

MODULE 4: OPPORTUNITIES IN PSYCHOLOGY

TEXT 1

Please, read and comprehend the text below and write out the vocabulary units and phrases you find the most appropriate to discuss the topic.

YOUR CAREER: PSYCHOLOGY CAN TAKE YOU GREAT PLACES

You don't have to look far to see the impact that psychologists make. They contribute in almost every profession, from health care and law enforcement to sport performance and space exploration.

Endless Possibilities

Psychology touches every aspect of our lives.

Psychologists are scientists who use data collected both in **the laboratory and in non-laboratory settings** to find answers to **complex individual and social issues**. They study ways to help people **overcome health and developmental challenges or circumstances**, to understand how groups function, and to make technology and people work better together. They use their research **to improve lives all around the world**.

While they traditionally **study and treat individuals** with mental and emotional problems, psychologists also work with people to help them **change behaviors that are having negative effects on their physical health**. They work with **business executives, performers and athletes to reduce stress and improve performance**. They **advise lawyers on jury selection** and **collaborate with educators on school reform**. In the **aftermath of a disaster** such as a **plane crash or bombing**, psychologists help **victims and bystanders** recover from **the trauma of the event**. They **team with law enforcement and public health officials**, using a **data-based approach to solve problems** such as **gun violence in communities**.

Involved in all aspects of our fast-paced world, psychologists must **keep up** with what's happening. Psychologists never stop learning.

Move Up With Psychology

Understanding psychological science and how **to apply** it is **an asset in any career**. A psychology degree, from the bachelor's to the master's and doctorate degree, helps employees **perform in a wide variety of jobs** both within and beyond the psychology discipline.

The following are the most common psychology degrees and where they can lead:

Bachelor's degree - Bachelor's degrees in psychology are offered at most colleges and universities and usually require four years of study. This degree can prepare students for **the workforce or continued education**. People with bachelor's degrees in psychology can work in many fields; many find jobs in public affairs, education, business, sales, service industries, health, the biological sciences and computer programming. They may also work as **employment counselors, interviewers, personnel analysts, probation officers and writers**.

Master's degree - A master's degree **takes an additional two years of graduate-level coursework and a thesis**. While people with a master's degree can go on **to earn a doctoral degree**, those with several years of experience in business or industry can obtain jobs in consulting and market research, while others may find jobs in government, universities or in the private sector as counselors, researchers, data collectors and analysts. **Most master's degrees in psychology are awarded in clinical, counseling and industrial and organizational psychology**.

Doctoral degree - Doctoral degrees in psychology include the PhD, the EdD and the PsyD. **Each takes about five to seven years to earn**. Anyone interested in earning a doctoral degree as a pathway for **a career in health services** should attend **an accredited institution** <[link to http://www.apa.org/ed/accreditation/about/index.aspx](http://www.apa.org/ed/accreditation/about/index.aspx)>. The PhD **tends to be more of a research-focused degree**, while **the PsyD is designed for those who want to do clinical work**.

These degrees often serve as stepping stones to a range of careers in research, justice, space and aeronautics, sports and much more.

What You Can Do

If you **are interested in the human mind and behavior** and want to use science to solve problems, a degree in psychology is a good option. **It can open the door to more education and many career opportunities.**

Business

Many businesses use **psychological testing** to help determine which **job candidates** would **be the best fit** and many others **offer employee assistance services** as part of their benefits packages.

Once on the job, the interaction in the workplace likely has been shaped by someone with a psychology degree. People working in industrial and organizational psychology, for instance, **use their expertise to increase** productivity, test products and to identify employees who are the best fit for particular jobs and tasks within an organization.

This work touches on a range of other fields including organizational development, human resources, training, marketing and sales.

