

## THEME 5 PSYCHOLOGY

### FUNCTIONS

1. Describing mood
2. Making suggestions to change negative mood
3. Following and giving instructions

### LANGUAGE SKILLS and LEARNING OUTCOMES

#### Listening

**E12.5.L1.** Students will be able to list the suggestions to change mood given by a psychologist/friend in recorded text.

**E12.5.L2.** Students will be able to identify the speaker's mood, tone, etc in a recorded text.

#### Pronunciation

**E12.5.P1.** Students will be able to practice sentence intonation and stress.

#### Speaking

**E12.5.S1.** Students will be able to make a Roleplay between a psychologist/school counsellor and a client.

**E12.5.S2.** Students will be able to make comment on moods by looking at flashcards.

**E12.5.S3.** Students will be able to use different voice levels, phrasing and intonation to give and follow instructions in different moods.

#### Reading

**E12.5.R1.** Students will be able to read a poem loudly by reflecting its tone.

**E12.5.R2.** Students will be able to identify specific information in a real-life text.

#### Writing

**E12.5.W1.** Students will be able to describe their current mood / mood reflected in a song/ painting/photograph through creative writing.

### SAMPLE USAGE

I feel exhausted and I can't concentrate.

Let's take a break.

I suggest that you take a nap.

I suggest going for a walk.

I'd rather have tickets for the opera.

If I had a choice, I would go for...

Why don't you join a music club?

What do you do to clear your mind after school?

Close your eyes!

Breathe deeply!

## THEME 5 PSYCHOLOGY VOCABULARY

### Student's Book

**desperate** : umutsuz  
**hopeful** : ümitli  
**shocked** : şok olmuş  
**amused** : eğlenmiş  
**calm** : sakin  
**depressed**: bunalımda  
**blunt** : kaba, duygusuz  
**upset** : üzgün  
**nervous** : gergin, endişeli  
**disrespectful** : saygısız  
**approving** : beğenmiş, onay vermiş  
**empathetic** : empati kurabilen  
**joyful** : sevinçli, neşeli  
**miserable** : sefil, acınası  
**sincere** : samimi, içten  
**threatening** : tehditkar  
**annoyed** : kızgın, sinirli  
**sarcastic** : kinayeli, alaylı  
**bossy** : otoriter  
**childish** : çocukça  
**embarrassed** : utanmış  
**anxious** : endişeli, kaygılı  
**excited** : heyecanlı  
**humorous** : esprili, komik  
**change** : değişiklik  
**honestly** : dürüstçe  
**virtue** : erdem, fazilet  
**choice** : tercih, seçenek  
**stuff** : havasız, boğucu  
**deal with** : ilgilenmek, üstesinden gelmek  
**calm down** : sakinleşmek  
**take a deep breath** : derin nefes almak  
**stop complaining** : şikayeti, sızlanmayı kesmek  
**despair** : umutsuzluk  
**dry out** : kurumak  
**client** : müşteri, alıcı  
**counselor** : danışman  
**disturb** : rahatsız etmek  
**serenity** : sakinlik, huzur  
**whirlpool** : anaför, girdap  
**confusion** : karışıklık, kargaşa  
**sail away** : uzaklara yelken açmak  
**wander** : dolaşmak, gezinmek  
**afar** : uzak, uzakta  
**restless** : hareketli, kıpır kıpır  
**grand** : büyük, yüce  
**grain** : tane, tanecik  
**dwarf** : cüce, küçük göstermek  
**silhouette** : gölge  
**supreme** : yüce, en büyük  
**hum** : vızır vızır çalışmak  
**wonders** : mucize, harika  
**come true** : gerçekleşmek  
**anonymous** : anonim, isimsiz

