

МІНІСТЕРСТВО ОСВІТИ І НАУКИ УКРАЇНИ  
МИКОЛАЇВСЬКИЙ НАЦІОНАЛЬНИЙ АГРАРНИЙ УНІВЕРСИТЕТ

Факультет культури й виховання

Кафедра іноземних мов

**АНГЛІЙСЬКА МОВА**

**Методичні рекомендації** та навчальний матеріал для  
самостійної роботи здобувачів другого (магістерського) рівня  
вищої освіти усіх ОПП та спеціальностей МНАУ  
денної форми здобуття вищої освіти

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## Передмова

Методичні рекомендації та навчальний матеріал для самостійної роботи здобувачів другого (магістерського) рівня вищої освіти усіх ОПП та спеціальностей МНАУ денної форми здобуття вищої освіти забезпечують навчальний матеріал для вивчення модулю «Публічна сфера».

Мета даних методичних рекомендацій – забезпечення розвитку мовних та мовленнєвих навичок здобувачів вищої освіти з тем, передбачених навчальною програмою з іноземних мов рекомендованою Міністерством аграрної політики України та підготовка здобувачів вищої освіти до складання іспиту з англійської мови.

Рекомендації складаються з 10 навчальних текстів та розраховані на 30 год. (1 кр.) самостійної роботи. За кожну тему студент може отримати від 3-5 балів, що передбачено навчальною програмою з іноземних мов.

Методичні рекомендації є збіркою завдань до аудіо матеріалів для отримання додаткової інформації, яка доповнює навчальний посібник «Англійська мова» фактичним матеріалом.

Методичні рекомендації розроблені згідно до вимог типової базової програми. Запропоновані тексти забезпечують швидке й ефективне засвоєння студентами лексичного матеріалу.

Для підготовки методичних рекомендацій використовувались матеріали з новітніх підручників, автентичних джерел та періодичних видань.

Робота з даними методичними рекомендаціями допоможе здобувачам вищої освіти у вдосконаленні та подальшому розвитку

знань з іноземної мови, набутих під час навчання в університеті та в процесі різних видів мовленнєвої діяльності. Дані методичні рекомендації можуть бути використані на курсах з англійської мови для підготовки до міжнародних іспитів, аспірантами та магістрами всіх напрямів підготовки.

## Fear of Rejection

<https://deepenglish.com/lessons/fear-of-rejection/>

Jia Jiang was the founder of a small tech company in 2012 when he got rejected by an investor. Traumatized by this rejection, he was left with a sinking feeling in his stomach and was angry and insecure.

Jiang wanted to give up on his company, but instead, he decided he needed to build his confidence. If he was going to be successful, he needed to get comfortable with failure and rejection. He needed rejection therapy.

He decided that every day for 100 days, he would film himself asking strangers for crazy things, knowing they would reject him. On the first day, he nervously asked a random security guard to lend him \$100. The answer was, of course, no and Jiang ran away. Another day, he asked a pet shop barber to cut his hair. She also said no, but this time Jiang was having fun, making people laugh and getting more and more comfortable with hearing people say no.

Things started to turn around when he asked a doughnut store clerk to give him doughnuts in the shape of the Olympic rings. To his surprise, she said yes. Another day, he asked a random store clerk to give him a hug, and she also said yes.

Jiang tells the story of once knocking on a stranger's door and asking if he could plant a flower in his backyard. When the man said no, Jiang didn't hang his head and run away. Instead, he politely asked why. The man said he had a dog that would just tear it up, but he should go across the street and talk to his neighbor who loved flowers. Jiang did so, and the neighbor happily accepted his gift.

Today, Jiang counsels people not to recoil from rejection. No can be a jumping-off point for negotiation that maybe leads to a yes. He also encourages people to push their boundaries in his bestselling book, *Rejection Proof*.

Fear can be a useful emotion when it helps us avoid danger, but social fear almost always holds us back from success. Fear of rejection can stop us from going after a job, making friends or meeting the man or woman of our dreams. The fear of rejection can also stop us from improving our English. So many people are so afraid of making mistakes or being rejected that they never open their mouths, ensuring that their English never progresses.

The next time you see an opportunity to make a connection using English, don't hesitate; don't overthink it; just do it. There are many worse things in life than rejection. Like Franklin D. Roosevelt once said, "The only thing we have to fear is fear itself."

