

A stylized Union Jack flag is positioned on the left side of the cover, partially overlapping a dark blue background. The flag's red and white stripes are rendered in a bold, geometric style. The dark blue background features a white rectangular frame containing text.

ДЖОНАС ТИЧЕРМАН

**СЛОВАРНЫЙ
ЗАПАС ДЛЯ ЕГЭ
ПО АНГЛИЙСКОМУ
ЯЗЫКУ**

ТЕМАТИЧЕСКИЕ БЛОКИ,
УПРАЖНЕНИЯ И ПРАКТИКА

Джонас Тичерман

**Словарный запас для ЕГЭ
по английскому языку.
Тематические блоки,
упражнения и практика**

«Издательские решения»

Тичерман Д.

Словарный запас для ЕГЭ по английскому языку. Тематические блоки, упражнения и практика / Д. Тичерман — «Издательские решения»,

Учебное пособие предназначено для систематизации и расширения словарного запаса английского языка, необходимого для успешной подготовки к ЕГЭ. Книга содержит тематические блоки с базовой лексикой, словосочетаниями и практическими заданиями. Задания развивают навыки чтения, письма, говорения и способствуют усвоению лексики и её активному применению в различных ситуациях.

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Введение

В современном образовательном процессе владение лексикой английского языка играет ключевую роль в формировании навыков чтения, письма, устной и письменной коммуникации. Данная книга предназначена для систематизации и расширения словарного запаса, необходимого для успешной подготовки к экзаменам, включая ЕГЭ. В ней представлены тематические блоки, которые охватывают различные аспекты повседневной жизни, общественной и культурной сферы.

Каждый блок содержит три уровня работы с лексикой: базовый словарь, расширенные словосочетания и практические задания, направленные на закрепление и активное использование изучаемых слов и выражений. Такой подход обеспечивает последовательное развитие навыков понимания текста, построения собственных высказываний и анализа языковых структур.

Использование данной книги позволяет не только систематизировать знания, но и развивать способность применять лексику в разнообразных ситуациях, что является важным условием достижения высокого уровня языковой компетенции.

Желаю успехов!

UNIT 1 — THE ROLE OF EDUCATION

1. Core Vocabulary

education system — система образования
to gain knowledge — получать знания
to develop skills — развивать навыки
essential skills — ключевые навыки
to play a crucial role — играть ключевую роль
to provide opportunities — предоставлять возможности
future career prospects — карьерные перспективы
to achieve goals — достигать целей
to improve quality of life — улучшать качество жизни
well-educated individual — образованный человек
to make informed decisions — принимать обоснованные решения
personal development — личностное развитие
to broaden horizons — расширять кругозор
to succeed in life — добиться успеха в жизни
equal access to education — равный доступ к образованию

2. Collocations & Upgrades

Complete the collocations:

play a _____ role

gain _____

achieve _____

make _____ decisions

improve the quality of _____

Upgrade your vocabulary:

very important → crucial / highly important

very useful → extremely beneficial

help a lot → greatly contribute

big influence → significant impact

Example:

Education plays a crucial role in modern society and has a significant impact on people's lives.

3. Practice

A. Complete the sentences:

Education helps people _____ knowledge and develop essential skills.

It plays a crucial role in _____ development.

Education provides students with more career _____.

Well-educated individuals are more likely to _____ in life.

Education allows people to make _____ decisions.

B. Choose the correct option:

Education helps people:

a) lose opportunities

b) gain knowledge

c) forget skills

A well-educated person is more likely to:

a) succeed in life

b) fail completely

c) avoid responsibility

C. Paraphrase the sentences:

Education is very important.

→ Education is _____.

It helps people a lot in life.

→ It _____ to success in life.

4. Speaking / Writing

Question 1:

Why is education important in modern society?

Model Answer:

Education plays a crucial role in modern society as it helps individuals gain knowledge and develop essential skills. It greatly contributes to personal development and enables people to make informed decisions. Moreover, education provides equal access to opportunities and improves the overall quality of life. Well-educated individuals are more likely to succeed in their careers and achieve their long-term goals.

