you would also be watched with an eagle eye by your parents and this may be quite suffocating and stressful for you. If you had siblings, the pressure wouldn't be as much and you may perhaps be able to lead a more stress-free life. This again would be a highly subjective experience. There may be many who may feel no stress at all and are able to take this pressure, real or perceived, within their stride.

Примерный перечень заданий к тексту к разделу 4.2.

(??) Match the words from the text and their synonyms. Подберите к данным словам синонимы.

- (~) misbehave ~ act up
- (~) guide ~ manage
- (~) reassurance ~ support
- (~) ailment ~ sickness
- (~) tease ~ bedevil
- (~) courtesy ~ politeness
- (~) emphasize ~ accent
- (~) frustration ~ disappointment

- (~) expose ~ treat
- (~) stand up for ~ defend
- (~) anticipate ~ expect
- (~) gain ~ obtain
- (~) get along with ~ get on

(??) Match the halves of the sentences. Соедините половины предложений.

- (~) Children need to feel that ... ~ ... they belong to the family, to the class at school, to a group of friends.
- (~) Give your child attention when ...~... he or she is behaving well
- (~) Children misbehave when ...~... they feel inadequate or lack confidence.
- (~) Help children understand that ...~... everyone makes mistakes.
- (~) A change in behavior is often a sign that ...~... a child is ill or has a physical discomfort.
- (~) This is when children need adults ...~... who can accept their feelings to help them cope with their disappointment.
- (~) People often say discouraging things to children that ...~... they would never say to an adult.
- (~) Your child's actions will improve if ...~... you show signs of love: hugs, kind words, and sharing experiences.
- (~) We need to make clear to children which ...~... behaviors we want them to choose for themselves.
- (~) Television comedy is full of ...~... this type of sarcasm among friends and family.

Примерный перечень тем диалогов к разделу 4.2.:

1. Some families have an only child; others choose to have two, three or even more children.
What can you say for and against being an only child in the family?
2. Our grandparents say their way of life was more much secure. However, young people have many more life opportunities nowadays.
What is your opinion? Which way of life do you find more satisfying?
3. Lots of young people believe that it's important to look nice. However, adults often think that young people pay too much attention to their appearance and fashion.
What is your opinion? Do you care what you wear?

РУБЕЖНЫЙ КОНТРОЛЬ К РАЗДЕЛУ 4.2.:

Форма рубежного контроля: компьютерное тестирование.

РАЗДЕЛ 4.3.

Тема 4.3.1. Modal verbs.

Цель: Повторение и закрепление грамматического материала по теме «Modal verbs»

Перечень изучаемых элементов содержания

Особенности модальных глаголов в английском языке

Модальные глаголы в английском языке

Выражение обязанности, долженствования

Выражение разрешения, позволения

Выражение способности, возможности

Вопросы для самоподготовки:

1. Выполнить грамматические упражнения

Формы контроля самостоятельной работы обучающихся: устный индивидуальный и групповой опрос, проверка письменных грамматических упражнений

Тема 4.3.2. People and jobs.

Цель: *Активизация лексико-грамматического материала в диалогической и монологической речи. Обучение поисковому и просмотровому чтению*

Перечень изучаемых элементов содержания

Лексика по теме "People and jobs".

Вопросы для самоподготовки:

1. Составьте тематический англо-русский и русско-английский глоссарий по теме "People and jobs", "Professions".
2. Напишите диалог о том, как Вы устраиваетесь на работу, собеседование.

ПРАКТИЧЕСКОЕ ЗАДАНИЕ К РАЗДЕЛУ 4.3

Форма практического задания: текст и задания к нему/эссе/ролевые игры

Примерный перечень текстов для чтения и перевода к разделу 4.3

Вариант 1.

Recruitment

The process of finding people for **particular** jobs is recruitment or, especially in Am. English, **hiring**. Someone who has been recruited is a **recruit** or, in Am. English, a hire. The company employs or hires them; they join the company. A company may recruit employees directly or use outside recruiters, recruitment agencies or **employment agencies**. Outside specialists called headhunters may be called on to headhunt people for very important jobs, persuading them to leave the organizations they already work for. This process is called headhunting. B. Applying for a job Fred is a van driver, but he was fed up with long trips. He looked in the situations vacant pages of his local newspaper, where a local supermarket was advertising for van drivers for a new **delivery service**. He applied for the job by **completing an application** form and sending it in. Harry is a building engineer. He saw a job in the **appointment** pages of one of the national papers. He made an application, sending in his CV (curriculum vitae – the "story" of his working life) and a covering letter explaining why he wanted the job and why he was the right person for it. Note: BrE: CV; AmE: resume BrE: covering letter; AmE: cover letter. C. Selection procedures Dagmar Schmidt is the head of recruitment at a German telecommunications company. She talks about the selection process, the methods that the company uses to recruit people: "We advertise in national newspapers. We look at the backgrounds of applicants: their **experience** of different jobs and their educational qualifications. We don't ask for handwritten letters of application as people usually apply by email; handwriting analysis belongs to the 19th century. We invite the most interesting candidates to a group discussion. Then we have individual interviews with each candidate. We also ask the candidates to do written psychological tests to assess their intelligence and **personality**. After this we shortlist three or four candidates. We check their references by writing to their referees: previous **employers** or teachers that candidates have named in their applications. If the references are OK, we ask the candidates to come back for more interviews. Finally, we offer the job to someone, and if they turn it down we have to think again. If they accept it, we hire them. We only appoint someone if we find the right person".

Вариант 2.

Types of interviews

Job interviews are great **opportunities** for you to show to your potential employers what kind of employee you'll be if they hire you; your chances to have a successful interview will depend on the type of interview they hold. But it doesn't mean necessarily that your future will depend on it.

You must be prepared to whichever interview will present and **knowledge** will be your best weapon, you must include information on the industry, the employer and yourself; you might be wondering: who knows better than you? It's important to be aware on it.

Companies **carry out** different types of interviews upon the professional profile they require. This section will give you real and useful **insights** into each type of job interview. For instance, the stress interview section contains many useful details about how to create stressful environments in order to **assess** job seekers' emotional intelligence and problem solving skills. On the other hand, group interview test candidates on communication abilities. If you want to know more about the main types of interviews, we recommend you to browse through this section, and follow these pieces of advice on interviews.

