



НАРОДНАЯ УКРАИНСКАЯ АКАДЕМИЯ

Т. В. Валюкевич

## **ENGLISH FOR SOCIOLOGISTS**

(For Elementary Students)

Издательство НУА

НАРОДНАЯ УКРАИНСКАЯ АКАДЕМИЯ

Т. В. Валюкевич

## **ENGLISH FOR SOCIOLOGISTS**

Учебное пособие  
для студентов I курса факультета  
«Социальный менеджмент»  
заочной формы обучения

Харьков  
Издательство НУА  
2017

УДК 81.111(075.8)  
ББК 81.432.1р30-1  
В15

*Утверждено на заседании  
общеакадемической кафедры иностранных языков  
Народной украинской академии.  
Протокол № 10 от 08.05.2017*

Рецензент канд. филол. наук Л. В. Михайлова

Навчальний посібник призначений для студентів факультету «Соціальний менеджмент» заочної форми навчання. Початковий рівень. Робота з професійно-орієнтованими текстами ставить своєю метою формування навичок комунікації в межах запропонованих тем.

В15

**Валюкевич, Татьяна Викторовна.**

English for Sociologists : учеб. пособие для студентов 1 курса фак. «Социальный менеджмент» заоч. формы обучения / Т. В. Валюкевич ; Нар. укр. акад., [общеакад. каф. англ. яз.]. – Харьков, 2017. – 25 с.

Учебное пособие предназначено для студентов факультета «Социальный менеджмент» заочной формы обучения. Начальный уровень. Работа с профессионально ориентированными текстами ставит своей целью формирование навыков общения в рамках предложенных тем.

**УДК 81.111(075.8)  
ББК 81.432.1р30-1**

© Народная украинская академия, 2017

## **ПРЕДИСЛОВИЕ**

Учебное пособие предназначено для студентов ф-та «Социальный менеджмент» заочной формы обучения. Оно рассчитано на 32 часа аудиторных занятий и отражает актуальные темы в социологии.

Пособие состоит из 13 уроков, включающих: основной текст с вопросами, лексические упражнения, направленные на проверку понимания содержания текста, лексические упражнения, а также упражнения творческого характера.

Настоящий учебный курс построен на основе профессионально ориентированных текстов, вызывающих интерес и стимулирующих дискуссии.

## UNIT 1 What Is Sociology?

Every day of your life you communicate with people. It is very important to understand them. You should know how to deal with people around you. In other words, you need to understand what your relationship is to other people. That is why Sociology is important to you.

Sociology is the systematic study of people's behavior in groups. It is a behavioral science because it is about human behavior.

The questions that sociologists ask today are very old. The ancient Greeks asked the same questions thousands of years ago. The word "Sociology" comes from a Latin word, *socio*, meaning "people together" and a Greek word, *logy*, meaning "the study of". The science of Sociology is new. In the 19th century a French mathematician and thinker Auguste Comte gathered these questions and put them into one new science. Comte named the science "Sociology" using Greek and Latin words.

Key words: communicate, deal with, relationship, behavior, science

### 1. Answer the questions:

1. What does sociology study?
2. What kind of science is sociology? Why?
3. Is it a new or an old science?
4. Is there any difference between the people's behavior when they are alone and when they are with other people?

### 2. Are the sentences true (T) or false (F)? Correct the false sentences.

1. Sociology is a very old science.
2. Auguste Comte decided to gather very old questions and put them into a new study.
3. Sociology is a behavioral science because it studies difficult psychological problems.
4. Sociology does not play a very important role in our life.

### 3. Fill in the gaps.

1. Comte named the science "Sociology" using ..... and ..... words.
2. You should know how you fit into the ..... of people in your environment.
3. The science of Sociology is .....
4. Sociology is the systematic ..... of people's behavior in groups.

## UNIT 2 Primary, secondary groups, community.

In human societies there are many types of groups. In a **primary group** people usually have a very close relationship over a long period of time. They are emotionally close to one another. They are loyal to each other and satisfy each other with needs for love. Primary groups give the person confidence and strength to live in “the outside world”. Primary groups include families and close friends.

**Secondary groups** are usually larger and less loving than primary groups. Secondary groups are often people who need to do a job. A company or a business is a secondary group. The people in this group are usually not very close to each other. Any secondary group has a goal: to do something. Your city government is a kind of a secondary group. What secondary groups do you belong to?