Education

Psychologists specializing in education **are indispensable to school systems. They provide a range of services**, including **assessing students' abilities** as well as **developing curriculum and guiding program evaluation**. They consider a variety of factors, such as what motivates students as well as **the effect of classroom diversity - racial, ethnic and cultural - on students.**

School psychologists consult with teachers on the learning and behavior needs of students and develop educational environments to meet those needs. They also often work to **support effective partnerships between parents and educators or other caretakers.** People without doctorates may serve as administrators and guidance counselors, depending on **the requirements of a school district.**

Health

Psychologists make a difference in people's health. The connections between physical health and mental health have been scientifically established, and many clinical psychologists and health psychologists work on integrated health care teams providing what has become known as **patient-centered or whole-person health care.**

Not only do psychologists **provide direct services to people**, they also conduct research to **see how health and illness are affected by biology, relationships, behavior and other factors.**

Environment

A majority of scientists agree that human behavior is the likely cause of global warming and declining biodiversity. Psychologists working on climate and environmental issues are researching ways **to change behavior to lessen or reverse these effects.** Their **research explores** how encouraging certain behaviors may **restore and protect the environment.**

This area of psychology has existed for about 40 years and is not limited to climate change. **It touches on natural and human-made environments and includes the fields of urban planning, environmental design and environmental health.**

Performance Psychology

Sport and performance psychologists work with athletes at all levels of amateur and professional play. They practice in **areas related to motivation, injury and rehabilitation, athlete counseling, talent evaluations, adherence to training regimens, athlete self-perceptions and youth athletics.** They also work with other professionals whose jobs demand a high level of performance - from corporate CEOs to artistic performers.

For those specializing in performance psychology, **other possible fields include consulting, entertainment and space exploration.**

Public Safety

For those interested in public safety careers, forensic and public service psychology is an excellent choice. While criminal profiling is the best-known application of this skill set, there are numerous other roles.

Some forensic and public service psychologists work in child safety and custody, insurance, trial competence and more. **They can work directly with law enforcement, trial witnesses, crime victims and criminal offenders of all ages with a wide range of needs.**

Other areas related to public safety include **trauma counseling, working with the military and emergency psychological services.**

<http://www.apa.org/action/resources/>

Glossary

the laboratory and in non-laboratory settings – лабораторные и внелабораторные условия (проведения эксперимента)

complex individual and social issues – сложные / комплексные вопросы (развития) личности и общества

to overcome health and developmental challenges or circumstances – преодолеть проблемы или обстоятельства, связанные со здоровьем и (личностным) развитием (человека)

to improve lives all around the world – улучшить жизнь (людей) по всему миру

to study and treat individuals – изучить (состояние человека) и вылечить

business executives, performers and athletes – руководители сферы бизнеса, творческая интеллигенция и спортсмены

to reduce stress and improve performance – снизить уровень (психологического) напряжения и улучшить производительность труда

to advise lawyers on jury selection – оказывать консультационные услуги адвокатам в ходе отбора кандидатов в состав суда присяжных

to collaborate with educators on school reform – сотрудничать с экспертами в области образования в ходе разработки и проведения школьных реформ

aftermath of a disaster – последствия катастрофы

victims and bystanders – жертвы и очевидцы

the trauma of the event – травма в результате события / происшествия

They team with law enforcement and public health officials – Они объединяют свои усилия с представителями правоохранительных органов и должностными лицами сферы здравоохранения

a data-based approach to solve problems – подход к решению проблем на основе собранной базы данных

gun violence in communities – разгул вооруженной преступности в (местных) сообществах

to move up with smth – идти в ногу с чем-либо

to apply – применить

an asset in any career – ресурс / помощь в любой карьере

to perform in a wide variety of jobs – демонстрировать / проявить себя в широком диапазоне профессий

Bachelor's degree in psychology – степень бакалавра в области психологии

the workforce – рабочая сила; трудовой ресурс

employment counselors – сотрудники службы по трудоустройству

interviewers – те, кто проводит собеседование / интервью

personnel analysts – аналитики кадровой службы

probation officers – сотрудники полиции, курирующие освобождённых условно-досрочно из мест заключения