### *I. True or False:*

1. Jia Jiang founded a small tech company in 2012.
2. After facing rejection from an investor, the decision to give up on the company was made by the main character.
3. Franklin D. Roosevelt engaged in rejection therapy by asking strangers for crazy things for 100 days.
4. The first person Jia asked for \$100 didn't lend him the money.
5. Jiang's fear of rejection persisted even after completing 100 days of rejection therapy."

### *II. Answer the Questions:*

1. Why did Jia Jiang decide to engage in rejection therapy?

2. What turned things around for Jia during rejection therapy?
3. Could you share an example from the text where rejection led to a positive outcome for the main character?
4. According to Jia Jiang, what can "no" sometimes be in the context of rejection?
5. How does Jia Jiang encourage people in his book, "Rejection Proof"?

*III. Reflect on the role fear plays in hindering success, according to the text.*

*Discuss how overcoming the fear of rejection can be beneficial in various aspects of life.*

### **Everything Happens for a Reason**

**<https://deepenglish.com/lessons/everything-happens-reason/>**

English expressions like 'Everything happens for a reason' sound hokey to some, but not if you believe in fate or destiny. Pediatrician Dr. Michael Shannon says, "Things are supposed to happen when they do. I see examples of this almost daily in my life and practice."

In 2011, Dr. Shannon was driving down a coastal highway in California when he was hit by a truck. He was trapped in his vehicle as it caught fire.

Lucky for him, firefighters were nearby and arrived within minutes. Paramedic Chris Trokey used a rescue tool called the Jaws of Life to separate Dr. Shannon from his crumpled car. He then pulled him to safety.

Neither Shannon nor Trokey knew that this was not their first meeting. Twenty-six years before, Trokey was a 3.2 pound premature baby. His life teetered on the brink, and he was only given a 50/50 chance of survival. The doctor that worked around the clock to save him was none other than Dr. Shannon. And baby Trokey



grew up to be paramedic Trokey. And paramedic Trokey just so happened to be minutes away when Dr. Shannon needed him to save his own life.

It wasn't until later that the amazing coincidence came to light. When Trokey was visiting the hospital and heard Dr. Shannon's name, he realized that he had saved the life of the man who had saved his life.

Dr. Shannon spent the next 45 days in the hospital. He made a full recovery minus two toes that had to be amputated.

Dr. Shannon says, "It's amazing to watch them all grow up, but to have one come back in your life, on a day you really need it, that's really incredible."

Trokey has since become a father, and he has aptly chosen Dr. Shannon to be his son's doctor.

*I. Fill in the blanks in the following sentences with the words provided in the brackets. Each word in the brackets should be used only once.*

*incredible, hokey, separate, fate, destiny, amazing, full, life, crumpled, amputated, truck, neither, California, first*

1. English expressions like 'Everything happens for a reason' sound \_\_\_ to some, but not if you believe in \_\_\_\_ or \_\_\_.
2. In 2011, Dr. Shannon was driving down a coastal highway in \_\_\_ when he was hit by a \_\_\_\_\_.
3. Firefighters used a rescue tool called the Jaws of Life to \_\_\_ Dr. Shannon from his \_\_\_ car, pulling him to safety.
4. \_\_\_ Shannon nor Trokey knew that this was not their \_\_\_ meeting.
5. He made a \_\_\_ recovery except for two toes that had to be \_\_\_\_\_.

6. Dr. Shannon says, "It's \_\_\_ to watch them all grow up, but to have one come back in your \_\_\_, on a day you really need it, that's really \_\_\_."

*II. Arrange the following sentences from the text in the correct order :*

1. Trokey has since become a father, and he has aptly chosen Dr. Shannon to be his son's doctor.
2. His life teetered on the brink, and he was only given a 50/50 chance of survival.
3. Pediatrician Dr. Michael Shannon says, "Things are supposed to happen when they do."
4. Dr. Shannon spent the next 45 days in the hospital.
5. And paramedic Trokey just so happened to be minutes away when Dr. Shannon needed him to save his own life.
6. The doctor that worked around the clock to save him was none other than Dr. Shannon.