Question 2:

What are the main functions of education?

Model Answer:

The main function of education is to equip people with the knowledge and skills necessary for life. It also plays an important role in shaping a person's character and values. In addition, education helps individuals develop critical thinking and broaden their horizons. As a result, people become more independent and better prepared for future challenges.

5. Quick Revision

Complete the collocations:

gain _____

make _____ decisions

achieve _____

play a _____ role

improve the quality of _____

Complete the sentences:

Education plays a _____ role in society.

It helps people develop _____ skills.

People want to achieve their _____.

Education improves the quality of _____.

UNIT 2 — SCHOOL SYSTEM

1. Core Vocabulary

school system — система школьного образования
primary education — начальное образование
secondary education — среднее образование
compulsory education — обязательное образование
curriculum — учебная программа
subject — учебный предмет
to attend school — посещать школу
to graduate from school — окончить школу
to take exams — сдавать экзамены
to pass / fail an exam — сдать / провалить экзамен
academic performance — успеваемость
to improve performance — улучшать успеваемость
school facilities — школьная инфраструктура
qualified teachers — квалифицированные учителя
equal access to education — равный доступ к образованию

2. Collocations & Upgrades

Complete the collocations:

attend _____

pass _____

improve _____ performance

follow a _____

have access to _____

Upgrade your vocabulary:

go to school → attend school

finish school → graduate from school

school subjects → academic subjects

teachers → qualified teachers / teaching staff

Example:

Students attend school to follow a structured curriculum and develop academic skills.

3. Practice

A. Complete the sentences:

In most countries, education is _____ for children.

Students usually _____ school from the age of 6.

At the end of school, students have to _____ exams.

A good school system includes a strong _____.

Qualified teachers help students improve their _____ performance.

B. Choose the correct option:

Compulsory education means that students:

a) can choose whether to study

b) must attend school

c) study only at home

A curriculum is:

a) a school building

b) a set of subjects taught at school

c) a final exam

C. Paraphrase the sentences:

Students go to school every day.

→ Students _____ every day.

He finished school last year.

→ He _____ last year.

4. Speaking / Writing

Question 1:

What are the main features of a good school system?

Model Answer:

A good school system should provide high-quality education and equal access to learning opportunities. It needs a well-structured curriculum that includes a wide range of academic subjects. In addition, qualified teachers play a crucial role in improving students' academic performance. Modern school facilities and a supportive learning environment are also essential for effective education.

Question 2:

How can the school system be improved?

Model Answer:

The school system can be improved by updating the curriculum and making it more relevant to modern society. It is also important to invest in teacher training to ensure that students are taught by qualified professionals. Furthermore, schools should provide better facilities and create a more supportive environment for learning. These changes can significantly improve students' academic performance.

5. Quick Revision

Complete the collocations:

attend _____

pass _____

improve _____ performance

follow a _____

graduate from _____

Complete the sentences:

Education is _____ in most countries.

Students study different _____ at school.

At the end of school, they take _____.

Teachers help improve academic _____.

UNIT 3 — EXAMS AND ASSESSMENT

1. Core Vocabulary

exam / examination — экзамен
to take an exam — сдавать экзамен
to pass / fail an exam — сдать / провалить экзамен
assessment — оценивание
grading system — система оценок
exam results — результаты экзамена
to prepare for exams — готовиться к экзаменам
revision — повторение материала
mock exam — пробный экзамен
oral exam — устный экзамен
written exam — письменный экзамен
exam stress / pressure — стресс на экзамене
to achieve high marks / grades — получать высокие оценки
academic achievement — академические достижения
continuous assessment — непрерывное оценивание

2. Collocations & Upgrades

Complete the collocations:

take a _____ exam

prepare for _____

achieve high _____

deal with exam _____

continuous _____

Upgrade your vocabulary:

do an exam → take an exam

revise → review / revise thoroughly

good marks → high grades / excellent results

stressful → pressured / challenging

Example:

Students often feel stressed during exams, so it is important to revise thoroughly and manage exam pressure.

