

A stylized graphic of the Union Jack flag, rendered in white and red stripes against a dark blue background. The flag is partially obscured by a white rectangular box 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**

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**Аннотация**

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 по-  
лучать знания

self-motivation — самомотивация

lifelong learning — обучение на протяжении всей жизни

to set personal goals — ставить личные цели

to manage time effectively — эффективно управлять вре-  
менем

online courses / MOOCs — онлайн-курсы / массовые от-  
крытые онлайн-курсы

to develop critical thinking — развивать критическое мыш-  
ление

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 совершенствова-  
ние

## 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 ко-

манде

digital literacy — цифровая грамотность

adaptability / flexibility — адаптивность / гибкость

time management — управление временем

creativity / innovative thinking — креативность / инноваци-

онное 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 дея-

тельности

## 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

сти

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 учителя-

ми / 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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