*III. Consider the theme of fate and coincidence presented in the story.*

*Share your perspective on the concept that everything happens for a reason, as Dr. Shannon suggests. Discuss your thoughts on the interconnected events in the narrative and whether you believe in the idea of events unfolding with a purpose.*

### **\$28 Bottled Air for Sale**

**<https://deepenglish.com/lessons/a-breath-of-fresh-air/>**

Most of us take our breathing for granted, but we aren't all lucky enough to live in a place with clean air.

In Beijing, pollution has gotten so bad that breathing the air has become dangerous. There are days when the smog is thick enough to block out the sun. On these days, schools close, and construction stops. People walk around the city wearing masks to avoid breathing in the dangerous smog, which contains harmful particles from coal power plants.

Some people in Beijing have started purchasing bottled air from Canada to avoid breathing their own dirty air. They pay about \$28 for a single bottle of fresh mountain air. One bottle produces about 80 inhalations of air. Consumers say that the fresh bottled air helps them to stay alert and to do things like exercise, which is very difficult to do if you're breathing polluted air every day.

A recent study of air quality in China showed that over 80 percent of Chinese people are exposed to unsafe air. In fact, air pollution is responsible for 4,000 deaths each day in China. According to researchers, breathing Beijing's air is like smoking a cigarette and a half per hour all day long.

While it might seem odd to bottle air, it's not the first time this has been done. Inventor of the lightbulb, Thomas Edison, had an interest in the chemical make-up of a breath. When he was on his deathbed, several open test tubes were left nearby to collect the air of his final breaths. The bottles were later sealed by his son. One was given to Edison's pal and fellow inventor, Henry Ford, the founder of Ford Motor Company. Ford kept this bottle of Edison's dying breath as a memento of his old friend.

For human beings, breathing is a symbol of life. When we witness something beautiful or awesome or are emotionally moved, we feel alive. We call these moments 'breathtaking'.

We often use phrases about breathing to help us describe how we're feeling about something. 'A breath of fresh air' is a phrase used to describe things that feel new and appealing. When we're feeling sad, we sometimes say we're feeling 'deflated' like we've somehow let all of our air or life force leak out.

Notice your own breath now. Is your breath fast or slow? Deep or shallow? Take a deep breath. Feels good, doesn't it?

*I. Match the words into the correct phrases:*

- |                              |                       |
|------------------------------|-----------------------|
| 1. take our breathing        | wearing masks         |
| 2. lucky enough to           | Beijing's air         |
| 3. breathing the air has     | 80 inhalations of air |
| 4. walk around the city      | China                 |
| 5. one bottle produces about | become dangerous      |
| 6. air quality in            | for granted           |
| 7. breathing                 | live in a place       |

*II. Choose the right heading for each paragraph:*

1. Historical Perspective on Air
2. Bottled Air Solution
3. Air Quality Crisis in China
4. The Symbolism of Breathing
5. Innovations in Air Preservation
6. Momentary Reflection on Breath
7. The Value of Clean Air
8. Pollution in Beijing

*III. What are your thoughts on the practice of purchasing bottled air as a solution to air pollution? Do you think it's a practical and sustainable approach, or are there alternative solutions you would suggest?*

## **Two Sides to Every Coin**

**<https://deepenglish.com/lessons/two-sides-every-coin/>**

Walt Disney once said, "If you can dream it, you can do it." Many people don't realize that Walt Disney, the creator of Mickey Mouse and so many other iconic characters, was once a man who was very familiar with failure. In fact, in his younger years, he had a boss who fired him because he said he lacked creativity, but Disney refused to give up.

He had a dream, and he wanted to see it come true, so he hung in there. At one point, Disney raised enough money to start a company called "Laugh-O-Gram," but when the business failed, he lost everything. He was so poor he could hardly pay his rent and survived by eating dog food.

He even faced failure when he created Mickey Mouse. He was told that Mickey would scare women, but he believed in his idea, so he fought tooth and nail for his dreams.

In fact, Disney spent 16 years convincing the author of Mary Poppins to turn her story into a movie. For a decade and a half, Disney frequently flew to England, trying to persuade author Pamela Travers to sell her story to him. His persistence

paid off when she finally agreed. In many parts of the world, Mary Poppins is now a classic and well-known tale.

But, there are two sides to every coin, and Walt Disney also had a dark side. While hard-working and creative, many people also say that Disney was racist, sexist, anti-Semitic and paid his workers poorly. While he regularly gave his housekeeper stocks in his company, which ended up being worth millions of dollars, some of his animators made only \$12 a week.