3. Practice

A. Complete the sentences:

Students need to _____ for exams to achieve good results.

A _____ exam tests both knowledge and skills.

Continuous assessment helps track _____ achievement.

Many students experience _____ during exams.

Mock exams allow students to practice before the real _____.

B. Choose the correct option:

A written exam is:

- a) an oral test
- b) a test on paper
- c) a homework assignment

Assessment helps to:

- a) ignore students' progress
- b) evaluate students' performance
- c) make lessons longer

C. Paraphrase the sentences:

He studied hard for the exam.

→ He _____ thoroughly before the exam.

She got high marks.

→ She achieved _____ grades.

4. Speaking / Writing

Question 1:

How can students prepare effectively for exams?

Model Answer:

Students can prepare effectively for exams by creating a clear study plan and revising all the material thoroughly. Taking mock exams helps them understand the format and identify weak areas. It is also important to manage time efficiently and maintain a healthy lifestyle to reduce exam stress. These strategies can lead to better exam results and higher academic achievement.

Question 2:

What are the advantages and disadvantages of exams?

Model Answer:

Exams provide a clear way to assess students' knowledge and skills, which helps teachers track progress. They also motivate students to study consistently. However, exams can cause stress and pressure, which may affect performance. Additionally, they may not always reflect a student's full potential, as continuous assessment and practical work are equally important.

5. Quick Revision

Complete the collocations:

take a _____ exam

prepare for _____

achieve high _____

deal with exam _____

continuous _____

Complete the sentences:

Students revise thoroughly to _____ for exams.

Exams help measure academic _____.

Mock exams allow students to _____.

Many students experience _____ during exams.

UNIT 4 — ONLINE LEARNING

1. Core Vocabulary

online learning / e-learning — онлайн-обучение
distance education — дистанционное обучение
virtual classroom — виртуальный класс
to attend online classes — посещать онлайн-занятия
learning platform — образовательная платформа
interactive lessons — интерактивные уроки
to submit assignments online — сдавать задания онлайн
self-paced learning — обучение в собственном темпе
digital resources — цифровые материалы
to stay motivated — сохранять мотивацию
technical difficulties — технические проблемы
to improve digital skills — улучшать цифровые навыки
remote collaboration — удалённое сотрудничество
flexible schedule — гибкий график
equal access to education — равный доступ к обучению

2. Collocations & Upgrades

Complete the collocations:

attend _____ classes

submit _____ online

participate in _____ lessons

face _____ difficulties

follow a _____ schedule

Upgrade your vocabulary:

study online → attend online classes / participate in virtual lessons

do homework online → submit assignments online

self-study → self-paced learning

online materials → digital resources / interactive lessons

Example:

Online learning provides flexible schedules and allows students to participate in interactive lessons using digital resources.

3. Practice

A. Complete the sentences:

Many students attend _____ classes to continue their education.

Self-paced learning allows learners to study at their own _____.

Digital resources help students _____ knowledge effectively.

Technical _____ can disrupt online lessons.

Remote collaboration helps students work together despite being _____.

B. Choose the correct option:

Online learning allows:

- a) attending physical classes only
- b) studying from home
- c) ignoring lessons

Self-paced learning means:

- a) following a strict schedule
- b) studying at your own speed
- c) never completing tasks

C. Paraphrase the sentences:

Students study online every day.

→ Students _____ online regularly.

Online learning is very useful.

→ Online learning is _____ beneficial / effective.

4. Speaking / Writing

Question 1:

What are the advantages of online learning?

Model Answer:

Online learning provides students with flexible schedules and the opportunity to study from any location. It also allows self-paced learning, which is suitable for different types of learners. Interactive lessons and digital resources make the learning process more engaging. Moreover, online education helps students improve digital skills, which are essential in the modern world.

Question 2:

What are the challenges of online learning?

