

# Английский язык. Часть №3

Самостоятельная работа по дисциплине «Английский язык». Безопасная текстовая PDF-копия готова к просмотру и скачиванию.

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## Текст материала

### □ САНКТ-ПЕТЕРБУРГСКИЙ ГОСУДАРСТВЕННЫЙ ИНСТИТУТ ПСИХОЛОГИИ И СОЦИАЛЬНОЙ РАБОТЫ

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Самостоятельная работа

По дисциплине «Иностранный язык» Тема «Английский язык. Часть №3»

### САНКТ-ПЕТЕРБУРГ

2020г.

## I. READING COMPREHENSION TEST.

1) Read the text and for each question choose the correct answer (A, B, C or D).

Do you feel stressed? Chances are, you do. Levels of stress in our society are increasing more and more these days, and this is true for both workers and students. There are a number of ways you can relieve stress, but there are also several ways in which you can avoid stress in the first place, and this article will focus on these. Here are four things you should avoid like the plague if you want to develop a more peaceful lifestyle. What's the first thing you do when you get home after a stressful day at work or college? Many of us collapse on the couch and reach for the TV remote. Don't do it! Not only does the TV fill your living room with the stressful lives of on-screen characters, think about commercials. The aim of advertising is to make people feel that their lives are inadequate and unfulfilled. They often bring out negative emotions in viewers. And while we are on the subject of television, have you noticed how much of the news we watch is bad news? Research states that over 90% of the news we watch, read or hear on the radio is bad news. In order to sell stories, the media bombard us with negative story after negative story. What is more, the stories which are reported are often ones which you have no control over, and this leads to a sense of powerlessness. Why not buy a local paper instead? The news is often far more optimistic, and you may be inspired to take action in a way that can have a positive effect on your own neighbourhood. Avoiding television may also help you avoid another sort of stress – arguments. How often do you and your family row about what to watch on the television? Arguments will never help you feel better, and no-one ever wins an argument. When you feel that an argument is brewing, go for a walk or find a quiet place where you calm down, or you will only prolong the tension. The last thing to avoid is caffeine. Anything which contains caffeine, and that includes coffee, tea, chocolate and even a nice soothing cup of cocoa, is a stimulant, and is more likely to

keep you tense than relax you. Sugary drinks are also going to keep you buzzing. Have a cup of herbal tea and eat foods which are natural rather than processed.

1. What is the text about?

A. Ways to relieve stress B. How to prevent stress C. Reasons why stress levels are increasing D. The consequences of a stressful lifestyle

2. Why does the writer consider commercials stressful?

A. They often depict characters in stressful situations B. They make people worry about money C. They make you feel your life is not good enough D. They contain flashing and fast-moving images

3. Why, according to the writer, do news stories often depress us?

A. The stories highlight problems in the local neighbourhood B. The stories address problems that the reader cannot control C. The stories describe people who are powerless D. The stories force readers to take action

4. What does the writer suggest you do if you feel angry with someone?

A. Have a big argument B. Have some quiet time alone C. Turn the television on D. Brew a cup of tea

5. Which drink does the writer recommend when you feel stressed?

A. herbal tea B. cocoa C. a sugary drink D. coffee

3) E-mail English: sentence structure.

Rewrite the sentences in the email below with the correct word order. 1 I am writing from Head Office in Munich I am coming to visit next month that your offices in Moscow I am writing from Head Office in Munich to let you know that I am coming to visit your offices in Moscow next month.

2. This will be in Central Europe

I am making part of a visit that to all our subsidiaries This will be part of a visit that I am making to all our subsidiaries in Central Europe 3. to consult with you I will take the opportunity about our strategic plan for Central Europe, which for some time, we have been working on. I will take the opportunity to consult with you opportunity about our strategic plan for Central Europe which we have been working on for some time. 4. I would also like our production facility while I am in Moscow to visit and if there is time, as well some of the local suppliers. I would also like our production facility while I am in Moscow and if there is time, some of the local suppliers as well.

5. I will contact you again when I can travel

the exact dates as soon as I know I will contact you again as soon as I know the exact dates when I can travel.

III. Grammar Test

1. I thought you .....

A. will come to the party. B. were coming to the party. C. come to the party. D. have come to the party.

2. She \_\_\_\_\_ me to go to school.

A. said B. told C. suggested D. made

3. I want to be a teacher when I \_\_\_\_\_ .

A. grow B. age C. grow up D. am more years

4. It \_\_\_\_\_ my brother.

A. is ages that I didn't see B. is ages since I saw C. was ages that I haven't seen D. was ages since I saw

5. There was a problem with the cell phone, but I \_\_\_\_\_ it now.

A. have fixed B. have been fixing C. would have fixed D. fixed

6. I heard the police \_\_\_\_\_ dozens of people before they made an arrest.

A. were interviewed B. have been interviewing C. had interviewed D. had been interviewed

7. It happened ages ago. I \_\_\_\_\_ in New York at the time.

A. worked B. had worked C. was working D. had been working

8. I \_\_\_\_\_ Julia to tell her as soon as we arrive at the hotel.

A. going to call B. 'll call C. 'm calling D. call

9. We've been colleagues for ages. I \_\_\_\_\_ him since I first moved to London.

A. have known B. know C. am knowing D. have been knowing

10. Don't forget to post the letters \_\_\_\_\_ you go out.

A. if B. as soon as C. after D. unless

11. We are going to the theatre tomorrow \_\_\_\_\_ it is too late to book tickets.

A. when B. if C. unless D. that

12. What did you \_\_\_\_\_ do in your last employment?

A. would B. use to C. used to D. would to

13. No one wants to have extra homework tonight, \_\_\_\_\_?

A. don't they B. don't he C. do they D. does he 14. My daughter is planning to spend a year before university working in Australia, \_\_\_\_\_ seems to me to be a sensible idea. A. that B. which C. where D. what

15. By the time you're my age, you \_\_\_\_\_ your mind.

A. will probably have changed B. will probably change C. would probably change D. are probably changing

IV. Telephone vocabulary quiz. Choose the correct item.

1. When you pick up the phone to call someone you hear a ..... .

A. ringer B. dial tone C. receiver

2. If I'm not at home leave a message on my ..... machine.  
A. directory B. answering C. dial
3. Sally must be talking to her mom because I have been getting a ..... for two hours.  
A. answer B. chat C. busy signal
4. I never answer my ..... while I'm driving.  
A. cordless B. cell phone C. pay phone
5. Mark always turns his ..... off when he is studying.  
A. ringer B. other line C. call display
6. I'm busy right now. Can you ..... later.  
A. hang up B. call back C. telephone back
7. You have to ..... "0" for the operator.  
A. answer B. hang up C. dial
8. I have a ..... so I can do the dishes and chat at the same time.  
A. receiver B. busy signal C. cordless
9. You will need a quarter or a phone card if you want to use the ..... .  
A. cell phone B. pay phone C. pager
10. I know it was my boyfriend who called because I have ..... .  
A. dial phone B. call display C. directory

Используйте материал как ориентир: проверяйте источники, требования преподавателя и не сдавайте чужой текст как свой.