A **community** is a group of people who live close to each other and who work together for common goals. Your town or city is a community. What primary and secondary groups does your community consist of? Could we call the local government a community? Would you call the people who work with you a community?

The largest kind of a group is called the **society**. A society consists of many primary and secondary groups, and two or more communities. A nation, such as Ukraine, is an example of a society.

Key words: relationship, loyal, needs, confidence, strength, deal with, include, consist of, satisfy, local, goal.

### 1. Answer the questions:

1. What does the term “primary group” mean? Give examples of primary groups.
2. What is a secondary group?
3. What is a community?
4. What is the largest kind of a group?

### 2. Are the sentences true (T) or false (F)?

1. There are many types of groups in a society.
2. The purpose of a primary group is to help people find close friends.
3. Your school can't be your primary group.
4. A community is a group of people who live near you.

### 3. Fill in the gaps.

1. In a ..... people usually have a very close relationship.
2. Primary groups give the individual ..... and strength.
3. .... are often groups of people who need to do a job.

4. A ..... is a group of people who live close to each other and who work together for common goals.

5. The largest kind of a group is called the .....

### What do you think?

- Are there any disadvantages of living in groups? If so, name them.
- Do you know any people who live alone? Are they lonely?

## UNIT 3 Rules, Roles, and Socialization

People live in groups. Living in groups is different from living alone. When you live in a group you think not only about your own needs, but also the needs of other members of your family. Your family has rules which you have to follow. Some of the rules are not written but you know what you can do and what you can't. How did you learn the rules?

Every baby who enters the world also enters a society. The society has many communities, with many secondary and primary groups. Each of the groups – the primary group (family), secondary group, community, and society – has a set of rules which people follow. Members of each group teach a child the rules of the group. If a child breaks the rule he or she can be punished. If a child follows the rules he or she is rewarded. By rewards and punishments a group, or society, teaches the child what to do and what not to do.

This process of learning the rules is called socialization. Socialization includes learning which rules or standards are more serious than others. Sociologists call these social rules or standards **norms**. Norms tell us how to behave in the society. There are three types of norms:

1. **Folkways** are norms of politeness, or customs, such as eating properly or addressing a person correctly – Mr., Ms., Dr., etc. If you break a folkway, you are not an evil person. After several offenses you may have fewer friends, or you may be punished by your family or by some other group.

2. **Mores** are norms which are more serious than folkways. If you break a norm, you may be punished or even sent out of the society. Breaking mores against stealing and killing people is considered very serious by most societies. People who break mores are considered “bad” by others in the society.

3. **Laws** are norms which the government of a society makes. Laws are formal rules which protect the people in a society from each other and from outsiders. A law may or may not be a more. For example, you park your car at a parking meter and let the meter run overtime. When you come back to your car, you find a ticket on the windshield. You broke a law, but not mores. No one would call you a “bad” person for breaking that law. But if you kill someone, society will think you are a very bad person. In this case, you will break both mores and a law.

The socialization process teaches us folkways, mores and laws. Socialization teaches us roles too. A role is a name which we give to behavior that a person should

have in a group or society. An actor in a play or movie acts out a role. You know what to expect of a person playing the role of a detective or a doctor or a lawyer. If the actor does not act like this person, you may be puzzled. The people in any social group think that its members will act out certain roles, too. If these roles are acted out correctly, everything is fine. When someone acts outside of his or her role, it may confuse us.

Everyone plays many roles in life. These roles depend on your groups. Your behavior at work is different from your behavior in the family and your behavior with friends. That is because you have different roles and rules in each group.

Key words: socialization, needs, society, behavior, punish, reward, custom.

### **1. Answer the questions:**

1. Why do people live in groups?
2. How do we learn the rules which we should follow?
3. How do sociologists call social rules?
4. What happens if you break a folkway, a norm and a law?
5. What is a role and what does it depend on?

### **2. Are the sentences true (T) or false (F)? Correct the false sentence.**

1. If a person breaks a rule he or she is always punished.
2. Folkways are norms which are more serious than laws and mores.
3. If someone killed a person, he broke a law and will be considered a criminal.
4. Everyone plays many roles.