To be fair, Disney lived in an age when these things were unfortunately pretty common. Those who support Disney say that he may have been a little insensitive but that he was not a bad person. He was just a product of his time.

Certainly, Walt Disney brought the world to magical places in his stories and movies. He encouraged us to wish on stars, believe in our dreams, and never give up. Despite reports of his darker side, Disney was truly an American icon.

***I. Choose the right variant:***

1. Walt Disney once said, "If you can dream it,
  - a) you can do it (a)
  - b) you have to do it
  - c) you may have it
  - d) you may as well do it
  
2. At one point, Disney raised enough money to start a company called
  - a) Mickey Mouse
  - b) Laugh-O-Gram (b)
  - c) Western Union
  - d) Chip and Dale

3. In fact, Disney spent 16 years convincing the author of Mary Poppins to turn her story into a movie.
- a) 14 years
  - b) 15 years
  - c) 16 years (c)
  - d) 17 years
4. For a decade and a half, Disney frequently flew to
- a) England (a)
  - b) Scotland
  - c) Whales
  - d) Nothern Ireland
5. He was so poor he could hardly
- a) go on vacation
  - b) go to the restaurant
  - c) pay his rent (c)
  - d) visit his friends
6. Despite reports of his darker side, Disney was truly
- a) a Canadian icon
  - b) a British icon
  - c) a Belgium icon
  - d) an American icon (d)

*II. Read the passage and retell it:*

In fact, Disney spent 16 years convincing the author of Mary Poppins to turn her story into a movie. For a decade and a half, Disney frequently flew to England, trying to persuade author Pamela Travers to sell her story to him. His persistence

paid off when she finally agreed. In many parts of the world, Mary Poppins is now a classic and well-known tale.

*III. After reading about Walt Disney's darker side and his status as an American icon, what is your opinion on the balance between his positive contributions and reported shortcomings in shaping his legacy?*

### **One Word Spoken all over the World**

**<http://surl.li/qjiio>**

When you listen to someone speaking in a foreign language that you're unfamiliar with, can you pick up any meaning? Surprisingly, most people can because a lot of body language is universal, and up to 90% of all communication is nonverbal. However, most of spoken language isn't universal, and there is a very limited number of words which are the same across all languages. Modern linguists are beginning to study these universal words.

Mark Dingemane is researching one of these rare words. What's remarkable about this universal word is that it conveys the meaning of "I don't understand." The word 'huh?' is a universal term understood in almost every language.

In some circles, the word 'huh?' is perceived as a bit crude. It's often considered informal and impolite to use, except in highly casual situations. While that may be true, the fact that countless diverse languages use this word makes it one of the most significant words globally.

Dingemane has been studying ten different languages, including Spanish, Chinese, Icelandic, and indigenous languages from Australia, Ecuador, and Ghana.



Each of these languages uses a unique version of 'huh?'. Although the word's pronunciation varies slightly in each language, it's spoken using the same movements of the mouth and tongue.

Some people have attempted to debunk this theory, claiming that 'huh?' is merely a sound, not a word. Dingemanse firmly sticks by his theory. He argues that 'huh?' is indeed a word, as it lacks an equal in the animal kingdom, unlike roars and grunts. Additionally, children don't use 'huh?' until they start speaking in actual words.

Since 'huh?' is used all over the world, this implies that you're acquainted with at least one word in every language. If someone communicates something to you that you don't understand, uttering 'huh?' might prompt them to repeat their previous statement.

While 'huh?' may not be particularly beneficial when traveling, it does offer insight into the commonalities shared by all humans. All people cry over loss. All people smile when they're happy. And apparently, we all share at least one word. What's your opinion? Is 'huh?' a word, or could it be something more primal, akin to a laugh or a scream?

#### *I. True or False:*

1. 'Huh?' is considered a formal and polite word in most languages.
2. Mark Dingemanse's research on the word 'huh?' includes only five languages.
3. According to Dingemanse, 'huh?' is perceived as a bit crude in formal situations.
4. Dingemanse's theory about 'huh?' being a word is not supported by those who claim it's just a sound.
5. Children start using the word 'huh?' before they begin speaking in actual words.