Примерный перечень заданий к тексту к разделу 4.3

(??) Match the words from the text and their synonyms. Подберите к данным словам синонимы.

- (~) emerge ~ appear
- (~) enormously ~ immensely
- (~) survey ~ interview
- (~) venue ~ meeting point
- (~) sudden ~ unhoped
- (~) conduct ~ manage
- (~) vendor ~ seller
- (~) extend ~ enlarge
- (~) equal ~ identical
- (~) elevator ~ lift
- (~) mingle ~ mix
- (~) keep on ~ continue
- (~) alumni ~ graduate

(??) Match the halves of the sentences. Соедините половины предложений.

- (~) Over forty percent of the working population is ... ~ ... currently seeking other employment.
- (~) The truly shocking fact, however, is ... ~ ... that the majority of these people are doing all the wrong things to find a job.
- (~) Don't make the mistake of thinking that these ... ~ ... out-of-the-blue opportunities are accidents.
- (~) Finding job opportunities takes a ... ~ ... disciplined approach using strategies that are proven to work.
- (~) The only way to beat the odds and the competition is ... ~ ... to actively market yourself and locate positions before they are advertised.
- (~) Finding a job is ... ~ ... all about people.
- (~) Surveys estimate that ... ~ ... 74-85 percent of available jobs are never advertised anywhere.
- (~) They know you best and can give you a jump start toward locating a job that ... ~ ... might be right for you.
- (~) Consider extending your reach by contacting alumni from ... ~ ... your university or training school.
- (~) Marketing yourself as a job-seeker means locating the people who ... ~ ... who can offer or lead you to opportunities.

Написать эссе на одну из предложенных тем:

1. Jack of all trades and master of none. За всё берущийся человек, гно ничего не умеющий делать
2. Where there's a will, there's a way. Где есть желание, там есть и путь.
3. A light purse is heavy curse. Хуже всех бед, когда нет денег.

Время — 40 мин, объем 500 - 700 печ. зн.

Примерный перечень тем диалогов (ролевые игры) к разделу 4.3:

1. Not all people enjoy a 9-to-5 working day in an office.
What is your opinion? What can you say for and against working from home.
2. Some graduates would like to have a highly paid job; others believe that their future job should be interesting and bring satisfaction.
And what about you? What is the most important thing for you in your occupation?
3. Should students work part-time to earn money? What is your opinion?

РУБЕЖНЫЙ КОНТРОЛЬ К РАЗДЕЛУ 4.3:

Форма рубежного контроля: компьютерное тестирование.

(??) Match the words from the text and their synonyms. Подберите к данным словам синонимы

- (~) misbehave ~ act up
- (~) guide ~ manage
- (~) reassurance ~ support
- (~) ailment ~ sickness
- (~) tease ~ bedevil
- (~) courtesy ~ politeness
- (~) emphasize ~ accent
- (~) frustration ~ disappointment
- (~) expose ~ treat
- (~) stand up for ~ defend
- (~) anticipate ~ expect
- (~) gain ~ obtain
- (~) get along with ~ get on

(??) Match the halves of the sentences. Соедините половины предложений

- (~) Children need to feel that ... ~ ... they belong to the family, to the class at school, to a group of friends.
- (~) Give your child attention when ... ~ ... he or she is behaving well
- (~) Children misbehave when ... ~ ... they feel inadequate or lack confidence.
- (~) Help children understand that ... ~ ... everyone makes mistakes.
- (~) A change in behavior is often a sign that ... ~ ... a child is ill or has a physical discomfort.
- (~) This is when children need adults ... ~ ... who can accept their feelings to help them cope with their disappointment.
- (~) People often say discouraging things to children that ... ~ ... they would never say to an adult.
- (~) Your child's actions will improve if ... ~ ... you show signs of love: hugs, kind words, and sharing experiences.
- (~) We need to make clear to children which ... ~ ... behaviors we want them to choose for themselves.
- (~) Television comedy is full of ... ~ ... this type of sarcasm among friends and family.

(??) Complete the sentences with the words given below. Подставьте слова в предложения

- (~) He doesn't mean to _____; he just doesn't know better. ~ misbehave
- (~) I consider him _____ of dishonesty. ~ incapable
- (~) I _____ to sing, but my throat was too hoarse. ~ attempt
- (~) Please extend them the _____ of your presence. ~ courtesy
- (~) The government should implement this policy to _____ this serious problem. ~ cope with
- (~) He would probably have died by the hand of the executioner, if indeed the executioner had not been _____ by the populace. ~ anticipate
- (~) I wish the kids would _____ better. ~ get along

- (~) Three armies _____ at Waterloo. ~ encounter
- (~) Children may _____ in class in an effort to get attention. ~ act up
- (~) Though I disagreed with him, I respected him for _____ what he believed in. ~ stand up for
- (~) When you _____ the bag, make sure to support the bottom. ~ pick up
- (~) _____ your _____ - there is no need to rush. ~ take time
- (~) Once again I must _____ that I am not talking about conscious motives. ~ emphasize
- (~) Not so much _____ with a son as a father's anger at failing to be the man he wanted to be. ~ frustration
- (~) The course content will cover theoretical _____ and well control practical simulation. ~ essentials
- (~) And at each satisfactory reply he murmured, as if to himself in a tone of _____: 'Come, so much the better; that's just as it should be!'. ~ reassurance

(??) Match English phrases with their Russian equivalents. Подберите русские эквиваленты к английским словосочетаниям

- (~) bag filled with treats ~ сумка, наполненная вкусностями
- (~) few blocks away ~ в нескольких кварталах
- (~) its own space ~ свое собственное пространство
- (~) to grow rapidly ~ стремительно расти
- (~) to favor somebody ~ благоприятствовать кому-либо
- (~) bachelor party ~ холостяцкая вечеринка
- (~) to endure eight hours of Chinese school ~ вытерпеть восемь часов китайской школы
- (~) to keep household running ~ поддерживать домашнее хозяйство
- (~) has nearly tripled ~ увеличилось почти втрое
- (~) paternal grandparents ~ бабушка и дедушка по отцовской линии
- (~) ages 4 through 17 ~ возраст от 4 до 17 лет

(??) Match the words from the text and their synonyms. Подберите к данным словам синонимы

- (~) hand out ~ distribute
- (~) amid ~ among
- (~) endure ~ take away
- (~) estate ~ property
- (~) value ~ worth
- (~) arrangement ~ convention
- (~) mortgage ~ loan, hypothec
- (~) irreverent ~ disrespectful
- (~) span ~ range
- (~) favor ~ patronize
- (~) common ~ conventional
- (~) branch ~ offshoot

(??) Match the terms and their definitions. Соедините термины и их определения

- (~) bachelor ~ A man who is socially regarded as able to marry, but has not yet.
- (~) dutiful ~ Accepting of one's legal or moral obligations and willing to do them well and without complaint.
- (~) block ~ The distance from one street to another in a city that is built

РАЗДЕЛ 4.4.