Master's degree – степень магистра

A graduate-level coursework – выпускная / дипломная работа

a thesis – диссертационное исследование

to earn a doctoral degree – получить степень доктора наук

Doctoral degree – степень доктора наук

a career in health services – карьера в сфере здравоохранения

an accredited institution – учреждение, прошедшее аккредитацию

stepping stones to a range of careers in smth – основные этапы (трудовой деятельности) для (успешной) карьеры в какой-либо сфере

psychological testing – психологическое тестирование

to be the best fit for smth – быть самым лучшим кандидатом / лучше всех подходить для чего-либо

to use one's expertise to increase smth – использовать свой профессиональный опыт, чтобы повысить что-либо

to touch (up)on a range of fields – коснуться / затрагивать (широкий) диапазон сфер (деятельности)

to be indispensable to school systems – быть незаменимым для системы школьного образования

to assess smb's ability – оценить чьи-либо способности

to develop curriculum and guide program evaluation – разработать учебную программу и руководить оценкой (эффективности) программы

the effect of classroom diversity - racial, ethnic and cultural - on students – эффект разнообразия в учебном классе – расового, этнического и культурного – отражающийся на обучающихся

to develop educational environments to meet one's needs – создать образовательную среду, отражающую чьи-либо потребности / требования

to support effective partnerships between parents and educators or other caretakers – поддерживать эффективные партнёрства между родителями и педагогами и другими специалистами в области образовательных и социальных услуг

Psychologists make a difference in people's health – Психологи способны изменить отношение людей к своему здоровью

The connections between physical health and mental health have been scientifically established – Зависимость между физическим и психологическим здоровьем была научно обоснована

integrated health care teams – смешанные группы специалистов, работающих в области здравоохранения

patient-centered or whole-person health care – пациентоориентированное здравоохранение

to provide direct services to people – предоставлять людям услуги напрямую

to see how health and illness are affected by biology, relationships, behavior and other factors – понять каким образом здоровье и болезнь могут быть зависимы от физиологии человека, его отношений (с другими людьми), его поведения и других факторов

to change behavior to lessen or reverse these effects – изменить поведение человека, чтобы снизить негативные последствия или обратить их в плюс

to restore and protect the environment – восстановить и защитить природу

It touches on natural and human-made environments – Это затрагивает / касается естественные и искусственные среды

the fields of urban planning, environmental design and environmental health – сфера городского планирования, создание пригодных для жизни условий и защиты (здоровья) окружающей среды

Performance Psychology – психология производительности труда

at all levels of amateur and professional play – на всех уровнях любительского и профессионального спорта

... areas related to motivation, injury and rehabilitation, athlete counseling, talent evaluations, adherence to training regimens, athlete self-perceptions and youth athletics – ... области / сферы деятельности, относящиеся к мотивации (деятельности), травмам и реабилитации после них, оказание консультационных услуг атлетам, оценка их уровня одарённости, приверженность к тренировочным режимам, уровень самовосприятия атлетов и молодёжный спорт

Public Safety – Общественная Безопасность

to be interested in public safety careers, forensic and public service psychology – проявить интерес к профессиям в сфере общественной безопасности, судебной и социальной психологии

to work directly with law enforcement, trial witnesses, crime victims and criminal offenders of all ages with a wide range of needs – работать непосредственно с представителями правоохранительных структур, свидетелями по (уголовным и гражданским) делам, жертвами преступлений и самими уголовными преступниками всех возрастных групп, которым в обязательном порядке должен быть предоставлен широкий диапазон услуг

trauma counseling, working with the military and emergency psychological services – консультирование после получения травмы, работа по оказанию психологических услуг в ходе / после проведения боевых операций и стихийных бедствий

Match the words in columns into word combinations.

endless	career
to overcome	additional two years
to advise lawyers	institution
continued	in people's health
to be indispensable	more career opportunities
an accredited	to lessen negative effects
patient-centered	psychological services
the military and emergency	enforcement
entertainment and space	challenges or circumstances
to take	education
law	possibilities
to change behavior	to school systems
public safety	on jury selection
psychologists make a difference	health care
to open the door to	exploration

Please, translate from Russian into English.