Model Answer:

Despite its advantages, online learning presents several challenges. Students may face technical difficulties, such as poor internet connection or software problems. It can also be difficult to stay motivated without face-to-face interaction. Furthermore, not all students have equal access to technology, which can create inequality. Therefore, online learning requires discipline and careful planning.

5. Quick Revision

Complete the collocations:

attend _____ classes

submit _____ online

participate in _____ lessons

face _____ difficulties

follow a _____ schedule

Complete the sentences:

Online learning allows students to study from _____.

Self-paced learning helps learners study at their own _____.

Digital resources make learning more _____.

Students need to stay _____ during online courses.

UNIT 5 — SELF-EDUCATION

1. Core Vocabulary

self-education / independent learning — самообразование
to acquire knowledge independently — самостоятельно получать знания
self-motivation — самомотивация
lifelong learning — обучение на протяжении всей жизни
to set personal goals — ставить личные цели
to manage time effectively — эффективно управлять временем
online courses / MOOCs — онлайн-курсы / массовые открытые онлайн-курсы
to develop critical thinking — развивать критическое мышление
reading books and articles — чтение книг и статей
practical experience — практический опыт
to evaluate progress — оценивать прогресс
to overcome challenges — преодолевать трудности
self-discipline — самодисциплина
problem-solving skills — навыки решения проблем
continuous improvement — постоянное совершенствование

2. Collocations & Upgrades

Complete the collocations:

acquire _____ independently

set personal _____

manage time _____

develop _____ thinking

evaluate _____

Upgrade your vocabulary:

learn by yourself → acquire knowledge independently / practice self-education

motivation → self-motivation / inner drive

improve skills → develop critical thinking / problem-solving skills

lifelong learning → continuous improvement and personal growth

Example:

Self-education allows individuals to acquire knowledge independently and develop critical thinking, which is essential for personal and professional growth.

3. Practice

A. Complete the sentences:

Self-education requires strong _____ to stay focused.

People set personal _____ to measure their progress.

Reading books and articles helps to _____ knowledge.

Online courses are a popular method of _____.

Evaluating progress allows learners to identify _____.

B. Choose the correct option:

Lifelong learning means:

a) learning only in school

b) learning throughout life

c) never studying again

Self-discipline helps learners:

a) stay motivated and achieve goals

b) avoid studying

c) procrastinate

C. Paraphrase the sentences:

He learns independently every day.

→ He _____ on self-education daily.

Self-education improves skills.

→ Self-education helps _____ abilities.

4. Speaking / Writing

Question 1:

Why is self-education important in modern life?

Model Answer:

Self-education is important in modern life because it allows individuals to acquire knowledge independently and develop essential skills. It promotes lifelong learning and helps people stay competitive in their careers. Moreover, self-education teaches self-discipline and time management, which are crucial for personal growth. Through continuous improvement, learners can overcome challenges and achieve their personal goals.

Question 2:

What are the best methods for self-education?

Model Answer:

The best methods for self-education include reading books and articles, taking online courses, and gaining practical experience. Setting personal goals and evaluating progress regularly helps maintain motivation and focus. Additionally, collaborating with mentors or peers can provide guidance and support. By using these methods, learners can effectively develop critical thinking, problem-solving skills, and lifelong learning habits.

5. Quick Revision

Complete the collocations:

acquire _____ independently

set personal _____

manage time _____

develop _____ thinking

evaluate _____

Complete the sentences:

Self-education requires strong _____.

Reading books helps to acquire _____.

Online courses support _____ learning.

Learners need to evaluate their _____.

Lifelong learning contributes to personal _____.