Тема 4.4.1. Прилагательное.

Цель: Повторение и закрепление грамматического материала по теме «Прилагательное»

Перечень изучаемых элементов содержания

Типы прилагательных

Степени сравнения прилагательных

Порядок прилагательных в английском языке

Вопросы для самоподготовки:

1. Выполнить грамматические упражнения.

Тема 4.4.2. Sociology.

Цель: Активизация лексико-грамматического материала в диалогической и монологической речи. Обучение поисковому и просмотровому чтению

Перечень изучаемых элементов содержания

Лексика по теме “Sociology”.

Что такое социология?

Социальная этика

Вопросы для самоподготовки:

1. Дайте определение социологии.
2. Что подразумевается под социальной этикой?

ПРАКТИЧЕСКОЕ ЗАДАНИЕ К РАЗДЕЛУ 4.4

Форма практического задания: текст и задания к нему

Примерный перечень текстов для чтения и перевода к разделу 4.4

Вариант 1.

WHAT IS SOCIOLOGY?

The sociologist has a **distinctive** way of examining human interactions. **Sociology** is the systematic study of social behavior and human groups. It focuses primarily on the **influence** of social relationships upon people's attitudes and behavior and on how societies are established and change. As a field of study, sociology has an extremely **broad scope** and it deals with families, gangs, business firms, political parties, schools, religions, labor unions, etc. It is concerned with love, **poverty**, conformity, discrimination, illness, **alienation**, overpopulation and community.

The Sociological Imagination. In attempting to understand social **behavior**, sociologists rely on unusual type of creative thinking, **sociological imagination**, i.e. an **awareness** of the relationship between an individual and the society. Thus instead of simply accepting the fact that movie stars and rock stars are the «royalty» of human society, we could ask, in a more **critical sense**, why we are not as interested in meeting outstanding scientists, or elementary school teachers, or architects. Sociological imagination can bring new understanding to daily life around us.

Sociology and Social Sciences. The term **science** refers to the body of knowledge obtained by methods **based upon** systematic observations. The sciences are commonly divided into natural and social sciences. **Natural science** is the study of the physical **features** of nature and the ways in which they interact and change. Astronomy, biology, chemistry, geology and physics are all natural sciences. **Social science** is the study of various aspects of human society. The social sciences include sociology, anthropology, economics, history, psychology and political sciences.

These academic disciplines have a common focus on the social behavior of people, yet each has a particular orientation in studying such behavior. Anthropologists usually study cultures of the past and preindustrial societies that remain in existence today. Economists explore the ways in which people produce and exchange goods and services. Historians are concerned with the peoples and events of the

past and their **significance** for us today. Political scientists study international relations, the workings of government and the exercise of power and **authority**. Psychologists investigate personality and individual behavior. In contrast to other social sciences, sociology **emphasizes** the influence that society has on people's attitudes and behavior. Humans are social animals; therefore, sociologists scientifically examine our social relationships with other people.

To better illustrate the **distinctive** perspectives of the social sciences, let us examine sociological and psychological approaches to the issue of gambling. Viewed from the perspective of psychology, gambling represents an **escape** into a fantasy world where great fortune can be attained easily. By contrast, sociologists focus on the social networks that develop among many gamblers. Participants in gambling establish friendship groups. For such persons gambling is a form of **recreation** and may even be their primary social activity. This example shows that by viewing social phenomena from several perspectives, we can enhance our understanding of human behavior.

Вариант 2.

Why is ethical behavior important in community interventions?

Acting ethically brings some particular **advantages** with it. It makes your program more effective; it cements your standing in the community; it allows you to occupy the moral high ground when arguing the **merits** of your program, and to exercise moral leadership in the community; and it assures that you remain in good standing legally and professionally.

- *Program effectiveness.* Consistent ethical behavior can lead to a more effective program. Considering ethical principles in all aspects of a community intervention will lead you to finding the most effective and a community-centered methods, and will bring dividends in **participation**, community support and funding possibilities.

- *Standing in the community.* An organization that has a reputation for ethical action is far more likely to be respected by both participants and the community as a whole than one that has been known to be unethical in the past. An organization that's recognized as ethical is also apt to be seen as **competent**, and to be trusted to treat people with respect and to do what it says it will do. That community trust makes it easier to recruit staff, volunteers, Board members, and participants, and to raise money and, public support.

- *Moral credibility and leadership.* If you work for the betterment of the world -- whether you see that as social change, **social justice**, **the alleviation** of suffering, the fostering of human dignity, or simply the provision of services -- it's consistent to act as you wish the rest of the world to act. Ethical action reflects why you started your community intervention in the first place. You have a moral obligation to yourself, the individuals you work with, and the community to be ethical in all you do,

and to expect the same from others. If you fulfill that **obligation**, and everyone knows it, your voice will have greater impact when you speak out for what you believe is right, or against what you believe is wrong, and others will follow you.

- *Professional and legal issues.* Many of the health and human service professions often involved in community interventions are held to specific codes of ethics by their professional certification or licensure organizations. The American Medical Association, the American Bar Association, the American Psychological Association, the National Association of Social Workers and many other professional associations have detailed ethical standards their members are expected to adhere to. If members of the profession violate these standards, they can be disciplined, or even lose their licenses to practice.

Примерный перечень заданий к тексту к разделу 4.4

Choose "true", "false" or "not stated"

??) The sociologist has a distinctive way of examining human interactions.

- (!) true
- (?) false
- (?) not stated

(??) In attempting to understand social behavior, sociologists rely on usual type of creative thinking, sociological imagination.