*II. Complete the sentences with the phrases below:*

- a) when they're happy
- b) one of these rare words
- c) can you pick up any meaning?
- d) indigenous languages from Australia, Ecuador, and Ghana.
- e) while that may be true
- f) I don't understand

1. When you listen to someone speaking in a foreign language that you're unfamiliar with, ...
2. Mark Dingemanse is researching...
3. What's remarkable about this universal word is that it conveys the meaning of "..."
4. ... the fact that countless diverse languages use this word makes it one of the most significant words globally.
5. Dingemanse has been studying ten different languages, including Spanish, Chinese, Icelandic, and ...
6. All people smile ...

*III. What is your opinion on the idea that the word 'huh?' could be considered a universal word conveying the meaning of "I don't understand"? Do you agree with Dingemanse's theory that 'huh?' is a word, and if so, what significance do you think it holds in the realm of cross-cultural communication?*

**Idiom: It isn't all it's Cracked up to be**

The internet gives us new ways to connect with each other that we couldn't imagine just 20 years ago. Instant communication through email, skype and social media is supposed to bring people together. It's supposed to make keeping in touch easier, help spark new friendships, and help people rediscover old ones. It's supposed to make the world a smaller place.

But does it?

Maybe not. Despite many people having hundreds of Facebook friends, humans can only manage a maximum of 150 actual relationships at a time. According to Robin Dunbar of the University of Oxford, this magic number is the limit. We're just not capable of having meaningful relationships with more than 150 people. The average Facebook user has close to 200 online friends and more than a few people have thousands.

It seems obvious that having hundreds of so-called friends online is an illusion. But is it a harmful one?

It turns out, social media creates a large network of superficial connections –but it comes at a cost. The more time people spend on social media, the less time they spend creating meaningful connections with the real people directly around them. At the end of the day, social media makes some people unhappy and lonely, despite having lots of online friends. So maybe social media isn't all it's cracked up to be.

But then again, social media and other Internet communication platforms like Skype do allow some people to reach across the globe and make real friendships as well.

Sarah and Paige are two perfectly normal, healthy girls – except they were both born with only one arm. Sarah lives in Indiana, Paige lives in New Zealand, but they're incredibly close friends.

How did this happen?

With the video chat software Skype, bonding over the challenges of living life with one arm. Without Skype, they would have to face their unique challenges on their own, instead of together. Without Skype, they wouldn't even know the other one existed. They wouldn't have been able to share each other's triumphs, or been there to make the hard days just a little bit easier. They wouldn't be friends.

Maybe our culture of online social connection is slowly isolating some of us and making everyone lonelier and less happy. But for others, it's the lifeblood of true friendship. And for some, it's the only thing in the world that brings them together.

*I. Answer the Questions:*

- a. What is the intended purpose of instant communication through email, Skype, and social media?
- b. According to Robin Dunbar, what limit does he propose on the number of meaningful relationships humans can maintain?
- c. How does the article discuss the impact of social media on people's happiness and loneliness?
- d. How is a downside highlighted in the text regarding the illusion of having hundreds of online friends?

e. Can you provide an example from the text that demonstrates a positive aspect of online social connection?

*II. Put the Sentences in the Correct Order:*

1. Without Skype, they would have to face their unique challenges on their own, instead of together.
2. The average Facebook user has close to 200 online friends and more than a few people have thousands.
3. At the end of the day, social media makes some people unhappy and lonely, despite having lots of online friends.
4. We're just not capable of having meaningful relationships with more than 150 people.
5. It's supposed to make the world a smaller place.
6. Sarah lives in Indiana, Paige lives in New Zealand, but they're incredibly close friends.

*III. Considering the information in the text, share your opinion on the impact of social media on relationships and happiness. Do you believe it is more isolating or connecting? Provide reasons for your perspective.*

**Secret Library**

**<https://deepenglish.com/lessons/secret-library/>**

Imagine taking a risky walk through bombed-out buildings, the entire time hiding from snipers. Now imagine that you're dodging bullets and risking your life to...read. For many of us, this seems crazy, but for some people in Damascus, Syria, risking their lives to read is the only thing that keeps them sane.

For more than four years, Damascus has faced violence, hunger, and political unrest. More than 2,000 civilians have been murdered and many important buildings, including libraries, have been destroyed.