### **3. Fill in the gaps.**

1. Every baby who enters the world also enters a .....
2. This process of learning the rules is called .....
3. .... are norms of politeness, or customs, such as eating properly or addressing a person in a proper way.
4. .... are norms which are taken much more seriously than folkways.
5. .... are norms made and enforced by the government of a society.
6. Everyone plays many ..... in life.



### **What do you think?**

- Is it possible for a person to live in a group and consider only his or her needs and wishes? Why?
- Can we act the same way in our family as we do when we are with close friends? Why?

## **UNIT 4 Institutions**

People live in groups to satisfy their needs. These needs may be satisfied in many ways. Societies found five ways of getting their most important needs. These ways are called **institutions**. Each of the five major institutions serves a particular need of the society.

The **Institution of the Family** meets the need for socializing children. The family (or marriage) also satisfies physical needs of its members.

The **Institution of Education** helps the family teach children the society's values. Education (or schools) helps prepare children to enter the adult world.

The **Institution of Government** makes laws based on the mores of the society. Government protects members of the society from harm and punishes people who break the law.

The **Institution of Religion** (sometimes called the Church) meets the need of people to worship God in a group.

The **Economic Institution** (or business) helps us to specialize in our work. Everyone can do a different job and produce different things. We can then "trade" our products for other things we need.

These five institutions – Family, Education, Government, Religion, and Economics – are very important parts of almost every society.

Key words: needs, society, socialize, adult, punish, satisfy

### **1. Answer the questions:**

1. Are institutions important nowadays? How can you prove it?
2. What is the most important institution for you?
3. What are the roles that you play?
4. What is the purpose of the Economic institution?

### **2. Are the sentences true (T) or false (F)? Correct the false sentence.**

1. All the people's needs may be satisfied only in one way.
2. Each institution serves a particular need of the society.
3. The Institution of Government does not make laws.
4. The Institution of Education helps prepare children to enter the adult world.
5. There are many ways of getting most important needs.

### 3. Fill in the gaps.

1. .... are ways of getting most important needs.
2. Each of the five major institutions serves a particular ..... of the society.
3. The Institution of the Family meets the need for ..... children.
4. The Institution of Education helps the family teach children the society's .....
5. Government protects the members of the society from harm and punishes those who break the .....

## UNIT 5 Values

A **value** is an opinion about a goodness or badness of a person, thing, situation, or action. We make the thousands of value judgments. We have our values as a result of the socialization process. From our birth other people and institutions in our society teach us values.

One value this society teaches us is that it is good to work for a living. We all know that laziness is bad and should not be rewarded. We understand the value of working hard to get material things.

How can you tell what our society values are? Just look at the norms. Norms usually develop from society's basic beliefs, its values. For example, our society feels that human life is valuable. It believes that the life of an individual should be continued as long as possible. That value is expressed in several norms, including mores against murder and suicide.

Sociologists try to find out people's values by asking questions in surveys of public opinion. Another way to study values is to observe people's behavior in different situations. Sociologists watch people carefully and form hypotheses about the values people have. A person who buys many paintings probably values art. A child who is polite probably comes from a home where those traits are valued and taught.

Another way sociologists determine the values of a society is by examining the ways in which people spend time and money. In our society people spend time working for a living. People earn money for the time they work and spend it on the things society produces. This is approved by society.

Sociologists try to understand people's values by studying the way they spend money. Industries often use findings of sociologists to determine how and what to produce and sell. The advertising industry, for example, uses sociological data to make advertisements which will convince people to buy some products. So, advertising people actually *create* social values.

Key words: opinion, survey, findings, advertisement, traits, convince, valuable

**1. Answer the questions:**

1. What is a value?
2. What values does the society teach us?
3. How do norms arise?
4. How are values determined?
5. Who uses findings of sociologists?

**2. Are the sentences true (T) or false (F)? Correct the false sentence.**

1. The most important value the society teaches us is the value of work.
2. Some values lead to the establishment of norms.
3. The best way to find out people's values is to watch them carefully.
4. Sociologists work with advertising people because they are doing similar tasks.
5. Values cannot be created and sold.

**3. Fill in the gaps.**

1. A ..... is an idea or belief about a goodness or badness of a person, thing, situation, or action.
2. .... usually develop from society's basic beliefs, its values.
3. The advertising industry, for instance, uses ..... data to make ads which will convince people to buy certain products.
4. Sociologists try to find out people's values by asking questions in surveys of public .....
5. Another way sociologists determine the values of a ..... is by examining the ways in which people spend time and money.