(!)true

(?) false

(?) not stated

(??) Sociological imagination can bring new understanding to daily life around us.

(!)true

(?)false

(?)not stated

(??) Anthropologists usually explore the ways in which people produce and exchange goods and services.

(?)true

(!)false

(?)not stated

(??)Historians are concerned with the history of the past and their significance for the past.

(?) true

(?) false

(!) not stated

(??) Sociologists focus on the social networks that develop among many gamblers.

(!) true

(?) false

(?) not stated

(??) Humans are social animals, who can live without communication

(?) true

(!) false

(?) not stated

(??) Viewing social phenomena from several perspectives, we can realise the threat to our understanding of human behavior.

(?)true

(?) false

(!) not stated

РУБЕЖНЫЙ КОНТРОЛЬ К РАЗДЕЛУ 4.4:

Форма рубежного контроля: компьютерное тестирование.

(??)Match the words from the text and their synonyms. Подберите к данным словам синонимы.

(~) emerge ~ appear

(~) enormously ~ immensely

(~) survey ~ interview

(~) venue ~ meeting point

(~) sudden ~ unhoped

(~) conduct ~ manage

(~) vendor ~ seller

(~) extend ~ enlarge

(~) equal ~ identical

(~) elevator ~ lift

(~) mingle ~ mix

(~) keep on ~ continue

(~) alumni ~ graduate

(??)Match the halves of the sentences. Соедините половины предложений.

(~) Over forty percent of the working population is ... ~ ... currently seeking other employment.

(~) The truly shocking fact, however, is ...~... that the majority of these people are doing all the wrong things to find a job.

(~) Don't make the mistake of thinking that these ...~... out-of-the-blue opportunities are accidents.

(~) Finding job opportunities takes a ...~... disciplined approach using strategies that are proven to work.

(~) The only way to beat the odds and the competition is ...~... to actively market yourself and locate positions before they are advertised.

(~) Finding a job is ...~... all about people.

(~) Surveys estimate that ...~... 74-85 percent of available jobs are never advertised anywhere.

(~) They know you best and can give you a jump start toward locating a job that ...~... might be right for you.

(~) Consider extending your reach by contacting alumni from ...~... your university or training school.

(~) Marketing yourself as a job-seeker means locating the people who ...~... who can offer or lead you to opportunities.

(??) Complete the sentences with the words given below. Подставьте слова в предложения.

(~) The _____ of this university include many famous artists and politicians. ~ alumni

(~) The insurance company insist I get a _____ from my regular doctor, I can't just go to the specialists. ~ referral

(~) The local council conducted a _____ of its residents to help it decide whether to go ahead with the roadside waste collection service. ~ survey

(~) This year's _____ will be a walk - a- thon. ~ fundraiser

(~) Across the city yesterday, there was a feeling of bittersweet reunion as streams of humanity converged and _____ at dozens of memorial services. ~ mingled

(~) I've been _____ ideas from the people I work with. ~ gathering

(~) Mass lexical comparison is not a _____ method for demonstrating relationships between languages. ~ proven

(~) The company is targeting children in their latest advertising _____. ~ campaign

(~) The army _____ promised that I'd see the world and learn useful skills if I enlisted. ~ recruiter

(~) Gloria is _____ pleased with our progress. ~ enormously

(~) The _____ drop in temperature left everyone cold and confused. ~ sudden

(~) You've got to admire his _____. He's asked her out every day for a month even though she keeps turning him down. ~ persistence

(~) He _____ unscathed from the accident. ~ emerged

(~) The holiday started with two _____ mishaps. ~ unrelated

(~) What is this house's _____ price? ~ listing

(~) Her rival _____ a quite different course. ~ pursued

(??) Put the words in the correct order to make sentences. Восстановите порядок слов в предложениях.

(#)the

(#)doctor

(#)was

(#)sent

(#)for

(??) Put the words in the correct order to make sentences. Восстановите порядок слов в предложениях.

(#)she

(#)is

(#)being

(#)looked

(#)after

(??) Put the words in the correct order to make sentences. Восстановите порядок слов в предложениях.

(#)the

(#)film
(#)is
(#)much
(#)spoken
(#)about

(??)Put the words in the correct order to make sentences. Восстановите порядок слов в предложениях.

(#)he
(#)is
(#)being
(#)operated
on

(??)Put the words in the correct order to make sentences. Восстановите порядок слов в предложениях.

(#)he
(#)is
(#)often
(#)waited
(#)for

(??)Put the words in the correct order to make sentences. Восстановите порядок слов в предложениях.

(#)I
(#)don't
(#)like
(#)being
(#)laughed
(#)at

(??)Put the words in the correct order to make sentences. Восстановите порядок слов в предложениях.

(#)the
(#)men
(#)were
(#)paid
(#)\$400
(#)for
(#)the
(#)work

(??)Put the words in the correct order to make sentences. Восстановите порядок слов в предложениях.

(#)I
(#)wasn't
(#)given
(#)the
(#)information
(#)I
(#)needed

(??)Put the words in the correct order to make sentences. Восстановите порядок слов в предложениях.

(#)the
(#)police
(#)were
(#)given
(#)the

(#)information

(??)Put the words in the correct order to make sentences. Восстановите порядок слов в предложениях.

(#)Tom

(#)was

(#)offered

(#)the

(#)job

(??)Put the words in the correct order to make sentences. Восстановите порядок слов в предложениях.

(#)Amanda

(#)was

(#)given

(#)the

(#)first

(#)prize

(??) Choose the correct form of the verb.

(~)Hundreds of burglars _____ over the past six months. ~ have been arrested

(~)Yesterday five young men _____ with connection with one of the attacks. ~ were arrested

(~)He _____ on suspicion of murder. ~ was arrested

(~)The police chief says the murderer _____ by the weekend. ~ will have been arrested

(??) Choose the correct form of the verb.

(~)Ten people _____ since last week. ~ have been interviewed

(~)The candidates _____ at the moment. ~ are being interviewed

(~)You _____ next week. ~ will be interviewed

(~)By the time I came all three people _____. ~ had been interviewed

(~)The musician _____ immediately after the concert. ~ was interviewed

(??) Choose the correct form of the verb.

(~)The film _____ in 2006. ~ was made

(~)The top of the table _____ of glass. ~ is made

(~)Hundreds of employees _____ redundant since 2013. ~ have been made

(~)Everyone hates _____ a fool of. ~ being made

(??) Choose the correct form of the verb.