Hope and inspiration are hard to come by in Damascus. That's why a group of brave citizens, many of them former students, decided to make a secret, hidden library.

Down a steep flight of stairs in the basement of a bombed-out building lives more than 14,000 pieces of hope and inspiration. The library's creators have collected more than 14,000 books from abandoned buildings destroyed by bombs.

And collecting these books is dangerous business. Collectors risk life and limb each time they venture out to find new titles for the library. So why do they do it?

For one, much of the content found in the books is useful. Many medical volunteers no longer have access to medical literature and can find some of the information they need to help people in the secret library.

But actually, most of the visitors to the library are simply looking for hope and inspiration. They want to remember a time and a place that wasn't devastated by bombs and bullets.

For now, the library is deemed too dangerous for children. But there is one child that visits daily. Fourteen-year-old Anas lives next door, so he has easy access. He says that even though people could be looking for food instead of books, he thinks that the brain is just as important as the body. He says his brain has become stronger because of the books. In turn, he says he feels like his soul is also being fed.

Even those who have the grueling job of defending what's left of Damascus say that the books are important to them. Some of them go to the front lines carrying a rifle in one hand a few books in the other.

Omar Abu Anas is one of those guys on the front lines trying to defend his home. He says, "Truly I swear the library holds a special place in all our hearts. And every time there's shelling near the library we pray for it."

Omar says that the books are helping them remain hopeful for freedom.

And as African-American writer and human rights leader, Frederick Douglass, once said: "Once you learn to read, you will be forever free."

*I. Match the correct words into phrases.*

- |                             |                    |
|-----------------------------|--------------------|
| a) bombed-out...            | brave citizens     |
| b) risking your...          | business           |
| c) keeps them...            | have been murdered |
| d) 2,000 civilians...       | a time and a place |
| e) a group of...            | life to read       |
| f) they want to remember... | sane               |
| g) dangerous...             | buildings          |

*II. Name each paragraph:*

1. Building a Haven for Hope
2. The Perils of Collecting Books
3. Living in the Midst of Chaos
4. Secret Library collection
5. Violent History of Damascus

6. Books on the Front Lines
7. A Daily Visitor
8. Home defenders
9. The Importance of the Library
10. The Enduring Power of knowledge
11. Forever free
12. Hope and inspiration

*III. Read the passage and retell it.*

For more than four years, Damascus has faced violence, hunger, and political unrest. More than 2,000 civilians have been murdered and many important buildings, including libraries, have been destroyed. Hope and inspiration are hard to come by in Damascus. That's why a group of brave citizens, many of them former students, decided to make a secret, hidden library. Down a steep flight of stairs in the basement of a bombed-out building lives more than 14,000 pieces of hope and inspiration. The library's creators have collected more than 14,000 books from abandoned buildings destroyed by bombs.

### **Love at First Sight**

**<https://deepenglish.com/lessons/love-at-first-sight/>**

'Love at first sight' is an English expression that means to fall in love with someone instantly after just looking at him or her for the first time. Whether you believe this is real love or just shallow desire, it's a familiar scene in today's books, movies, and television shows.



According to this old idea, falling in love is a matter of fate. Love can strike in the blink of an eye, leaving us helpless to control our feelings. Indeed, according to some modern brain research, seeing an attractive person can jolt your brain. This shows up on MRI (magnetic resonance imaging) scans. But what does that jolt really mean?

In one British study, volunteers wore special helmets that scanned their brains as they looked at photos of strangers. When a person they found attractive seemed to be looking right at them, the part of the brain called the "reward center" lit up. This might not mean much. That same area lights up when you expect any kind of reward, such as food when you're hungry.

Researchers said that the response could be based on an evolutionary adaptation for choosing healthy-looking mates. Today it might only mean a shallow desire to associate with attractive people for social status.

Another study at Trinity College in Dublin, Ireland, also measured brain activity in volunteers looking at photos. Researchers found that an area called the prefrontal cortex lit up while looking at certain photos. That part of the brain is important for mature decision-making.

Later those volunteers met and talked with the people in the photos. About 63 percent of the time, they found the same person attractive. But the two people made plans to see each other again only 10 percent of the time.

Clearly, there is a connection between seeing an attractive stranger and feeling a jolt of excitement, but maybe we shouldn't trust those hair-trigger attractions. Research says that the jolt that runs through your body is usually not really love, and it's not at all likely to last in the long run. Finding the love of one's life is a time-consuming process for most.