**What do you think?**

- Relationships change with time, partly because we continuously change our values. How do our values affect our friendships?
- Does it also work the other way around? In other words, do our friends and friendship affect the values we hold?

**UNIT 6 Communication**

In your relationship with other people you communicate in many ways. You communicate with others even when you are not talking to them or writing letters. Communication with other people is the main way for you to know what your relationships with people are. When you tell someone how you feel about him or her, you tell that person what relationship you have with each other. Communication is a process of making, keeping, and changing relationship with others.

Communication isn't always easy. Even when people try to communicate, they sometimes don't understand each other.

People communicate on two levels: the **verbal level** and **nonverbal level**. The verbal level is that which is communicated by written and spoken symbols.

Much communication takes place on nonverbal level. An important kind of nonverbal communication is called body language. The way you move your body tells other people much about what you think and feel. Sometimes body language tells people something different from what you say. For example, if you are frowning, people will not believe that you are happy, no matter what words you used. Body language gives information about how you really feel.

To communicate there must be minimum two people talking to each other. Both people must want to communicate. But communication in any situation takes place on verbal and nonverbal levels. Watch carefully the next time you see two people talking. Observe the words they use, and the way they act. Do the same when you communicate with others. You will be surprised at how much better you will understand them.

Key words: interact, relationship, interact, observe

### 1. Answer the questions:

1. What is communication?
2. What is its purpose?
3. In what way do people communicate?
4. What is body language?
5. What is necessary for communication?

### 2. Are the sentences true (T) or false (F)? Correct the false sentence.

1. We do not communicate with others if we are not talking to them.
2. Communication is basically a process of receiving information.
3. People always understand each other because communication is always easy.
4. Body language tells people more than actual words.
5. We need at least three people interacting with each other in order for communication to take place.

### 3. Fill in the gaps.

1. In your relationship with other people you ..... constantly in many ways.
2. Communication with others is the main way to know what your ..... are with people.
3. People communicate on two levels: ..... and .....
4. How you pose yourself or move your body tells other people much about what you ..... and .....
5. .... tells other people about how you really feel.

## UNIT 7 Nonverbal Communication

“Actions speak louder than words?” Many scientists believe this is absolutely true. People communicate more with their bodies than with words and other symbols. Some sociologists say that over 90 per cent of all human communication is nonverbal. You communicate by your clothing, the way you use space and time, the way you move and pose your body, and facial expressions.

The clothes you wear communicate to others the roles you play and sometimes the level of your social stratification.

The use of space is another way of communication. Invading someone’s territory may mean that you are friends. You can also see how people communicate by the way they use space when they talk to each other. In our society it is normal for people to stand closer to friends than to strangers. Very close friends usually stand closer to each other. Of course, two people who are going to have a fight also stand very close.

Some people feel it is impolite to visit without phoning ahead. Other people believe that one’s home should be open to friends at any hour of the day or night.

People also communicate by the use of time. For example, calling someone for a date at the last minute tells that person a lot about you and the opinions you have about him or her.

Time is valued in our society. If you arrive late and offer no excuse, you communicate something. A person who is waiting for you will probably be hurt. Invading someone’s time by making that person wait is usually considered bad in society.

The use of clothing, space, and time are important ways of nonverbal communication. But the most important means of nonverbal communication is body movements. They can often communicate much more than words.

Key words: facial expression, means of communication, body movements, excuse, opinion, space

### 1. Answer the questions:

1. In what way is nonverbal communication done?
2. What does clothing tell us?
3. What does “the use of space” mean?
4. Why is time valued a lot?
5. What is the most important means of nonverbal communication?

### 2. Are the sentences true (T) or false (F)? Correct the false sentence.

1. Your clothes do not really matter in the process of communication.
2. In many heavily populated societies people entertain friends at home.

3. The use of clothing, space, and time are important ways of nonverbal communication.

### 3. Fill in the gaps.

1. You communicate by your ....., the way you use ..... and ....., the way you move and pose your body, and facial expressions.
2. The most important means of nonverbal communication is ..... movements.
3. Time is valued in our .....
4. .... speak louder than .....
5. In our society it is normal for people to stand closer to friends than to .....

