Комплект оценочных материалов по дисциплине
«Профессиональные коммуникации на иностранном языке»

Задания закрытого типа

Задания закрытого типа на выбор правильного ответа

1. Выберите один правильный ответ.
How does social pressure often affect individuals?
А) It encourages them to conform to societal norms.
Б) It leads to increased self-esteem.
В) It always results in negative outcomes.
Г) It has no impact on personal decisions.
Правильный ответ: А
Компетенции (индикаторы): УК-4

2. Выберите один правильный ответ.
Which professional primarily focuses on behavioral therapy and counseling?
А) A psychologist
Б) A psychiatrist
В) A neurologist
Г) A sociologist
Правильный ответ: А
Компетенции (индикаторы): УК-4

3. Выберите один правильный ответ.
Which of the following is commonly considered a major source of stress?
А) Regular exercise
Б) Positive feedback at work
В) Relationship conflicts
Г) Moderate workload
Правильный ответ: В
Компетенции (индикаторы): УК-4

4. Выберите один правильный ответ.
Which health issues can chronic stress contribute to?
А) Improved immune function
Б) Lower blood pressure
В) Heart disease

ДОКУМЕНТ ПОДПИСАН
ЭЛЕКТРОННОЙ ПОДПИСЬЮ

Сертификат 00905984665DF3300DF9CEA40614502B5A
Действителен 16.10.2025 - 09.01.2027
Владелец КРОХМАЛЕВА ЕЛЕНА ГЕОРГИЕВНА

Задания закрытого типа на установление соответствия

1. Установите правильное соответствие между специалистами и их основными методами. Каждому элементу левого столбца соответствует только один элемент правого столбца.

Специалисты		Основные методы	
1)	Psychologist	А)	Prescription medications
2)	Psychiatrist	Б)	Behavioral therapy
3)	Neurologist	В)	Brain imaging and diagnostics
4)	Counselor	Г)	Emotional support and guidance

Правильный ответ:1-Б, 2-А, 3-В, 4-Г

Компетенции (индикаторы): УК-4

2. Установите правильное соответствие между стрессорами и их источниками. Каждому элементу левого столбца соответствует только один элемент правого столбца.

Стрессоры		Источники	
1)	Job-related stress	А)	Conflict with partner
2)	Financial stress	Б)	Illness or injury
3)	Relationship stress	В)	Workload or deadlines
4)	Health-related stress	Г)	Debt or lack of money

Правильный ответ:1-В, 2-Г, 3-А, 4-Б

Компетенции (индикаторы): УК-4

Задания закрытого типа на установление правильной последовательности

1. Установите правильную последовательность этапов обращения за помощью к специалисту в области психического здоровья. Запишите правильную последовательность букв слева направо:

А) Diagnosis and treatment plan.

Б) Seeking referral or recommendation.

В) Initial consultation and assessment.

Г) Follow-up sessions and monitoring progress.

Правильный ответ: Б, В, А, Г

Компетенции (индикаторы): УК-4

2. Установите правильную последовательность стадий переживания стресса из-за стрессового события. Запишите правильную последовательность букв слева направо:

А) Activation of the fight-or-flight response.

Б) Identification of the stressor.

В) Physiological reactions (increased heart rate).

Г) Coping mechanisms or adaptation.

Правильный ответ: Б, А, В, Г

Компетенции (индикаторы): УК-4

Задания открытого типа

Задания открытого типа на дополнение

1. Напишите пропущенное слово (словосочетание)

Social pressure can influence an individual's _____ and beliefs leading to conformity or rebellion.

Правильный ответ: behavior

Компетенции (индикаторы): УК-4

2. Напишите пропущенное слово (словосочетание)

A psychologist typically holds a Ph.D. in psychology and provides talk therapy, whereas a psychiatrist completes medical training and can diagnose and treat _____ disorders.

Правильный ответ: mental

Компетенции (индикаторы): УК-4

3. Напишите пропущенное слово (словосочетание)

Stressors can be classified as acute (e.g., major life events) or _____ (e.g., daily hassles), both of which can contribute to stress.