(~)Ann can't use the office at the moment. It _____. ~ is being redecorated

(~)The house _____ every year. ~ is redecorated

(~)We couldn't go to our favourite restaurant because it _____. ~ was being redecorated

(~)The house looks shabby. It should _____. ~ be redecorated

(??) Choose the correct form of the verb.

(~)I promise that the work _____ on time. ~ will be done

(~)Something should _____ before it is too late. ~ be done

(~)What _____ to help him? ~ has been done

(~)As soon as the cake, remove it from the oven. ~ is done

(??) Choose the correct form of the verb (Active or Passive). Выберите правильную форму глагола (в активном или страдательном залоге).

(??)Mount Everest and K2 _____ to be the two highest mountains in the world, but they are very different.

(?)believe
(?)is believed
(?)believed
(!)are believed

(??)Everest _____ for the first time in 1953.

(?)is climbed
(?)climbed
(!)was climbed
(?)has been climbed

(??)Since 1953 thousands of people _____ on Everest.

(!)have stood
(?)stood
(?)are standing
(?)have been standing

(??)You don't need to be a professional climber to climb Everest – every year many people _____ to the top by guides.

(?)take
(!)are taken
(?)have taken
(?)have been taken

(??)In recent years the popularity of Everest _____ to cause problems.

(?)will begin
(?)was begun
(!)has begun
(?)begins

(??)Since 1953 thousands of tons of rubbish _____ at the foot of Everest.

(?)left
(?)leave
(?)has left
(!)have been left

(??)K2, deep in the Himalayas, _____ until 1859, seven years after Everest.

(?)did not measure
(?)had not measured
(?)has not been measured
(!)was not measured

(??)K2 is said to be the most dangerous mountain in the world, and it _____ as often as Everest has.

(?)doesn't climb
(?)hasn't climbing
(?)isn't being climbed
(!)hasn't been climbed

(??)Every year small numbers of mountaineers _____ to reach the top of K2, but not many succeed.

(!)try
(?)have tried
(?)are tried
(?)are trying

(??)Some of the worst Himalayan accidents in the last twenty years _____ on K2, and many lives have been lost.

(?)happen
(!)have happened

(?)will happen
 (?)has happened
 (??)Tourist expeditions started going to Everest in the 1980s, and the number of visitors _____ since then, but they don't go to K2.
 (?)rises
 (!)has risen
 (?)has been risen
 (?)rose

Оформление работ, выполняемых в рамках самостоятельной работы, осуществляется в соответствии с Методическими указаниями по оформлению письменных работ обучающихся в рамках самостоятельной работы, утвержденными Учебно-методическим советом РГСУ, Протокол № 2 от 25 июня 2015 года.

Конкретные практические задания и задания для рубежного контроля определяются в учебно-методических материалах по работе обучающихся в электронной информационно-образовательной среде РГСУ с применением технологий электронного обучения по данной дисциплине, утверждаемых ежегодно кафедрой.

5. Фонд оценочных средств для проведения промежуточной аттестации обучающихся по учебной дисциплине

5.1. Форма промежуточной аттестации обучающегося по учебной дисциплине

Контрольным мероприятием промежуточной аттестации обучающихся по учебной дисциплине является **зачет и экзамен**, которые проводятся в **устной** форме.

5.2. Перечень компетенций с указанием этапов их формирования в процессе освоения образовательной программы

Код компетенции	Содержание компетенции (части компетенции)	Результаты обучения	Этапы формирования компетенций в процессе освоения образовательной программы
ОК-4	способность к коммуникации в устной и письменной формах на русском и иностранном языках для решения задач межличностного и межкультурного взаимодействия	Знать: лексический и грамматический минимум, в объеме, необходимом для работы с иноязычными текстами профессиональной направленности и осуществления взаимодействия на иностранном языке.	Формирование знаний происходит на этапе освоения лексического и грамматического минимума: чтения и анализа текстов, статей, воспроизведение диалогов и монологов; правил речевого этикета.
		Уметь: читать и переводить иноязычную литературу по профилю подготовки, самостоятельно находить информацию о странах изучаемого языка из различных источников (периодические издания, Интернет, справочная,	Формирование умений происходит на этапе обучения переводу и пересказу текстов по теме; пользуясь дополнительной литературой, на этапе поиска страноведческих данных, извлекая при этом необходимую для работы

		учебная, художественная литература); взаимодействовать и общаться на иностранном языке	информацию, выявляя способы наиболее целесообразного использования языковых средств в соответствии со структурой и содержанием задания;
		Владеть: одним из иностранных языков на уровне профессиональной коммуникации	Формирования навыков и получения опыта происходит на этапе проведения конференций (выступления, аргументации, ведение диалогов на иностранном языке в объеме, предусмотренном учебной программой), написания эссе.
ОК-7	Способность к самоорганизации и самообразованию	Знать: содержание процессов самоорганизации и самообразования, их особенностей и технологий реализации, исходя из целей совершенствования профессиональной деятельности.	Формирование знаний происходит на этапе обучения переводу и пересказу текстов по теме; пользуясь дополнительной литературой, на этапе поиска страноведческих данных, извлекая при этом необходимую для работы информацию, выявляя способы наиболее целесообразного использования языковых средств в соответствии со структурой и содержанием задания;
		Уметь: планировать цели и устанавливать приоритеты при выборе способов принятия решений с учетом условий, средств, личностных возможностей и временной перспективы достижения; осуществления деятельности; - самостоятельно строить процесс овладения информацией, отобранной и структурированной для	Формирование умений происходит на этапе освоения лексического и грамматического минимума: чтения и анализа текстов, статей, воспроизведение диалогов и монологов; правил речевого этикета.