1. Психологи предлагают, чтобы руководители предприятий приобрели знания основ психологии и способствовали созданию командного духа на предприятии. (**to suggest**)
2. Боюсь, что психологи потерпят неудачу в том, чтобы изменить поведение людей по отношению к окружающей среде (**I fear lest, ...**).
3. Боюсь, что в некоторых случаях специалисты в сфере промышленной и управленческой психологии не в состоянии повысить производительность труда и определить, кто из персонала лучше всего подходит на ту или иную должность / позицию (**I fear lest, ...**).

4. Высокий темп жизни современного общества и меняющаяся среда обитания заставляет психологов искать новые подходы к решению широкого спектра профессиональных и бытовых задач (**to make**).
5. Высокий потенциал психологии как науки имеет непреходящее значение для изменения нашей жизни к лучшему / когда дело касается изменения нашей жизни к лучшему (... **when ... is / are concerned**).
6. Психологи используют результаты своих исследований, чтобы улучшить качество жизни человека по всему миру.
7. Они консультируют адвокатов / представителей сторон в судебном процессе, когда дело касается отбора членов суда присяжных, а также сотрудничают с представителями системы образования в ходе разработки общеобразовательных реформ (... **when ... is / are concerned**).
8. Необходимо, чтобы знание основ психологии и умение применить эти знания на практике стали неотъемлемой частью любой профессиональной карьеры. (**It's necessary**)
9. Боюсь, что специалист без знания основ психологии не сможет сделать успешную профессиональную карьеру (**I fear lest, ...**).
10. Работодатель ожидает, что психолог поможет улучшить взаимодействие в коллективе и выработать / построить командный дух (**to expect**).
11. Известно, что специалист в области психологии со степенью доктор наук занимается больше наукой / исследовательской деятельностью, чем практикой. (**to be known**)
12. Боюсь, что психологи потерпят неудачу в том, чтобы изменить отношение людей к своему здоровью (**I fear lest, ...**).
13. Боюсь, что в некоторых случаях специалисты в сфере промышленной и управленческой психологии не в состоянии повысить производительность труда и определить, кто из персонала лучше всего подходит на ту или иную должность / позицию (**I fear lest, ...**).
14. Знание основ психологии вносит свой вклад / помогает в таких сферах деятельности человека как здравоохранение, правоохранительная деятельность, спорт, исследование космоса и многих других (**to contribute to smth / doing smth**).
15. Психологи работают с руководителями бизнес структур, творческой интеллигенцией, спортсменами, чтобы снизить напряжённость / уровень стресса в их работе и способствовать повышению эффективности труда.
16. Важно, чтобы мы знали и понимали основы психологии и умели применять эти знания на практике. (**It's important**)
17. Боюсь, что у меня не получится получить степень магистра в области психологии через два года обучения после окончания университета (**I fear lest, ...**).
18. Работодатель ожидает, что психологическое тестирование поможет определить кандидата, который лучше всего подходит на вакантную должность (**to expect**).

19. Сообщают, что психологи изучают поведение человека и то, как оно оказывает влияние на изменение окружающей среды. **(to be reported)**
20. Похоже на то, что психология является отличным выбором для тех, кто хотел бы работать в области общественной безопасности, в системе судебной и государственной власти. **(to be likely)**

DISCOURSE PRACTICE EXERCISE

Please, consider the main points in the text presented in this module and develop a talk according to the following communicative tasks:

- 1. Based on the text “YOUR CAREER: PSYCHOLOGY CAN TAKE YOU GREAT PLACES”, please, report on the role of psychology in education.**
- 2. Based on the text “YOUR CAREER: PSYCHOLOGY CAN TAKE YOU GREAT PLACES”, please, report on the role of psychology in performance psychology.**
- 3. Based on the text “YOUR CAREER: PSYCHOLOGY CAN TAKE YOU GREAT PLACES”, please, report on the role of psychology in business.**
- 4. Some people would rather join the profession of a psychologist in the sphere of education. Some would prefer performance psychology. Which option would you take and why? Use specific reasons and examples to support your opinion.**

Your response should comply with the following:

- ✓ Your response answers the topic question.
- ✓ The point of view or position is clear.
- ✓ The response is direct and well-organized.
- ✓ The sentences are logically connected.
- ✓ Details and examples support the main idea.
- ✓ The thoughts you express are complete.
- ✓ The meaning is easy to comprehend.
- ✓ A wide range of vocabulary is used.