**quit** : pes etmek, vazgeçmek  
**trudge** : zorlanarak yürümek  
**fund** : gelir  
**low** : düşük  
**debt** : borç  
**sigh** : iç çekme  
**rest** : dinlenmek  
**frustrated** : hüsrana uğramış  
**elated** : sevinçli, mutlu  
**disappointed** : hayal kırıklığına uğramış  
**optimistic** : iyimser  
**pessimistic** : kötümser  
**aware of** : farkında olmak  
**impact** : etkilemek, etki  
**experience** : tecrübe, deneyim  
**interdependent** : birbirine bağlı  
**mood swings** : ruh halinin sürekli değişmesi  
**overhear** : tesadüfen duymak  
**interaction** : etkileşim  
**effective** : verimli  
**trigger** : tetiklemek  
**vital** : hayati, çok önemli  
**influence** : etkilemek  
**flavors** : tatlar  
**unstable** : istikrarsız  
**agitated** : tedirgin  
**vice versa** : tam tersi, tersi de doğrudur  
**maintain** : sürdürmek, devam ettirmek  
**seek** : araştırmak  
**Workbook**  
**dizzy** : başı dönen  
**strict** : katı, sert  
**postpone** : ertelemek  
**competitor** : yarışmacı  
**unintentional** : istemeden, kasıtsız  
**contagious** : bulaşıcı  
**lower** : azaltmak, düşürmek  
**recover** : düzelmek, iyileşmek  
**participant** : katılımcı  
**cope with** : baş etmek, üstesinden gelmek  
**strengthen** : güçlendirmek  
**immune system** : bağışıklık sistemi  
**hospitalized** : hastanede yatan  
**approachable** : ulaşılabılır, cana yakın  
**frown** : surat asmak, kaş çatmak  
**trustworthy** : güvenilir  
**credibility** : güvenilirlik, inanırlılık  
**rate** : sınıflandırmak  
**jumper** : kazak  
**size** : boyut, ölçü, ebat  
**downtown** : şehir merkezi, çarşı  
**exhibition** : sergi  
**lose weight** : kilo vermek  
**guess** : tahmin etmek

**urgent** : acil, ivedi

**counter** : kontuar

**customer service** : müsteri hizmetleri

**parents in law** : kayınpeder, kaynana

**make a quick decision** : hızlı karar vermek

**waste money** : parayı israf etmek

**polite** : kibar, nazik

**grin** : sırıtmak,

**undetected** : fark edilmemiş

### **DO NOT QUIT**

When things go wrong, as they sometimes will,  
When the road you are trudging seems all up hill,  
When the funds are low and the debts are high,  
And you want to smile, but you have to sigh,  
When care is pressing you down a bit,  
Rest! If you must; but don't quit.

**Shared joy is a double joy, shared sorrow is a half sorrow** : Paylaşılan mutluluk ikiye katlanır, paylaşılan acı yarıya düşer.

## THEME 5 PSYCHOLOGY VOCABULARY WORKSHEET

### A. Choose the correct Turkish meaning (15x2=30p.)

#### 1. Desperate

- a) umutlu                      b) umutsuz                      c) sevinçli                      d) eğlenmiş

#### 2. Amused

- a) şaşırılmış                      b) hüsrana uğramış                      c) eğlenmiş                      d) sıkılmış

#### 3. Blunt

- a) duygusuz                      b) çocuksu                      c) depresif                      d) rahatlamış

#### 4. Miserable

- a) zengin                      b) cana yakın                      c) sevinçli                      d) zavallı

#### 5. Annoyed

- a) eğlenmiş                      b) kızgın                      c) mutlu                      d) rahat

#### 6. Embarrassed

- a) utanmış                      b) sinirli                      c) otoriter                      d) tatmin olmuş

#### 7. Humorous

- a) alay eden                      b) hüsrana uğramış                      c) ciddi                      d) esprili

#### 8. Virtue

- a) sağlık                      b) zenginlik                      c) erdem                      d) sağlamlık

#### 9. stuffy

- a) bol                      b) ferah                      c) havasız                      d) karanlık

#### 10. serenity

- a) kasvetlilik                      b) sakinlik                      c) endişe                      d) bolluk

#### 11. supreme

- a) küçük                      b) geniş                      c) harika                      d) yüce

#### 12. quit

- a) pes etmek                      b) nefes almak                      c) devam etmek                      d) kuyruğa girmek

#### 13. fund

- a) gelir                      b) gider                      c) pano                      d) şirket

#### 14. sigh

- a) dinlenmek                      b) şikayet etmek                      c) üstesinden gelmek                      d) iç çekmek

#### 15. optimistic

- a) kötümser                      b) iyimser                      c) zengin                      d) fakir

### B. Choose the correct English meaning (15x2=30p.)

#### 16. sevinçli

- a) upset                      b) sad                      c) joyful                      d) humorous

#### 17. endişeli

- a) excited                      b) anxious                      c) bored                      d) interested

#### 18. seçenek, seçim

- a) change                      b) career                      c) chair                      d) choice

#### 19. rahatsız etmek

- a) decide                      b) warn                      c) disturb                      d) talk