		выполнения профессиональной деятельности.	
		<p>Владеть: приемами саморегуляции эмоциональных и функциональных состояний при выполнении профессиональной деятельности;</p> <p>- технологиями организации процесса самообразования;</p> <p>приемами целеполагания во временной перспективе, способами планирования, организации, самоконтроля и самооценки деятельности.</p>	<p>Формирования умений и получения опыта происходит на этапе проведения выступлений, ведения диалогов на иностранном языке в объеме, предусмотренном учебной программой, написания эссе.</p>

5.3. Описание показателей и критериев оценивания компетенций на различных этапах их формирования, описание шкал оценивания

Код компетенции	Этапы формирования компетенций	Показатель оценивания компетенции	Критерии и шкалы оценивания
ОК-4, ОК-7	Этап формирования знаний.	<p>Теоретический блок вопросов.</p> <p>Уровень освоения программного материала, логика и грамотность изложения, умение самостоятельно обобщать и излагать материал</p>	<p>1) обучающийся глубоко и прочно освоил программный материал, исчерпывающе, последовательно, грамотно и логически стройно его излагает, тесно увязывает с задачами и будущей деятельностью, не затрудняется с ответом при видоизменении задания, умеет самостоятельно обобщать и излагать материал, не допуская ошибок – 9-10 баллов;</p> <p>2) обучающийся твердо знает программный материал, грамотно и по существу излагает его, не допуская существенных неточностей в ответе на вопрос, может правильно применять теоретические положения -7-8 баллов;</p>

			<p>3) обучающийся освоил основной материал, но не знает отдельных деталей, допускает неточности, недостаточно правильные формулировки, нарушает последовательность в изложении программного материала - 5-6 баллов;</p> <p>4) обучающийся не знает значительной части программного материала, допускает существенные ошибки -0-4 балла.</p>
ОК-4, ОК-7	Этап формирования умений.	<p>Аналитическое задание (<i>задачи, ситуационные задания, кейсы, проблемные ситуации и т.д.</i>)</p> <p>Практическое применение теоретических положений применительно к профессиональным задачам, обоснование принятых решений</p>	<p>1) свободно справляется с задачами и практическими заданиями, правильно обосновывает принятые решения, задание выполнено верно, даны ясные аналитические выводы к решению задания, подкрепленные теорией - 9-10 баллов;</p> <p>2) владеет необходимыми умениями и навыками при выполнении практических заданий, задание выполнено верно, отмечается хорошее развитие аргумента, однако отмечены погрешности в ответе, скорректированные при собеседовании -7-8 баллов;</p> <p>3) испытывает затруднения в выполнении практических заданий, задание выполнено с ошибками, отсутствуют логические выводы и заключения к решению 5-6 баллов;</p> <p>4) практические задания, задачи выполняет с большими затруднениями или задание не выполнено вообще, или задание выполнено не до конца, нет четких выводов и заключений по решению задания, сделаны неверные выводы по решению задания - 0-4 баллов.</p>
ОК-4, ОК-7	Этап формирования навыков и получения опыта.	<p>Аналитическое Решение практических заданий и задач, владение навыками и умениями при выполнении практических заданий, самостоятельность, умение обобщать и излагать материал.</p>	<p>3) испытывает затруднения в выполнении практических заданий, задание выполнено с ошибками, отсутствуют логические выводы и заключения к решению 5-6 баллов;</p> <p>4) практические задания, задачи выполняет с большими затруднениями или задание не выполнено вообще, или задание выполнено не до конца, нет четких выводов и заключений по решению задания, сделаны неверные выводы по решению задания - 0-4 баллов.</p>

5.4. Типовые контрольные задания или иные материалы, необходимые для оценки знаний, умений, навыков и (или) опыта деятельности, характеризующих этапы формирования компетенций в процессе освоения образовательной программы

Примерные вопросы для проведения промежуточной аттестации обучающихся по учебной дисциплине

Теоретические вопросы:

1. Families with many children versus families with one child.
2. The effect of divorce on children.
3. How to bridge the “generation gap”.
4. The ideal family of the future.
5. My Dream House.
6. Home Sweet Home.
7. East or West – home is best.
8. Home is where the heart is.
9. Our new department store.
10. Our neighborhood.
11. You’re looking for a new apartment
12. What do you usually do?
13. My weekend.
14. My habits.
15. Famous resorts in Russia.
16. My plans for vacation.
17. The world architectural masterpieces.
18. Many people try to learn things while travelling during their holidays.
19. Is the Russian the most difficult language to learn?
20. Languages, dialects and accents spoken in Britain today.
21. Why do you think people try to protest against the influence of the English language?
22. Learning a foreign language makes people work hard.
23. Our college(university) life needs changes.
24. Some advice for students.
25. Education reform. To be or not to be.
26. A man is never too old to learn.
27. The future of some jobs.
28. My future job.
29. Training and certification in my specialization.
30. What new traditions did you know travelling abroad? .
31. What countries/cities have you been to?
32. Cross-cultural understanding covers a few aspects.
33. Perfect command of a foreign language is unattainable without cross-cultural understanding.
34. What is cross-cultural understanding?

Аналитическое задание

Задание: прочитать текст и ответить на вопросы.

My family

Let me introduce myself. My name is Alexander, Alec for short. My full name is Alrxander Sergeyevich Orlov. Orlov is my **surname**, Alexander is my first name and Sergeyevich is my **patronymic**. I am not yet nineteen.

At the moment I am a first-year student at the University.

My parents have two more children besides me. Thus I have got an older brother and a younger sister. My sister Helen is just out of school. She is seventeen. She is a pretty girl with brown hair and soft dark-brown eyes. Her dream is to become a pianist.

My brother, whose name is Michael, is eight years my **senior**. He is twenty-seven already. He is a builder. He is married and has a family of his own. They are four in the family. He has a wife and two children – a son and a daughter. They are twins. They are lovely little children with golden hair and dark-blue eyes. They are always full of joy and **gaiety**. His wife's name is Nina. She is a **surgeon** by profession. They are not in St. Petersburg. They are in the Far East.

My parents are not old at all. Father is fifty, and Mother is three years his **junior**. My grandparents are already **pensioners** but they are still full of life and energy. They have a house in the country. Aunt Mary is with them.

She is a pleasant-looking woman of about forty. Uncle Nick, her husband, is a librarian. He is a clever man but a little unpractical. Aunt Mary, on the other hand, is very practical and full of common sense.

They have a son. He is my cousin. Peter is nineteen, tall, a fine manly fellow. He is at the University and is studying to be a chemist. He is a clever, hard-working student, a first-class footballer, and a good runner. He is strong, quiet and thoughtful like his father.