Правильный ответ: chronic

Компетенции (индикаторы): УК-4

4. Напишите пропущенное слово (словосочетание)

Managing stress effectively is crucial to maintaining overall health and preventing long-term _____ effects.

Правильный ответ: negative

Компетенции (индикаторы): УК-4

Задания открытого типа с кратким свободным ответом

1. Напишите пропущенное слово (словосочетание)

The theory that explains the impact of social pressure on individuals is called Asch's Conformity _____.

Правильный ответ: Experiments.

Компетенции (индикаторы): УК-4

2. Напишите пропущенное слово (словосочетание)

The training of psychologists includes specialized knowledge in psychological and _____ problems, personality, and human development.

Правильный ответ: emotional

Компетенции (индикаторы): УК-4

3. Напишите пропущенное слово (словосочетание)

_____ is the stress associated with losing, failing, and overworking.

Правильный ответ: distress

Компетенции (индикаторы): УК-4

4. Напишите пропущенное слово (словосочетание)

Dr. Hans _____ described stress as the rate of all the wear and tear caused by life.

Правильный ответ: Selye

Компетенции (индикаторы): УК-4

Задания открытого типа с развернутым ответом

1. Прочитайте текст задания. Продумайте логику и полноту ответа. Запишите ответ, используя точную формулировку.

Прочитайте текст. Опишите эксперимент Аша и объясните, почему некоторые участники соглашались с мнением большинства, несмотря на очевидную правильность другого ответа.

SOCIAL PRESSURE AND PERCEPTION

Imagine yourself in the following situation: you sign up for a psychology experiment, and on a specified date you and seven others whom you think are also subjects arrive and are seated at a table in a small room. You don't know it at the time, but the others are actually associates of the experimenter, and their behaviour has been carefully scripted. You're the only real subject.

The experimenter arrive sand tells you that the study in which you are about to participate concerns people's visual judgments. She places two cards before you. The card on the left contains one vertical line. The card on the right displays three lines of different length.

The experimenter asks all of you, one at a time, to choose which of the three lines on the right card matches the length of the line on the left card. The task is repeated several times with different cards. The other "subjects" unanimously choose the wrong line. It is clear to you that they are wrong, but they have all given the same answer.

What would you do? Would you go along with the majority opinion, or would you trust your own eyes?

In 1951, the social psychologist Asch used this experiment to examine how the pressure from other people could affect one's perceptions. In total, about one third of the subjects who were placed in this situation agreed with the majority.

Some of the subjects indicated after the experiment that they assumed the rest of the people were correct and that their own perceptions were wrong. Others knew they were correct but didn't want to be different from the rest of the group. Some even insisted they saw the line lengths as the majority did.

Asch concluded that it is difficult to maintain that you see something when no one else does. Pressure from other people can make you see almost anything.

Время выполнения – 35 минут

Ожидаемый результат: In Asch's experiment, participants were shown two

cards: one had a single vertical line, and the other had three lines of different lengths. They had to choose the line that matched the length of the reference line. However, the other "participants" actually the experimenter's assistants always chose an obviously wrong option. It was clear to me that they were mistaken, but they all gave the same answer together. Interestingly, about one third of the real participants agreed with the majority opinion, even though they saw it was incorrect. Some of them later said that they thought they were wrong and that the others knew the correct answer. Others just didn't want to stand out and go against the group, even if they were sure the right answer was different. There were even those who began to perceive the line lengths the same way as the majority did. This experiment shows that social pressure can strongly affect our perception. When everyone around gives the same answer, it's hard to remain confident in yourself and your vision. It demonstrates that group opinion can sometimes make a person believe in something that isn't true.

Критерии оценивания: наличие в ответе ключевых слов «majority pressure» или «давление большинства», «avoid standing out» или «нежелание выделяться», «social influence» или аналогичных по смыслу (ответ может быть как на английском, так и на русском языках).

Компетенции (индикаторы): УК-4

2. Прочитайте текст задания. Продумайте логику и полноту ответа. Запишите ответ, используя точную формулировку.

Прочитайте текст. Каковы основные различия между психологами и психиатрами?