#### 20. farkında olmak

- a) aware of                      b) deal with                      c) impact                      d) calm down

#### 21. tecrübe, deneyim

- a) expert                      b) experience                      c) success                      d) suggestion

#### 22. birbirine bağımlı

- a) independent                      b) depend on                      c) interdependent                      d) independence

#### 23. hayati, çok önemli

- a) terrible                      b) dependent                      c) different                      d) vital

#### 24. istikrarsız

- a) unstable                      b) stable                      c) confused                      d) sincere

#### 25. tedirgin

- a) comfortable                      b) bored                      c) agitated                      d) amused

#### 26. ertelemek

- a) cancel                      b) go on                      c) prepare                      d) postpone

**27. iyileşmek**

- a) recover                      b) recall                      c) rewrite                      d) repeat

**28. şehir merkezi**

- a) country                      b) town                      c) downtown                      d) village

**29. acil**

- a) stable                      b) urgent                      c) sincere                      d) relax

**30. boşa harcamak**

- a) spend                      b) call                      c) waste                      d) recover

**C. Write the adjectives in the correct box (10x2=20p.)**

**Desperate / Hopeful / Blunt / Amused / Calm / Nervous / Miserable / Sincere / Anxious / Excited**

<b>POSITIVE MOOD</b>	<b>NEGATIVE MOOD</b>

**D. Fill in the blanks using the adjectives (8x2.5=20p.)**

**sleepy / happy / upset / angry / shocked / bossy / confused / dizzy**

1. Sandra looks \_\_\_\_\_. Why don't we ask what has happened to her?
2. Your father seems to be \_\_\_\_\_. Does he have strict rules at home?
3. You look \_\_\_\_\_ during the classes. I suggest that you go to bed early at nights.
4. Since the accident, she hasn't spoken a word. She looks as if she is \_\_\_\_\_.
5. Your mother looks \_\_\_\_\_. I think she has got the job.
6. Are you feeling \_\_\_\_\_ again? I suggest you see a doctor in urgent. You shouldn't postpone this.
7. The competitor is \_\_\_\_\_. I think he will give a wrong answer.
8. Our teacher looks \_\_\_\_\_. We had better not ask him a question right now.

**ANSWER KEY**

**A. Choose the correct Turkish meaning (15x2=30p.)**

1. B
2. C
3. A
4. D
5. B
6. A
7. D
8. C
9. C
10. B
11. D
12. A
13. A
14. D
15. B

**B. Choose the correct English meaning (15x2=30p.)**

16. C
17. B
18. D
19. C
20. A
21. B
22. C
23. D
24. A
25. C
26. D
27. A
28. C
29. B
30. C

**C. Write the adjectives in the correct box (10x2=20p.)**

<b>POSITIVE MOOD</b>	<b>NEGATIVE MOOD</b>
Hopeful / Amused / Calm / Sincere / Excited	Desperate / Blunt / Nervous / Miserable / Anxious

**D. Fill in the blanks using the adjectives (8x2.5=20p.)**

1. UPSET
2. BOSSY
3. SLEEPY
4. SHOCKED
5. HAPPY
6. DIZZY
7. CONFUSED
8. ANGRY

## THEME 5 PSYCHOLOGY GRAMMAR

### MAKING SUGGESTIONS

#### 1. Let's do sth

Let's study together.

It is a nice day today. Let's go out and have a walk.

**Negatives:** Let's not stay at home.

Let's not study tonight.

#### 2. Shall we / I ...?

- A: Shall we go on a picnic at the weekend.

B: That's a good idea.

- A: Shall I help you?

B: Yes, please.

#### 3. Why don't / doesn't + subject...?

- A: Oh, I'm getting sleepy.

B: Why don't you go to bed?

- A: Brian has a terrible toothache.

B: Why doesn't he go to his dentist?

A: I suppose he is afraid of visiting the dentist.

#### 4. Would you like to V1 ...?

A: Would you like to go to an Italian restaurant tonight?

B: Yes, that would be great. I like Italian food.

#### 5. Do you fancy Ving ...?

A: Do you fancy going to the cinema tonight?

B: Oh that sounds like a good idea.

#### 6. What about Ving..?

A: What about going for a walk in the afternoon?

B: Yes, why not?

#### 7. How about Ving ...?

A: How about going swimming at the weekend?

B: That's a good idea. I love swimming.