5.5. Методические материалы, определяющие процедуры оценивания знаний, умений, навыков и (или) опыта деятельности, характеризующих этапы формирования компетенций

Промежуточная аттестации по учебной дисциплине проводится в соответствии с Положением о промежуточной аттестации обучающихся по основным профессиональным образовательным программам в Российском государственном социальном университете и Положение о балльно-рейтинговой системе оценки успеваемости обучающихся по основным профессиональным образовательным программам – программам среднего профессионального образования, программам бакалавриата, программам специалитета, программам магистратуры в Российском государственном социальном университете.

На промежуточную аттестацию отводится 20 рейтинговых баллов.

Ответы обучающегося на контрольном мероприятии промежуточной аттестации оцениваются педагогическим работником по 20 - балльной шкале, а итоговая оценка по учебной дисциплине выставляется по пятибалльной системе для экзамена/дифференцированного зачета и по системе зачтено/не зачтено для зачета.

Критерии выставления оценки определяются Положением о балльно-рейтинговой системе оценки успеваемости обучающихся по основным профессиональным образовательным программам – программам среднего профессионального образования, программам бакалавриата, программам специалитета, программам магистратуры в Российском государственном социальном университете.

6. Перечень основной и дополнительной учебной литературы для освоения учебной дисциплины

6.1. Основная литература

1. Кузнецова, А.Ю. Грамматика английского языка: от теории к практике : учебное пособие / А.Ю. Кузнецова. - 3-е изд., стер. - Москва : Издательство «Флинта», 2017. - 152 с. - ISBN 978-5-9765-1366-2 ; То же [Электронный ресурс]. - URL: <http://biblioclub.ru/index.php?page=book&id=114942>

2. Невзорова, Г. Д. Английский язык в 2 ч. Часть 1 : учебник для академического бакалавриата / Г. Д. Невзорова, Г. И. Никитушкина. — 2-е изд., испр. и доп. — Москва : Издательство Юрайт, 2019. — 339 с. — (Серия : Бакалавр. Академический курс). — ISBN 978-5-534-02057-1. — Текст : электронный // ЭБС Юрайт [сайт]. — URL: <https://www.biblio-online.ru/book/angliyskiy-yazyk-v-2-ch-chast-1-434605>
3. Ваганова, Т.П. Английский язык для неязыковых факультетов : учебное пособие / Т.П. Ваганова. - Москва ; Берлин : Директ-Медиа, 2015. - 169 с. : ил. - Библиогр. в кн. - ISBN 978-5-4475-3932-0 ; То же [Электронный ресурс]. - URL: <http://biblioclub.ru/index.php?page=book&id=278868>
4. Невзорова, Г. Д. Английский язык в 2 ч. Часть 2 : учебник для академического бакалавриата / Г. Д. Невзорова, Г. И. Никитушкина. — 2-е изд., испр. и доп. — Москва : Издательство Юрайт, 2019. — 403 с. — (Серия : Бакалавр. Академический курс). — ISBN 978-5-534-02108-0. — Текст : электронный // ЭБС Юрайт [сайт]. — URL: <https://www.biblio-online.ru/book/angliyskiy-yazyk-v-2-ch-chast-2-436529>

6.2. Дополнительная литература

1. Данчевская О.Е., Малев А.В. English for Cross-Cultural and Professional Communication = Английский язык для межкультурного и профессионального общения: учебное пособие. — М.: Флинта, 2017. — 192 с. [Электронный ресурс]. URL: http://biblioclub.ru/index.php?page=book_red&id=93369&sr=1
2. Комаров, А.С. A Practical Grammar of English for Students=Практическая грамматика английского языка для студентов : учебное пособие / А.С. Комаров. - 3-е изд., стер. - Москва : Издательство «Флинта», 2017. - 243 с. - ISBN 978-5-89349-848-8 ; То же [Электронный ресурс]. - URL: <http://biblioclub.ru/index.php?page=book&id=115590>
3. Невзорова, Г. Д. Английский язык. Грамматика : учеб. пособие для академического бакалавриата / Г. Д. Невзорова, Г. И. Никитушкина. — 2-е изд., испр. и доп. — Москва : Издательство Юрайт, 2019. — 213 с. — (Серия : Бакалавр. Академический курс). — ISBN 978-5-534-09359-9. — Текст : электронный // ЭБС Юрайт [сайт]. — URL: <https://www.biblio-online.ru/book/angliyskiy-yazyk-grammatika-434606>

7. Перечень ресурсов информационно-коммуникационной сети «Интернет», необходимых для освоения учебной дисциплины

1. English Grammar Secrets [Электронный ресурс]. URL: <http://www.englishgrammarsecrets.com/> (Дата обращения 29.08.2017)
2. Open Learning [Электронный ресурс]. URL: <http://www.open.edu/openlearn/>
3. British council [Электронный ресурс]. URL: <http://learnenglish.britishcouncil.org/en>
4. Изучение английского. [Электронный ресурс]. URL: <http://www.abc-english-grammar.com/>

8. Методические указания для обучающихся по освоению учебной дисциплины

Освоение обучающимся учебной дисциплины «Иностранный язык» предполагает изучение материалов дисциплины на аудиторных занятиях и в ходе самостоятельной работы. Аудиторные занятия проходят в форме практических занятий. Самостоятельная работа включает разнообразный комплекс видов и форм работы обучающихся.

Для успешного освоения учебной дисциплины и достижения поставленных целей необходимо внимательно ознакомиться с настоящей рабочей программы учебной дисциплины. Ее может представить преподаватель на вводной лекции или самостоятельно обучающийся использует информацию на официальном Интернет-сайте Университета.

Следует обратить внимание на список основной и дополнительной литературы, которая имеется в электронной библиотечной системе <http://biblioclub.ru>, на предлагаемые

преподавателем ресурсы информационно-телекоммуникационной сети Интернет. Эта информация необходима для самостоятельной работы обучающегося.

При подготовке к аудиторным занятиям необходимо помнить особенности каждой формы его проведения.

Подготовка к занятию семинарского типа

При подготовке и работе во время проведения лабораторных работ и занятий семинарского типа следует обратить внимание на следующие моменты: на процесс предварительной подготовки, на работу во время занятия, обработку полученных результатов, исправление полученных замечаний.

Предварительная подготовка к учебному занятию семинарского типа заключается в изучении теоретического материала в отведенное для самостоятельной работы время, ознакомление с инструктивными материалами с целью осознания задач лабораторной работы/практического занятия, техники безопасности при работе с приборами, веществами.

