

ЗАВДАННЯ ДЛЯ II ЕТАПУ ОЛІМПІАДИ З АНГЛІЙСЬКОЇ МОВИ 2023-2024 НАВЧАЛЬНИЙ РІК

11 КЛАС

Тип I АУДІЮВАННЯ

STRESS – ITS CAUSES AND EFFECTS

WHAT is stress? According to one expert, stress may be defined as any physical, chemical, or emotional factor that causes bodily or mental tension. Does this mean that stress is inherently harmful? No. As it has been observed, a mild degree of stress and tension can sometimes be beneficial. Feeling mildly stressed when carrying out a project or assignment often compels us to do a good job and to work energetically. So when is stress a problem? It is only when stress is overwhelming, or poorly managed, that its negative effects appear.

Let us now consider some common sources of stress. A report from the European Agency for Safety and Health at Work stated that workers are often stressed on their jobs because, among other things, there is poor communication between management and employees, management gives workers little say in decisions that affect them, there are conflicts with fellow workers, or there is job insecurity or inadequate pay.

Whatever the reasons, coping with the strains of the workplace may leave working parents with little energy to deal with the demands of their families. And those demands can be enormous. In the United States, for example, during a one-year period, some 50 million people provided care for an ill or elderly family member. Financial problems can also be a potent source of family stress: when you do not have the money to cover all the expenses in the home, it affects your mood.

Single parents likewise face high levels of stress as they try to meet the needs of their families. Getting up early to prepare breakfast, dressing children and dropping them off at school, rushing to be at work on time, and then dealing with the demands of a job may leave a single parent physically and emotionally exhausted. And when a mother's workday is done, another cycle of stress is set in motion as she hurries off to pick up her children from school, fix dinner, and care for household chores.

Many young people also experience high levels of stress. They must deal with the physical and emotional changes of puberty. There are also the pressures of school. The typical school day is **fraught with** problems and pressures creating stress – in studies, sports, in peer relationships and in interchanges with teachers.

In some areas the threat of school violence adds to feelings of anxiety – not to mention the fears many youths now have of terrorist attacks and other disasters. "If parents are constantly talking about how scary the world is right now," writes one teenage girl, "it's going to make us scared."

Parents should be a source of strength for their children. But all too often, efforts by children and teens to communicate intense feelings are minimized, denied, rationalized, or ignored by parents. In some cases parents are immobilized by their own marital tensions. Physical fights and verbal altercations are not the only causes for

trauma. Suppressed resentment that transmits itself even when masked by nice words unsettles children as well.

Whether you are young or old or the stress in your life comes from work or school, chronic stress can take a heavy toll on your health. The stress response of the body is somewhat like an airplane readying for take-off. When you feel stress, your heart rate and blood pressure **soar**. Your levels of blood sugar rise. Hormones are released. If stress becomes persistent, all parts of the body's stress apparatus (the brain, heart, lungs, vessels, and muscles) become chronically over- or under-activated. This may produce physical or psychological damage over time.

Of particular concern is the unhealthy way in which many – especially young ones – try to cope with stress. In their desire to escape from pain, some teenagers take routes such as alcohol and drug abuse, truancy, delinquency, sexual promiscuity, aggression and violence, and running away from home – routes that lead them into problems more overwhelming than those they were trying to escape.

Stress is a fact of modern living; it cannot be avoided entirely. You can, however, learn to cope with it. If you are under stress, suffering in silence may only make you feel more pressured. Confide your feelings and worry to some level-headed person who is likely to understand and care. It takes effort to practice healthy communication. But doing so can help you minimize stress.

***fraught with smth** – full of problems, difficulties or things that are confusing*
***soar** – increase quickly*

STRESS – ITS CAUSES AND EFFECTS

Перевірка аудіювання

Task 1.

Mark these sentences True (T) or False (F)

1. Any degree of stress threatens our physical or emotional well-being.
2. Workers can be stressed when their employers do not invite them to discuss important matters.
3. Coming home after the working day does not give parents a break from stress.
4. The single parents who experience more stress at work are better prepared to cope with stress at home.
5. Growing up is a stress factor for young people.

Task 2.

Choose the correct answer A, B or C

1. What statement best expresses the main idea of the text?
A Some people suffer from stress more than others.
B Stress is an inevitable part of our lives.
C Teachers should help children to cope with stress.
2. Stress can be defined as
A Any factor that causes physical or psychological tension.
B A harmful influence of problems at work or school.
C A condition when the body's stress apparatus becomes chronically over-activated.

3. Among the sources of stress at work, the author mentions
 - A Too short lunch breaks.
 - B The fear to lose the job.
 - C Irregular payments.

4. The author is worried about the fact that
 - A the risk of terrorist attacks has increased over the recent years.
 - B when people feel stress, their heart rate and blood pressure soar.
 - C young people can choose wrong ways to deal with stress.

5. To cope with stress, the author recommends:
 - A talking things over with a mature friend.
 - B checking your heart rate and blood pressure.
 - C delinquency, truancy and verbal altercations.

Тип II

Визначення рівня мовленнєвої компетентності

Для вибору учням пропонується 20 тематик ситуативного спілкування.