What do you think? Have you ever felt 'love at first sight?' And what about all the other types of first impressions you make about others? You might not fall in love, but sometimes you instantly feel comfortable around someone for no clear reason, and other times you feel like you want to get as far away as possible. Do you trust your gut instincts?

*I. Choose the right variant:*

1. 'Love at first sight' is an English expression that means to:

- a) fall in love with someone
- b) be patient with someone
- c) hate someone
- d) like someone

2. Indeed, according to some modern brain research, seeing an attractive person can:

- a) destroy your brain
- b) lift your brain
- c) jolt your brain
- d) develop your brain

3. This shows up on ... scans.

- a) MRT (magnetic resonance tomography)
- b) MRI (magnetic resonance imaging)
- c) MRA (magnetic resonance angiography)
- d) MRE (magnetic resonance enterography)

4. In one British study, volunteers wore special ... that scanned their brains.

- a) special belts
- b) special wristbands

- c) special glasses
- d) special helmets

5. Another study at Trinity College in ..., also measured brain activity in volunteers looking at photos.

- a) Toronto, Canada
- b) Dublin, Ireland
- c) London, England
- d) Sydney, Australia

6. About 63 percent of the time, they found the same person ...

- a) attractive
- b) magnetic
- c) desirable
- d) ugly

*II. Complete the sentences with the phrases below:*

*time-consuming process, falling in love, shallow desire, blink of an eye, lights up, 10 percent of the time*

1. Whether you believe this is real love or just ..., it's a familiar scene in today's books, movies, and television shows.

2. According to this old idea, ... is a matter of fate.

3. Love can strike in the ..., leaving us helpless to control our feelings.

4. That same area ... when you expect any kind of reward, such as food when you're hungry.

5. But the two people made plans to see each other again only ... .

6. Finding the love of one's life is a ... for most.

*III. What is your opinion on the concept of "love at first sight" based on the information provided? Do you believe in the authenticity of such immediate and intense romantic attraction, or do you agree with the skepticism expressed in the text? Additionally, how much importance do you think should be given to initial impressions in forming lasting connections?*

### **Stop and Smell the Roses**

**<https://deepenglish.com/lessons/stop-and-smell-the-roses/>**

Author AJ Jacobs jokes that his specialty is being able to focus on the negative. He says he's not alone in having a glass-half-empty personality. He says that humans are wired this way. It may have been useful to keep our eyes on dangerous predators in prehistoric times, but for modern humans, focusing on the negative leads to anxiety and depression.

Looking for a way to change his outlook, he decided to increase his sense of gratitude. He started giving thanks before each meal for all the people who contributed to the food getting to his plate. At one point, his son pointed out that none of those people could actually hear him. He said, "If you really cared, you would go and thank them in person."

Jacobs was inspired by his son's words. He started a months-long journey, thanking every person who helped produce his coffee. He thanked farmers, coffee roasters, and coffee shop employees around the world. He thanked anyone he could think of that helped make his morning cup of joe possible. Jacobs soon learned that there were thousands of people that he had been taking for granted.

These included the people who paved the roads the coffee trucks traveled on and the water reservoir workers that helped supply the water for his daily cup of coffee.

Jacobs learned that expressing gratitude was a two-way street. It improved his outlook on life and helped spread a little joy in the process. He describes a pest control worker who was surprised to receive his thanks. He said, "I know this sounds strange, but I just want to thank you for keeping the bugs out of my coffee." She said, "That does sound strange. But thank YOU! We rarely get appreciated. You just made my day."

One of the things Jacobs learned during his gratitude quest was to stop and smell the roses. In other words, to savor the moment. He now lets the coffee sit on his tongue for five seconds before taking a drink. He says, "this idea of savoring is so important to gratitude. Psychologists talk about how gratitude is about taking a moment and holding on to it as long as possible. And slowing down time. So that life doesn't go by in one big blur, as it often does."

Jacobs is a self-described grumpy person. During his gratitude journey, he did so much thanking that sometimes it felt forced, but that was OK. Sometimes you need to fake it until you make it. He says that merely acting grateful can create sincere feelings of gratitude, which can set off a chain reaction of happiness. In the words of Benedictine monk David Steindl-Rast, "Happiness does not lead to gratitude. Gratitude leads to happiness."