SAMPLE ANSWER, Task 1

As the text “Your career: psychology can take you great places” runs psychologists use a data-based approach in their research in many fields of human activity to understand how groups function, to improve performance of individuals and make technology and people work better together.

As for the sphere of education, psychologists are indispensable to school systems since their range of services include

- assessing students’ abilities;
- taking part in developing curriculum and guiding program evaluation;
- considering and improving factors which may impact students’ academic success;
- consulting teachers on the learning and behavior needs of students and
- developing educational environments to meet those needs.

Psychologists promote and support effective partnerships between parents and educators and other caretakers and thus try and solve a complex task to make school a better place for our children.

SAMPLE ANSWER, Task 4

So many people, so many preferences. Psychological knowledge covers many fields of human activity to make difference in people's life. Among those activities education and performance psychology are considered the most significant ones.

I am a budding psychologist and my preference is education as I find it the most exciting profession of all. I pursue the idea to create an educational environment in the contemporary school system in the way to turn modern technologies to serve people and make them work better together. I wish to enjoy success in meeting the needs of both schoolchildren and educators in terms of my taking part in developing curriculum and guiding program evaluation.

I believe, development of efficient teaching patterns for the modern school makes it possible to increase school or college graduates' performance when they become professionals and be able to use innovative technological approaches to demonstrate a high level of performance in their sphere of expertise. So, as a psychologist I hope to find my contribution to the school system quite indispensable.

Final home assignment: develop an outline and write an essay to disclose the reasons you were considering when you choose psychology / social work / etc. as your future profession. Try and realize the 'sandwich technology' to develop your talk. Follow the sample format below and give a talk to the question

'What do you plan as your professional activity in the future? Describe your plan and explain why you pursue such a plan'.

Your narration should be **submitted in the written form** (typed, 12 points, 300 – 350 words) on a separate piece of paper and comply the sample format.

SAMPLE ANSWER to question ‘What do you plan as your professional activity in the future? Describe your plan and explain why you pursue such a plan’.

Like any young lady who is striving for the excellence **I am planning to continue my education abroad.** Nowadays educational systems worldwide offer plenty of opportunities which may help me considerably raise the level of education in a wide range of professional fields. One of the opportunities is that I may go overseas or to a country in Western Europe and enjoy western classical education. **Anyway, there are positive and negative sides I might like or dislike in terms of my postgraduate study abroad.**

On the one hand, it’s the fact that universities in Western Europe and overseas have been practicing to plan and realize their own curricula to fit the needs of the modern labour market. If I enter a university that allows me to be involved into building up my postmaster curriculum, I may work out a study plan to meet my every aspiration and hope for excellence in every subject I am interested in. And I am very much happy about the fact that there will be an international student academic advisor available to assist me at the university of my choice. **This is the bright side of my study abroad that I like very much.**

On the other hand, while studying abroad I may face a great deal of social and cultural differences of unexpected character what can possibly result in a cultural shock. I can’t say I am ignorant about other cultures since I traveled a bit before as a tourist. Nevertheless, I believe, it’s quite another thing to reside in a foreign country permanently for a couple or more months. I fear lest I should start feeling a sort of discomfort because of totally new social and cultural environment in the country of my academic placement. **I may assume that a cultural shock can possibly happen to me while I am studying abroad and interfere with my academic success and university activities or even ruin realization of my study plan and this is what I dislike very much.**

Anyway, despite of some possible negative factors concerning a study abroad I am very much keen on the idea to go overseas or to Europe to continue my education as my country soon is going to be fully integrated into the system of education in Western Europe and my postmaster graduation certificate is sure to provide me with a wider range of opportunities in terms of my professional career.