UNIT 6 — SKILLS FOR THE FUTURE

1. Core Vocabulary

future skills / essential skills — навыки будущего
critical thinking — критическое мышление
problem-solving skills — навыки решения проблем
communication skills — коммуникативные навыки
collaboration / teamwork — сотрудничество / работа в команде
digital literacy — цифровая грамотность
adaptability / flexibility — адаптивность / гибкость
time management — управление временем
creativity / innovative thinking — креативность / инновационное мышление
leadership skills — лидерские качества
self-motivation — самомотивация
lifelong learning — обучение на протяжении всей жизни
to acquire new skills — приобретать новые навыки
to keep up with technology — быть в курсе технологий
career readiness — готовность к профессиональной деятельности

2. Collocations & Upgrades

Complete the collocations:

develop _____ thinking

improve _____ skills

acquire _____ skills

keep up with _____

demonstrate _____ skills

Upgrade your vocabulary:

important skills → essential / crucial skills

learn new skills → acquire new skills / develop competencies

work in a team → collaborate effectively / demonstrate teamwork

be ready for work → show career readiness / professional preparedness

Example:

To succeed in the modern workplace, students must develop critical thinking, acquire digital literacy, and demonstrate effective teamwork.

3. Practice

A. Complete the sentences:

Future professionals need strong _____ thinking.

Teamwork and _____ are essential in most careers.

Lifelong learning helps individuals _____ new skills.

Digital literacy allows people to _____ with technology.

Leadership skills contribute to career _____.

B. Choose the correct option:

Adaptability means:

a) sticking to one method

b) adjusting to changes

c) avoiding new tasks

Lifelong learning helps people:

a) stop studying after school

b) continuously develop skills

c) ignore new technologies

C. Paraphrase the sentences:

He learns new skills to succeed in life.

→ He _____ new competencies to achieve success.

Communication skills are very important.

→ Strong communication skills are _____ for the modern workplace.

4. Speaking / Writing

Question 1:

What skills are necessary for future careers?

Model Answer:

Future careers require a combination of technical and soft skills. Critical thinking and problem-solving abilities help individuals handle complex tasks. Effective communication and teamwork are essential for collaboration in the workplace. Digital literacy and adaptability allow people to keep up with technological changes. Lifelong learning ensures continuous development and career readiness.

Question 2:

How can students develop skills for the future?

Model Answer:

Students can develop skills for the future by participating in interactive projects, taking online courses, and practicing problem-solving. They should set personal goals and seek opportunities for teamwork and leadership. Improving digital literacy and staying updated with technology is also important. Finally, cultivating self-motivation and creativity helps individuals adapt to future challenges and succeed professionally.

5. Quick Revision

Complete the collocations:

develop _____ thinking

improve _____ skills

acquire _____ skills

keep up with _____

demonstrate _____ skills

Complete the sentences:

Critical thinking and problem-solving are essential _____.

Teamwork and collaboration are important in _____.

Lifelong learning helps to acquire _____.

Digital literacy allows people to keep up with _____.

Leadership skills contribute to _____ readiness.

UNIT 7 — HIGHER EDUCATION

1. Core Vocabulary

higher education / tertiary education — высшее образование
university / college — университет / колледж
to enroll in a university — поступать в университет
undergraduate degree — бакалавриат
postgraduate degree / master's / PhD — аспирантура / магистратура / докторская степень
academic program / course — учебная программа / курс
tuition fees — плата за обучение
scholarship / grant — стипендия / грант
campus life — жизнь на кампусе
lectures / seminars / tutorials — лекции / семинары / практические занятия
research skills — исследовательские навыки
to graduate with honors — закончить с отличием
career opportunities / prospects — карьерные возможности
student exchange programs — программы обмена студентами
to pursue higher education — продолжать образование после школы

2. Collocations & Upgrades

Complete the collocations:

enroll in a _____

pursue a _____ degree

receive a _____ or grant

graduate with _____

develop _____ skills

Upgrade your vocabulary:

go to university → enroll in a university / pursue higher education

study a course → follow an academic program / course

earn money for studies → receive a scholarship or grant

student life → campus life / academic experience

Example:

Many students choose to pursue higher education to develop research skills and improve career prospects.

3. Practice

A. Complete the sentences:

After school, students may choose to _____ higher education.

Tuition fees can be paid with the help of a _____.