## PART 2

### UNIT 8 What is Psychology?

For thousands of years people wanted to know why they think and act in a certain way. Science of human behavior appeared not long ago. The science is called **Psychology**. Like Anthropology and Sociology, Psychology is called a **behavioral science** because it is about human behavior. The word “psychology” comes from Greek words meaning “the study of the mind”.

The ancient Greeks thought that every person had two natures: a physical nature (the body) and a spiritual nature (the mind). The study of the spiritual side of humans the ancient Greeks called Psychology. Today we know that the two sides of human nature work together. Psychology is the study of how the mind works together with the body to produce thoughts and actions.

Probably the most difficult task you will ever have is learning who you are. You may think that it is easy because you know your name, age, the color of your hair and eyes, and your other physical features. You know what you look like from standing in front of mirrors. But your physical appearance is only a small part of the total “you”.

Everyone has parents who bring them into the world. In the process of reproduction some characteristics of each parent are given to you. This is called **heredity**. You may, for example, have your father’s blue eyes and your mother’s brown hair. In some cases, your physical characteristics may go back to your grandparents. Psychologists have discovered that your heredity characteristics play an important part in making you “you”.

Another important factor in the development of your personality is your **environment** – your surroundings, people, places, and things. You are born with certain hereditary characteristics. But during your life your environment shapes your

behavior. When you are in different situations and meet different people your behavior changes. This process is called **adaptation**.

For years, psychologists thought about which was more important: heredity or environment. Today, most psychologists say that heredity and environment are both very important in making every person who she or he is.

Key words: environment, heredity, behavior, appearance, shape, personality

### **1. Answer the questions:**

1. What does the word “psychology” mean?
2. What are the two natures of every human being?
3. What kind of science is Psychology?
4. What makes us different from other people?
5. What do you think is more important in making a person: environment or heredity?

### **2. Are the sentences true or false? Correct the false sentence.**

1. It is not difficult to learn who you are because you know your age, name, race etc.
2. Your physical appearance is the real you.
3. Heredity and environment are the same things.
4. Adaptation is the process of getting more information about yourself.
5. It is impossible to choose heredity or environment as the most important factor in making every person who she or he is.

### **3. Fill in the gaps**

1. Psychology is called a ..... science because it is about human behavior.
2. Psychology is the study of how the mind works together with the body to produce thoughts and actions.
3. Psychologists discovered that your heredity ..... play an important part in making you “you”.
4. Your ..... is your surroundings, people, places, and things.
5. Throughout your life your environment ..... your behavior.

## **UNIT 9 Emotions and you**

Can you imagine how boring your life would be if you had no emotions? Emotions give your excitement. Without them people would be not more than machines. Your emotions give you your personality. Some emotions can cause problems for you. For that reason you should try to understand them. The

development of other emotions can help make you a more interesting and fuller person.

Knowing how the other person feels is a very important part of living. It is usually not possible to feel other person's emotions as fully as that person feels. But it is important to try to understand and feel someone else's emotions. Knowing about emotions can make relationships stronger.

Emotions can also destroy friendship. Being angry to a friend who did not do anything bad to you can ruin your good relationship. Can you think of times when you made a mistake because you expressed your emotions? We all do this from time to time, and we regret it. Many people think that teenagers usually have more emotions than adults. But this is not true. Everyone feels emotions, but most people do not always show everything they feel. Many adults have found that some ways of showing emotions may hurt close people. They may also be careful about hiding emotions that may embarrass them. So they learned to hide some of their feelings. Sometimes emotions are hidden but they are felt by all people.

Not everybody feels the same emotions in the same situations. We should think about it when we talk to others. What can make one person cry might cause another person to laugh or get angry. If we really care about other people's feelings, we will always put ourselves in their shoes. This is called **empathy**.

You may have a completely different emotion in one situation than another. We should remember that we have many different emotions depending on the situation. In this case it is easier to avoid hurting yourself and other people.

Key words: relationship, adult, hurt, express, destroy, excitement

### **1. Answer the questions:**

1. What is good about emotions?
2. Are emotions always good for you?
3. Why is it important to try to understand someone's emotions?
4. Why do some people show emotions and others hide them?
5. Do teenagers really have more emotions than adults? Why?