Работа во время проведения учебного занятия семинарского типа включает несколько моментов:

консультирование студентов преподавателями и вспомогательным персоналом с целью предоставления исчерпывающей информации, необходимой для самостоятельного выполнения предложенных преподавателем задач, ознакомление с правилами техники безопасности при работе в лаборатории;

самостоятельное выполнение заданий согласно обозначенной учебной программой тематики.

Самостоятельная работа.

Для более углубленного изучения темы задания для самостоятельной работы рекомендуется выполнять параллельно с изучением данной темы. При выполнении заданий по возможности используйте наглядное представление материала. Более подробная информация о самостоятельной работе представлена в разделах «Учебно-методическое обеспечение самостоятельной работы по дисциплине (модулю)», «Методические указания к самостоятельной работе по дисциплине (модулю)».

Подготовка к зачету, экзамену.

К зачету/экзамену необходимо готовится целенаправленно, регулярно, систематически и с первых дней обучения по данной дисциплине. Попытки освоить учебную дисциплину в период зачетно-экзаменационной сессии, как правило, приносят не слишком удовлетворительные результаты.

При подготовке к экзамену по теоретической части выделите в вопросе главное, существенное (понятия, признаки, классификации и пр.), приведите примеры, иллюстрирующие теоретические положения.

После предложенных указаний у обучающихся должно сформироваться четкое представление об объеме и характере знаний и умений, которыми надо будет овладеть по дисциплине.

9. Информационно-технологическое обеспечение образовательного процесса по учебной дисциплине

9.1. Информационные технологии

1. Персональные компьютеры;
2. Доступ к интернет
3. Проектор.

9.2. Программное обеспечение

1. Microsoft Office (Word, Excel, Power Point),

9.3. Информационные справочные системы

№№	Название электронного ресурса	Описание электронного ресурса	Используемый для работы адрес
1.	ЭБС «Университетская библиотека онлайн»	Электронно-библиотечная система, электронные книги и аудиокниги, учебники для ВУЗов, средних специальных учебных заведений и школы, а также научные монографии, научная периодика, в т.ч. журналы ВАК.	http://biblioclub.ru/
2.	ЭБС издательства «Юрайт»	Электронно-библиотечная система, коллекция электронных версий книг.	http://www.biblio-online.ru/
3.	ЭБС «Библиороссика»	Электронно-библиотечная система, содержащая полнотекстовые учебники, учебные пособия, монографии и журналы в электронном виде.	http://bibliorossica.com
4.	Видеотека учебных фильмов «Решение»	Коллекция учебных видеофильмов «Решение» позволяет организовать обучение в интерактивном формате по различным направлениям подготовки.	http://eduvideo.online

10. Материально-техническое обеспечение образовательного процесса по учебной дисциплине

Для изучения учебной дисциплины **«Иностранный язык»** в рамках реализации основной профессиональной образовательной программы по соответствующему направлению подготовки используются:

Учебная аудитория для занятий семинарского типа: оснащена специализированной мебелью (стол для преподавателя, парты, стулья, доска для написания мелом); техническими средствами обучения (видеопроекторное оборудование, средства звуковоспроизведения, экран и имеющие выход в сеть Интернет), а также (при наличии) демонстрационными печатными пособиями (таблицы "Основная грамматика английского языка"), экранно-звуковыми средствами обучения (демонстрационными материалами, обучающими фильмами).

Помещения для самостоятельной работы обучающихся: оснащены специализированной мебелью (парты, стулья) техническими средствами обучения (персональные компьютеры с доступом в сеть интернет и обеспечением доступа в электронно-информационную среду университета, программным обеспечением).

11. Образовательные технологии

Освоение учебной дисциплины **«Иностранный язык»** предусматривает использование в учебном процессе активных и интерактивных форм проведения учебных занятий в форме

деловых и ролевых игр в сочетании с внеаудиторной работой с целью формирования и развития профессиональных навыков обучающихся.

Удельный вес учебных занятий, проводимых в интерактивных формах составляет не менее 25 % аудиторных занятий (определяется учебным планом ОПОП).

Учебные часы дисциплины «**Иностранный язык**» предусматривают классическую контактную работу преподавателя с обучающимся в аудитории и контактную работу посредством электронной информационно-образовательной среды в синхронном и асинхронном режиме (вне аудитории) посредством применения возможностей компьютерных технологий (электронная почта, электронный учебник, тестирование).

Лист регистрации изменений

№ п/п	Содержание изменения	Реквизиты документа об утверждении изменения	Дата введения изменения
1.	Утверждена и введена в действие на основании Федерального государственного образовательного стандарта высшего профессионального образования по направлению подготовки 080100.62 Экономика (уровень бакалавриата), утвержденным приказом Министерства образования и науки Российской Федерации от 21 декабря 2009 г. № 747	Протокол заседания Ученого совета № 1 от «26» августа 2014 года	01.09.2014
2.	Актуализирована с учетом развития науки, культуры, экономики, техники, технологий и социальной сферы	Протокол заседания Ученого совета № 1 от «31» августа 2015 года	01.09.2015
3.	Переутверждена и введена в действие на основании Федерального государственного образовательного стандарта высшего образования по направлению подготовки 38.03.01 Экономика (уровень бакалавриата), утвержденным приказом Министерства образования и науки Российской Федерации от 12 ноября 2015 г. № 1327	Протокол заседания Ученого совета № 4 от «27» ноября 2015 года	14.12.2015
4.	Актуализирована с учетом развития науки, культуры, экономики, техники, технологий и социальной сферы	Протокол заседания Ученого совета № 15 от «31» мая 2016 года	01.09.2016
5.	Актуализирована с учетом развития науки, культуры, экономики, техники, технологий и социальной сферы	Протокол заседания Ученого совета № 1 от «29» августа 2017 года	01.09.2017
6.	Актуализирована с учетом развития науки, культуры, экономики, техники, технологий и социальной сферы	Протокол заседания Ученого совета № 16 от «26» июня 2018 года	01.09.2018
7	Актуализирована с учетом развития науки, культуры, экономики, техники, технологий и социальной сферы	Протокол заседания Ученого совета № __ от «__» июня 2019 года	01.09.2019