Campus life includes attending _____ and seminars.

Graduating with _____ is a great achievement.

Student exchange programs provide _____ opportunities.

B. Choose the correct option:

An undergraduate degree is:

- a) a postgraduate degree
- b) the first level of higher education
- c) a short course

Scholarships help students to:

- a) avoid studying
- b) pay tuition fees
- c) travel only

C. Paraphrase the sentences:

He studies at university.

→ He is _____ higher education.

She graduated with excellent marks.

→ She _____ with honors.

4. Speaking / Writing

Question 1:

Why do many students choose higher education?

Model Answer:

Many students choose higher education to gain advanced knowledge and develop specialized skills. It provides opportunities to participate in research, attend lectures and seminars, and engage in student exchange programs. Higher education also improves career prospects and prepares individuals for professional life. Graduating with honors demonstrates academic achievement and enhances employment opportunities.

Question 2:

What are the advantages and challenges of higher education?

Model Answer:

Higher education offers numerous advantages, including access to expert knowledge, campus life experiences, and career opportunities. It also allows students to develop research, problem-solving, and critical thinking skills. However, tuition fees and living expenses can be challenging, and academic pressure may cause stress. Despite these difficulties, pursuing higher education is valuable for personal and professional growth.

5. Quick Revision

Complete the collocations:

enroll in a _____

pursue a _____ degree

receive a _____ or grant

graduate with _____

develop _____ skills

Complete the sentences:

Students may choose to pursue _____ after school.

Scholarships help cover _____ fees.

Campus life includes attending _____ and seminars.

Graduating with _____ is a significant achievement.

Higher education improves _____ opportunities.

UNIT 8 — SCHOOL PROBLEMS

1. Core Vocabulary

school problems / challenges at school — проблемы в школе
bullying / harassment — травля / притеснение
peer pressure — давление со стороны сверстников
academic difficulties / struggles — академические трудности
lack of motivation — отсутствие мотивации
absenteeism / truancy — прогул / пропуск занятий
stress / anxiety — стресс / тревожность
learning difficulties / disabilities — трудности в обучении / особенности обучения
conflict with teachers / classmates — конфликт с учителями / одноклассниками
poor school facilities — плохая школьная инфраструктура
time management problems — проблемы с управлением временем
low academic performance — низкая успеваемость
pressure to succeed — давление необходимости преуспеть
disciplinary issues — проблемы с дисциплиной
to seek support / help — искать поддержку / помощь

2. Collocations & Upgrades

Complete the collocations:

face _____ problems

deal with _____ pressure

overcome _____ difficulties

lack _____

seek _____

Upgrade your vocabulary:

school difficulties → academic struggles / learning challenges

not motivated → lack of motivation / low engagement

problem with classmates → conflict with peers / bullying

school facilities → infrastructure / educational resources

Example:

Many students face academic difficulties and stress at school, but seeking support can help overcome these challenges.

3. Practice

A. Complete the sentences:

Some students face _____ from their classmates.

Academic struggles can cause _____ and low self-esteem.

Peer pressure can influence students' _____.

Poor school facilities make learning more _____.

Students should seek _____ from teachers or counselors.

B. Choose the correct option:

Bullying is:

- a) supportive behavior
- b) aggressive behavior by peers
- c) studying hard

Stress at school can be caused by:

- a) academic difficulties
- b) relaxation
- c) sports activities

C. Paraphrase the sentences:

Students have problems with classmates.

→ Students face _____ with their peers.

Some students are not motivated to study.

→ Some students lack _____.

4. Speaking / Writing

Question 1:

What are the most common problems students face at school?

Model Answer:

Students face a variety of problems at school, including bullying, peer pressure, and academic difficulties. Lack of motivation and time management issues can also affect performance. Poor school facilities and conflicts with teachers or classmates may create additional challenges. To overcome these problems, students should seek support from teachers, counselors, or parents.

Question 2:

How can schools help students with problems?