### **2. Are the sentences true or false? Correct the false sentence.**

1. Emotions cannot cause any problems to you.
2. All of us show negative emotions from time to time.
3. You shouldn't show emotions.
4. There are some people who do not feel emotions at all.
5. If you want to know other people's feelings you put yourself in their shoes.



### 3. Fill in the gaps.

1. Emotions give your life .....
2. Some emotions can ..... problems for you.
3. Many adults know how to ..... some of their feelings.
4. Emotional awareness can make any ..... stronger.
5. Emotions can also ..... friendship.

#### What do you think?

- Emotions are felt by all people. What is the reason of hiding them?
- Can you hide your emotions? Is it always easy?
- How can we learn to hide emotions?

## UNIT 10 Taking Care of Your Needs

All people in the world are different. But there are many things that you have in common with everyone else. Everyone needs to eat, sleep, and drink liquids to keep alive. Everyone needs love and friendship. Everyone needs to feel good.

A psychologist named Abraham Maslow studied these needs. Dr. Maslow believed that we care of our needs in steps. The first step is taking care of the needs of our bodies. These needs include getting enough food, liquids, and air. Getting enough sleep and relaxation are other needs of our bodies. We must take care of these needs before we consider the needs in step two.

Step two includes the need to protect ourselves from harm. We all have the need to live in safety. Imagine how difficult it would be to live if you were always afraid. You would always wait for attack. Safety is a very important need, after we took care of body needs.

When the need to be safe is satisfied, we can consider the needs of step three. In this step, we find the need of feeling wanted and loved. Belonging to a group and having friends are needs of step three. Loving people and being loved are important parts of living.

Step four includes the need for a good reputation. It also includes the need to have freedom to do what you think is right.

Step five is the final step. It is a goal that we always should try to reach. When all of the needs in the first four steps are satisfied, you are on step five. Dr. Maslow called this the **self-actualization** step. This simply means that you know you are the best person you can be. You have confidence in yourself. You use all of your talents wisely. You try to have a positive attitude at all times. You like yourself and other people. This is the best way to live, according to Dr. Maslow.

Dr. Maslow thought that you cannot take care of step three needs if you didn't satisfy your needs at step one or two. You have to take care of your needs one step at a time. Do you think he is right? Let's look at the following story.

*You have been on a desert island for two weeks. You do not have any food and water. If help doesn't come soon, you'll die of hunger or thirst. Suddenly, a ship arrives with food and water. Two people are coming ashore. They are bringing the food and liquids you need to keep alive. What would you do first? Would you take the food and water? Or would you first try to become good friends with the people? First things first! You need to keep alive. Friendship would not keep you alive. Your step one needs for food and water must be taken care of before you make friends (a step three need). You have to take care of your needs one step at a time.*

Key words: needs, have in common, satisfy, goal, step, take care, consider, friendship, attitude, freedom

### **1. Answer the questions:**

1. What are our essential needs?
2. Why is safety a very important need?
3. Do you agree that loving people and being loved are important parts of living? Why? Could you live without love?
4. What does self-actualization mean?
5. Is it possible to have a positive attitude at all times?

### **2. Are the sentences true or false? Correct the false sentence.**

1. People are different. That is why you have nothing in common with others.
2. Our essential needs include food, liquids and air.
3. Self-actualization means the process of getting new information and meeting new people.
4. It doesn't matter which needs you take care of first.
5. Good reputation is the most important need for each person.

### **3. Fill in the gaps.**

1. There are many things about you that you have in ..... with everyone else.
2. Dr. Maslow believed that we ..... of our needs in steps.
3. Step two includes the need to ..... ourselves from harm.
4. In step three we find the need of feeling wanted and loved. Belonging to a group and having friends are ..... of step three.
5. Step four includes the need for a good .....

### **What do you think?**

- Are love and friendship essential needs for people? Why?
- Are our needs changing during our life?
- What do our needs depend on?

## UNIT 11 What is Creativity?

No one knows exactly why some people have some talents and others do not. Even twins who have the same heredity often do not have the same talents.

Creativity is a talent. Psychologists do not know exactly what makes a person creative. But they know that some people are creative in one field and others are creative in other fields.

You can develop creativity. How? Here are a few ideas. Always try to know what is happening to you and around you. Interesting things happen all the time. But if you do not learn about your environment, everything will pass you by. Open all your senses. Notice how much you will suddenly learn.