#### 8. I suggest Ving ...?

I suggest visiting your grandparents.

I suggest going abroad to learn a language.

#### 9. I suggest somebody do something

I suggest you visit your grandparents

I suggest Ali go abroad to learn a language

**THEME 5 PSYCHOLOGY GRAMMAR WORKSHEET**

**A. Match the suggestions to their answers. (8x3=24p.)**

- |  |  |
|--|--|
| 1. Shall we watch the match in my house?         | a. Thanks for the advice, but I need money.            |
| 2. I think you should buy the red one.           | b. That's great! We can swim.                          |
| 3. Why don't we go to the cinema tonight?        | c. Oh no! I have a red jumper already.                 |
| 4. I don't think you should sell your house.     | d. OK. You should choose the movie.                    |
| 5. I suggest you take a taxi.                    | e. Yes, I should because it's too late.                |
| 6. Why don't you try these shoes on?             | f. I'm sorry, I can't. I have eaten something at home. |
| 7. Let's go to the Chinese restaurant!           | g. That suits me.                                      |
| 8. I'm off today. What about going to the beach? | h. I couldn't find my size.                            |

1. \_\_\_ 2. \_\_\_ 3. \_\_\_ 4. \_\_\_ 5. \_\_\_ 6. \_\_\_ 7. \_\_\_ 8. \_\_\_

**B. Read the situations and match them to an appropriate suggestion. (8x3=24p.)**

- |   |   |
|---|---|
| 1. The weather may be sunny tomorrow.                             | a. Shall I make a sandwich for you?         |
| 2. Your friend wants to lose some weight.                         | b. Why don't you call the customer service? |
| 3. Your friend has a problem with his credit card.                | c. Let's go swimming.                       |
| 4. Your friend doesn't know the answer to a question in the test. | d. Why don't you guess?                     |
| 5. Your friend may be tired.                                      | e. I suggest you see a doctor in urgent.    |
| 6. Your boss may call while I'm out.                              | f. Why don't you take a message for me?     |
| 7. You may not get better soon.                                   | g. Why don't you take a nap?                |
| 8. Your friend may be hungry.                                     | h. You should stop eating sweets.           |

1. \_\_\_ 2. \_\_\_ 3. \_\_\_ 4. \_\_\_ 5. \_\_\_ 6. \_\_\_ 7. \_\_\_ 8. \_\_\_

**C. Complete the sentences with suggestions by using 'suggest somebody do something.' and 'suggest doing something.' (8x4=32p.)**

**make a quick decision / get help from a psychologist / go home and have a rest / take a break  
waste your money / join a music club / stay at home and study / talk in a polite manner**

1. You seem to be confused. I suggest you not \_\_\_\_\_.
2. You have an important exam tomorrow. I suggest \_\_\_\_\_.
3. Your father looks as if he is angry. I suggest \_\_\_\_\_.
4. You look as if you feel sick. I suggest you \_\_\_\_\_.
5. You look depressed nowadays. I suggest \_\_\_\_\_.
6. You look tired. I suggest you \_\_\_\_\_.
7. You're interested in music. I suggest \_\_\_\_\_.
8. You worked hard and earned lots of money. I suggest you not \_\_\_\_\_.

**D. Make appropriate suggestions (5x4=20p.)**

1. Your friend never does his/ her homework \_\_\_\_\_
2. Your sister spends too much time on games \_\_\_\_\_
3. Your father wastes his money \_\_\_\_\_
4. Your mother looks sleepy during a day \_\_\_\_\_
5. Your friend is very fat \_\_\_\_\_



## ANSWER KEY

### A. Match the suggestions to their answers. (8x3=24p.)

1. G
2. C
3. D
4. A
5. E
6. H
7. F
8. B

### B. Read the situations and match them to an appropriate suggestion. (8x3=24p.)

1. C
2. H
3. B
4. D
5. G
6. F
7. E
8. A

### C. Complete the sentences with suggestions by using 'suggest somebody do something.' and 'suggest doing something.' (8x4=32p.)

1. make a quick decision
2. staying at home and studying
3. talking in a polite manner
4. go home and have a rest
5. getting help from a psychologist
6. take a break
7. joining in a music club
8. waste your money

### D. Make appropriate suggestions (5x4=20p.)

1. I suggest you study hard
2. I suggest not playing games too much
3. I suggest being careful with your money
4. I suggest you go to bed early
5. I suggest you go on a diet