Model Answer:

Schools can help students by providing guidance and counseling services, improving school facilities, and promoting a positive learning environment. Teachers should support students facing academic difficulties and encourage self-motivation. Anti-bullying programs and teamwork activities can reduce peer conflicts. By creating a safe and supportive atmosphere, schools help students overcome challenges and succeed academically.

5. Quick Revision

Complete the collocations:

face _____ problems

deal with _____ pressure

overcome _____ difficulties

lack _____

seek _____

Complete the sentences:

Students may face bullying or _____ from peers.

Academic struggles can cause stress and low _____.

Peer pressure can influence students' _____.

Teachers can help students overcome _____.

Students should seek _____ when facing challenges.

UNIT 9 — MOTIVATION AND DISCIPLINE

1. Core Vocabulary

motivation — мотивация
self-motivation — самомотивация
discipline — дисциплина
self-discipline — самодисциплина
to set goals — ставить цели
to stay focused — сохранять концентрацию
time management — управление временем
procrastination — откладывание дел на потом
to overcome obstacles — преодолевать трудности
reward system — система поощрений
intrinsic motivation — внутренняя мотивация
extrinsic motivation — внешняя мотивация
to maintain consistency — поддерживать постоянство
habit formation — формирование привычек
personal responsibility — личная ответственность

2. Collocations & Upgrades

Complete the collocations:

maintain _____

develop _____

set _____

overcome _____

practice _____

Upgrade your vocabulary:

stay motivated → maintain motivation / sustain drive

be disciplined → practice self-discipline / demonstrate personal responsibility

delay tasks → procrastinate / postpone tasks

achieve goals → reach objectives / accomplish targets

Example:

Self-motivation and self-discipline help students stay focused, manage time effectively, and achieve their goals.

3. Practice

A. Complete the sentences:

Students need strong _____ to succeed academically.

Setting clear _____ helps maintain focus and direction.

Procrastination can reduce _____ and cause stress.

Habit formation is important for _____ and consistency.

Rewards and recognition can improve both intrinsic and _____ motivation.

B. Choose the correct option:

Self-discipline helps students:

- a) delay tasks indefinitely
- b) stay focused and manage time
- c) ignore responsibilities

Motivation can be:

- a) internal or external
- b) unnecessary
- c) always negative

C. Paraphrase the sentences:

She works hard because she wants to succeed.

→ She is driven by _____ motivation.

He follows a strict schedule to complete tasks.

→ He demonstrates strong _____.

4. Speaking / Writing

Question 1:

Why are motivation and discipline important for students?

Model Answer:

Motivation and discipline are essential for students because they help maintain focus, manage time effectively, and achieve academic goals. Self-motivation drives learners to take initiative and study independently, while self-discipline ensures consistency and prevents procrastination. Developing good habits and personal responsibility also supports long-term success both in education and in life.

Question 2:

How can students improve their motivation and discipline?

Model Answer:

Students can improve motivation and discipline by setting clear and achievable goals, creating a structured study plan, and practicing time management. Reward systems and self-reflection help maintain motivation. Forming consistent habits and learning to overcome obstacles also strengthens self-discipline. Both intrinsic and extrinsic motivation play a key role in achieving personal and academic success.

5. Quick Revision

Complete the collocations:

maintain _____

develop _____

set _____

overcome _____

practice _____

Complete the sentences:

Self-motivation helps students stay _____ and productive.

Setting goals allows learners to maintain _____.

Procrastination can reduce _____ and cause stress.

Habit formation supports _____ and consistency.

Rewards can enhance both intrinsic and _____ motivation.

UNIT 10 — MODERN SOCIETY

1. Core Vocabulary

modern society / contemporary society — современное общество

technology / technological advancements — технологии / технологический прогресс

globalization — глобализация

social media — социальные сети

digital communication — цифровая коммуникация

environmental issues / climate change — экологические проблемы / изменение климата

cultural diversity / multiculturalism — культурное разнообразие / мультикультурализм

urbanization / city life — урбанизация / жизнь в городе

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