When you practice learning keep your mind open to new ideas and new things. Try a *different* way to make usual things more interesting and develop a creative mind.

Here are funny exercises to help develop creativity. Try them!

- Find someone else who wants to become more creative, and share with that person an experience you had in the past. It can be a funny or sad experience. Your partner should close his or her eyes. When you describe the weather or your feelings, your partner should try to imagine it. Then change roles with your partner giving you descriptions of something.
- Everybody daydreams. Use your daydreaming. Concentrate on an activity which you do often. Imagine yourself doing this activity as you usually do it. Try to “see” yourself doing this activity as if you watch it on television. If you can do that, imagine yourself doing the same activity in an unusual way.

You can also try this. Go up to something you know very well. Examine it very carefully, as if you don't know what it is. Pay attention to every detail. Can you describe everything about it to someone else? Try it! You can also do this exercise by examining and describing your partner's face or hands. Just make sure that your partner knows what you are doing. This exercise is especially good if your partner is your parent or a close friend. You may be surprised at how little you know about them.

Try these experiments many times in different situations. Have fun doing them, but take them seriously and really concentrate on what you are doing. Soon you may become more creative in almost everything you do.

Key words: attention, close friend, develop, field, examine, describe, daydream

### Answer the questions.

1. Why do we need to develop creativity?
2. How can we practise creativity?
3. Is it easy to share one's past experience.
4. Why do we know little about our close friends or our relatives? How can we find more about them?

5. In what way can we become more creative in almost everything we do?

## 2. Are the sentences true or false? Correct the false sentence.

1. We should develop creativity in different ways.
2. Everything passes us by if we do not learn about our environment.
3. We know a lot about our environment and people surrounding us.
4. It is better not to share your experience with a close friend.

## 3. Fill in the gaps.

1. Creativity is a .....
2. You can ..... creativity.
3. Don't ..... others to discourage you from thinking and acting creatively.
4. While you are practicing awareness, be sure to keep your ..... open to new ideas and new things.
5. Unless you are aware and tuned into your ....., everything will pass you by.

## What do you think?

- Are you a creative person? Why do you think so?
- In what ways do you develop your talents?

## UNIT 12 You Can Do It If You Think You Can!

Your mental health is connected with *what* you do and *how* you do it. Many people don't succeed because they allow others to tell them what they can and cannot do. They accept it before they even try to succeed. Sometimes, they think, it is easier to lose than to try to win.

Some people are not sure of themselves. They are afraid of people saying, "You have no talent!" so they take the easy way out. They stop before they begin. That way, nobody can hurt them or criticize their work. They are ready to lose and do not try to win.

Who really wants to lose? Everyone is born to win. Everybody can win if they have a **positive mental attitude**. Here are three steps you can use:

1. *Everyone can win – no one should lose.* You can make yourself win if you help others to win. They will do the same in return. If someone has a talent, compliment him or her. It makes a person feel good. It should also make you feel good. She or he will probably like you more, too.

2. *If you think you can do something, you can do it!* You can do many things! If it is physically possible and if you have a positive attitude about it, you can do anything. It sounds crazy, but it's true. If you don't believe it just try.

Sit down and *think* about what you would like to be successful at. Then *plan* how you will do it. Give yourself enough time. Then, *start thinking positively* about realizing goals. Think “I will do it!” and you really *will* do it. If you keep this secret – a positive attitude – it will be just a matter of time until you succeed. The most successful people in the world today became successful because they knew this secret. They thought positively.

3. *Recognize your own talents – And recognize your weak spots.* Why do you need anyone to tell you that you have no “talent”? Some of the greatest geniuses were not considered talented during their lifetime. Just think what your own strengths are and work from that point. Know what your weaknesses are, too. Don’t try to hide them from yourself. Work on your weaknesses. Who knows, in time, they may become your strengths or even your greatest talents.

Key words: succeed, successful, strengths, weaknesses, positive attitude, goal

### 1. Answer the questions:

1. Why don’t many people succeed?
2. Why aren’t people sure of themselves?
3. Why is a positive mental attitude so important?
4. What do we need it for?
5. What are the three steps you can use to win?