*I. Answer the questions:*

1. Why did AJ Jacobs decide to be more grateful?
2. How did Jacobs express thanks during his journey, and who did he thank?
3. What positive changes did Jacobs experience from expressing gratitude, as

mentioned in the text?

4. When did Jacobs realize expressing gratitude is a two-way street, and what does that mean?

5. After his gratitude journey, what did Jacobs change about how he enjoys his coffee, and why?

*II. Put the following sentences in the correct order:*

1. During his gratitude journey, he did so much thanking that sometimes it felt forced, but that was OK.

2. Psychologists talk about how gratitude is about taking a moment and holding on to it as long as possible.

3. He says he's not alone in having a glass-half-empty personality.

4. Jacobs was inspired by his son's words.

5. He said, "If you really cared, you would go and thank them in person."

6. So that life doesn't go by in one big blur, as it often does."

*III. What do you think about the idea presented in the text that expressing gratitude can lead to happiness? Do you believe that taking a moment to appreciate things in life can have a positive impact on one's well-being?*

## **The Modern World Changed Your Brain**

**<https://deepenglish.com/lessons/modern-world-changed-brain/>**

Take a look at the pink circles. If you're like most people, the circle on the right probably looks bigger, but they are actually the same size.

People of the Himba tribe are not so easily fooled by optical illusions like this. The Himba can be found in the small town of Opuwo, Namibia, in small numbers. They're easy to pick out, with the distinctive red paint that they spread on their skin and hair. They're few and far between in town because they mostly live a life untouched by modern times. The younger generations are being drawn to the charms of contemporary society, and this town is giving them a taste.

Jules Davidoff is studying these semi-nomadic herders at this pivotal point in their history. It turns out that the brains of people in pre-modern cultures like the Himba perceive things differently than people in modern cultures.

People of the Himba tribe are more focused on small details than they are on the larger context. People in modern cultures see more of the context and less of the details. This makes the Himba tribe less easily fooled by optical illusions. They are so focused on the smaller details that their brains don't misinterpret what their eyes see. And this doesn't just apply to visual focus. People in the Himba tribe are also less easily distracted – their mental focus is stronger.

Davidoff found that Himba people who went to Opuwo, even for a short trip, were more susceptible to optical illusions and their focus decreased.

The reason for this is unclear, but most researchers agree that the modern world presents us with a lot of stimuli that grab our attention. This is something that the technology industry knows all too well. They spend millions looking for ways to keep our attention on their online sites and apps. Some say this is damaging our focus and possibly our IQ.

Justin Rosenstein is an unlikely ally in a backlash against the tech assault on our attention. He is the creator of Facebook's notorious "Like" button. He was worried about the Internet's toll on his attention, so he is backing off. He tweaked his laptop to block certain addictive websites, and he even set up parental controls on his phone that limit his access.

Just a small dose of modern society has been shown to impact the people of the Himba tribe dramatically. For many of us who live within the modern world full-time, our perception is no longer what it was. But people like Rosenstein believe we're not too far gone and it's not too late to start safeguarding our attention.

*I. Match the correct phrases:*

- |                              |                         |
|------------------------------|-------------------------|
| a) looking for ways to       | his phone               |
| b) creator of Facebook's     | within the modern world |
| c) they are so focused on    | all too well            |
| d) technology industry knows | keep our attention      |
| e) block certain             | notorious "Like" button |
| f) parental controls on      | addictive websites      |
| g) for many of us who live   | the smaller details     |

*II. True or False:*

1. People of the Himba tribe are easily fooled by optical illusions like this.
2. People in modern cultures see less of the context and more of the details.
3. Davidoff found that Himba people who went to Opuwo, even for a short trip, were more susceptible to optical illusions and their focus decreased.
4. People of the Himba tribe are less focused on small details than they are on the larger context.



5. Some say this is increasing our focus and possibly our IQ.

6. Justin Rosenstein is an unlikely ally in a backlash against the tech assault on our attention.

*III. Consider the impact of modern society on attention and perception as discussed in the text. Share your thoughts on whether you believe the advancements in technology and the constant stimuli of the modern world are positively or negatively affecting our focus and cognitive abilities. Provide reasons or examples to support your opinion.*

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