1. Journalism is a vital and challenging profession.
 - Why is journalism important?
 - If you were a journalist, what kinds of news stories would you enjoy reporting about?
 - Who would be the first person you interview and why?

2. Many students choose to attend schools or universities outside their home country.
 - Why do some students study abroad?
 - How could studying abroad be viewed as a waste of time?

3. Choosing a career path can be a difficult decision.
 - What should be one's motivation in choosing a career path?
 - When you have a family to support, is it fair to choose a job that gives you personal satisfaction even if the salary is lower than other available jobs?
 - How can people balance their professional and personal lives?

4. "Don't judge a book by its cover" is a popular idiom.
 - How do you interpret this phrase?
 - Describe a time when you misjudged someone or something based on appearances.

5. Many families in Ukraine grow their own food, but in many parts of the world people buy the majority of their food from supermarkets.
 - What are the benefits of growing your own food?
 - Why do some people prefer to buy all their food from stores/
 - If you had a garden and could only plant three things, what would they be and why?

6. Globalization describes the process by which regional economics, societies, and cultures connect through communication, transportation, and trade. This process has sped up greatly over the last two decades.
 - What advances in communication have caused globalization to speed up?
 - What roles have travel played in the globalization of world economies?
 - How can globalization positively affect different countries? How can it negatively affect them?
7. Websites, magazines and television shows are free to say anything about celebrities and public figures – even if it's not true.
 - Is this practice fair?
 - Why is the public so fascinated with the private details of famous people's lives?
 - Would you be willing to trade privacy for fame? Explain your reasons.
8. Some people believe that violent films and video games make our society more violent.
 - Do you think there is a connection between violence in the media and violence in real life?
 - Should there be greater restrictions on portraying violence in films and games?
 - Do you enjoy watching films or playing video games that have violent content?
9. Social networking websites like Vkontakte and Facebook are incredibly popular, but some are concerned that young people are being too free with their personal information.
 - What information about yourself are you comfortable with sharing on the Internet?
 - Do you think people are being careless about their private lives?
 - What are the possible consequences, good or bad, of so much on-line sharing?
10. In the United States, it's common for private schools to accept only boys or only girls.
 - What do you think are the positive aspects of single-sex education? What are the negative aspects?
 - Would you like to attend an all-girls or all-boys school? Why or why not?
 - If a school denied admission to a student based on race, it would be discrimination. How is sex different, if at all?
11. With all the pressures of the modern world, time is an important factor in our lives today. How does time impact your life?
 - Do you have enough time to do all things you'd like to do in your life?
 - How do you prioritize your time to accomplish the things that are most important to you?
 - Do you follow a strict schedule and calendar, or do you "take life as it comes"? What are the advantages and disadvantages of your approach?
12. We all try to avoid illness through healthy daily habits and diets. When we get ill, most of us go to the doctor for advice or prescription medicines.
 - What preventative measures do you take to maintain your health?
 - How do different cultures approach health care? Compare and contrast Ukrainian health care with another culture.
 - In your opinion, do people rely too much on pharmaceuticals?

13. A teenager's life can often be more difficult than their parents suspect.
- What real problems do teenagers face today?
 - What can you say about generation gaps between you and your parents?
 - Do you feel that teenagers need to show more respect to older generations?
14. Everyone has his or her own set of priorities or a list of things that he or she considers more important than other things.
- What is most important to you in your life?
 - What made you decide upon your list of priorities?
 - Do you think priorities change over time? Why?
15. What do you believe to be the greatest problem in today's society? Describe where you see it.
- Explain why you consider it to be so bad.
 - How does it affect society as a whole and the individuals making up that society?
 - How would you propose to do away with this problem?
16. Technological inventions don't make our lives better. They simply create more products we are expected to buy.
- Do you agree or disagree with the statement?
 - Give arguments to support your view.
17. How do you feel people from other countries view Ukrainians when they visit?
- Do you think it is similar or different from how you view visitors? Why do you think so?
18. Holidays are special times when people give and receive presents signifying their love for one another.
- What do you think better, to give or to receive presents? Why?
 - What presents do you especially wish for? Why do you want these things?
 - If you had the money or ability to give one person in the world anything, to whom would you give, and why?
19. Celebrities have a lot of influence nationally and internationally.
- What Ukrainian celebrity are you most proud of?
 - What are some of this celebrity's accomplishments?
 - How does this person bring pride to your nation and culture?
20. People are often defined by what they have. What people wear, where they live, and how they show off can sometimes reflect their character and personality?
- Do you think these are true statements?
 - Do they apply to you and your dearest and nearest people?

Тур III

Творча письмова робота

Оберіть одне тему й дайте розгорнуту відповідь.

1. What kind of relationship do you have with your parents? Would you want to have the same relationship with your children? What would you do if your child had ideas and beliefs different from yours? Would you expect your child to do all the things you wished you had done?

2. In Ukraine does a person's social position depend solely on merit and achievement (as it purports to in the USA)? Is there such a thing as classless society? Would you prefer to belong to a cultural/social elite, or to be simply a member of the masses? Should we all aspire to equality?