### 2. Are the sentences true or false?

1. Sometimes it is easier to lose than to try to win.
2. Everyone is born to win.
3. All you need to be successful in any sphere is a positive mental attitude.
4. Our weaknesses usually become our strengths or even greatest talents.
5. All the greatest geniuses were not considered talented during their lifetime.

### 3. Fill in the gaps

1. Consider what your own ..... are and work from that point.
2. Everybody can win by building a positive mental .....
3. Everyone is born to .....
4. The most successful people in the world today became ..... because they knew this secret. They thought positively.
5. Many people don’t succeed because they allow others to tell them what they can and cannot do.

### What do you think?

- Is it possible to have a positive attitude every time in any situation? What do you need for it?
- Do you agree with the statement that in some cases it is easier to lose than to try to win?

## UNIT 13 What Is Good Mental Health?

Psychologists help people to have good mental health. When your body needs help you go to a doctor. When your mind needs help you might decide to go to a psychologist. Let's imagine that we asked some psychologists this question: What is good mental health? These are their answers:

Good mental health is the ability to recognize things what they are. A mentally healthy person lives in the real world and enjoys it. They do not hide in an unreal world.

Good mental health is being a winner and at the same time helping others to win. If everyone is a winner, how can you ever lose?

Good mental health is knowing that emotions are healthy and good.

Good mental health is having a positive attitude about your talents and your weaknesses. If you *think* you can do something, do it. You can if you *think* you can.

Good mental health is solving your problems. Try not to pile them up. Take care of problems as soon as you can. People with good mental health know that they often cannot solve problems by themselves. So they ask for help. They know that some problems cannot be easily solved. They do as much as they can to solve the problem.

Good mental health is knowing who you are. It is knowing what your heredity is and how your environment affected you.

Good mental health is becoming a self-actualizing person (the last step Dr. Maslow's "staircase") by becoming the best person you can be. Think good things about yourself and others.

Key words: recognize, heredity, environment, solve a problem, attitude

### 1. Answer the questions:

1. Why and when do people go to a psychologist?
2. What are some answers to the question about good mental health?
3. Why is it better not to pile up problems as they appear?
4. Do you often solve all your problems on time?

### 2. Are the sentences true or false?

1. When your body needs help you go to a psychologist.
2. Good mental health is ability to do everything on time.
3. People with good mental health know that sometimes it is impossible to solve problems by themselves.
4. If you think good things about yourself and others you are a mentally healthy person.
5. A mentally ill person lives in an unreal world and hides from his or her problems.

### **3. Fill in the gaps**

1. Good mental health is the ability to ..... things for what they are.
2. Good mental health is having a positive ..... about your talents and your weaknesses.
3. Good mental health is ..... your problems as they appear.
4. Good mental health is knowing what your ..... is and how your environment affected you.
5. People with good mental health know that they often cannot ..... problems by themselves and ask for help.

### **What do you think?**

What is the best definition for “Good mental health”?

## CONTENTS

Introduction		4
Part A		
Unit 1	What is Sociology	5
Unit 2	Primary, secondary groups, community	6
Unit 3	Rules, roles and socialization	7
Unit 4	Institutions	9
Unit 5	Values	10
Unit 6	Communication	12
Unit 7	Nonverbal communication	13
Part B		
Unit 8	What is Psychology?	15
Unit 9	Emotions and you	16
Unit 10	Taking care of your needs	17
Unit 11	What is creativity?	19
Unit 12	You can do it if you think you can	20
Unit 13	What is good mental health?	22



*Навчальне видання*

ВАЛЮКЕВИЧ Тетяна Вікторівна

**ENGLISH FOR SOCIOLOGISTS**  
(for elementary students)

Навчальний посібник для студентів I курсу  
факультету «Соціальний менеджмент»  
заочної форми навчання

В авторській редакції  
Комп'ютерний набір: *Т. В. Валюкевич*

Підписано до друку 07.06.2017 Формат 60×84/16.  
Папір офсетний. Гарнітура «Таймс».  
Ум. друк. арк. 1,39. Обл.-вид. арк. 1,2.  
Тираж 5 пр. Зам. №

*План 2016/17 навч. р., поз. № 2 в переліку робіт кафедри*

Видавництво  
Народної української академії  
Свідоцтво № 1153 від 16.12.2002.

Надруковано у видавництві  
Народної української академії

Україна, 61000, Харків, МСП, вул. Лермонтовська, 27.