WHAT IS THE DIFFERENCE BETWEEN A PSYCHOLOGIST AND A PSYCHIATRIST?

The work of psychologists and psychiatrists has much in common. Both psychologists and psychiatrists can provide psychotherapy and counseling services. Both psychologists and psychiatrists are trained to diagnose neuropsychological disorders and dysfunctions, as well as psychotic, neurotic, personality disorders and dysfunctions. Both professionals are granted the right to make such diagnoses by law while other doctors cannot. Both psychologists and psychiatrists help people maintain and enhance their physical, intellectual, emotional, social and interpersonal functioning.

However, there are some important differences in training and special skills. Psychiatrists, as medical doctors, can prescribe medications for psychological distress. Psychologists do not prescribe medications; instead, they focus their treatment on psychotherapy. In addition, psychologists are the only mental health professionals who are fully trained and qualified to use psychological tests.

The education of psychologists provides knowledge of psychological and emotional problems, personality, and human development, integrated with specialized training in how to apply this knowledge to helping people with emotional distress and other problems in living. The psychologist's training in research allows them to evaluate the best ways to help people and to make decisions on what helps and what doesn't help different people with various situations.

Psychologists also specialize in psychological testing. Psychological tests are used in situations where there are questions about what a person's particular problem is.

For example, a psychologist may use psychological tests to determine whether a child has a learning disorder. Psychologists also use psychological tests in legal cases or any time there is uncertainty about what is troubling an individual Psychological tests can include assessments of personality styles, tests of emotional well-being, intellectual (or "IQ") tests, tests of academic achievement and tests for possible brain damage. The use of psychological tests requires years of training that involves not only learning how to give the tests, but also how to integrate all the information from a variety of tests, background information, interviews, and knowledge of theories, research, psychological problems, personalities, and human development. Psychologists are the only mental health professionals who are fully trained and qualified to use psychological tests.

It is important to be aware that there can be broad differences in training and philosophy among psychologists, psychiatrists, social workers, and other therapists, which can often lead to widely differing treatment approaches and understandings of psychological and emotional problems.

Время выполнения – 40 минут

Ожидаемый результат: The main differences between psychologists and psychiatrists are in education and treatment methods. Psychiatrists are medical doctors and can prescribe medications; they focus on treating serious mental illnesses. Psychologists have psychological training, don’t prescribe drugs, and specialize in psychotherapy and psychological testing. Psychological testing is a unique competence of psychologists – it helps identify problems like learning disabilities or emotional disorders. Psychiatrists rely more on medication, while psychologists use psychotherapeutic methods to change behavior and emotional states. Psychiatrists’ education is based on medicine, psychologists’ – on psychological sciences and research. Both professionals help maintain people’s emotional and mental health, but their approaches differ.

Критерии оценивания: наличие в ответе ключевых слов «prescribe meds» или «назначают лекарства», «psychotherapy» или «психотерапия», «different education» или «разное образование» или аналогичных по смыслу (ответ может быть как на английском, так и на русском языках).

Компетенции (индикаторы): УК-4

Экспертное заключение

Представленный комплект оценочных материалов по дисциплине «Профессиональные коммуникации на иностранном языке» соответствует требованиям ФГОС ВО.

Предлагаемые оценочные материалы адекватны целям и задачам реализации основной профессиональной образовательной программы по направлению подготовки 37.04.01 Психология.

Виды оценочных средств, включенные в представленный фонд, отвечают основным принципам формирования ФОС.

Разработанный и представленный для экспертизы оценочные материалы рекомендуются к использованию в процессе подготовки обучающихся по указанному направлению.

Председатель
учебно-методической комиссии
Антрацитовского института
геосистем и технологий  Савченко И.В.

Лист изменений и дополнений

№ п/п	Виды дополнений и изменений	Дата и номер протокола заседания кафедры (кафедр), на котором были рассмотрены и одобрены изменения и дополнения	Подпись (с расшифровкой) заведующего кафедрой (заведующих кафедрами)
1.	Дополнен комплектом оценочных материалов	протокол заседания кафедры инженерии и общеобразовательных дисциплин № 9 от 07.03.2026	 Е.Г. Крохмалёва