

Psychology study

/,nɑːsɪ'sɪstɪk/ - nar-cis-sis-tic

narcissistic

(adjective) characteristic of those having an inflated idea of their own importance

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Optimist



The glass is
half full!

Pessimist



The glass is
half empty!

Chemist



The glass contains:
50% H₂O(l)
39% N₂(g)
10.5% O₂(g)
.44% Ar(g)
.06% CO₂(g)

Teenager problems

9. Sexual health – unplanned pregnancy and STIs

The development of secondary sexual characteristics during adolescence gives rise to new feelings in teenagers and pushes them to experiment with their bodies.

- Adolescence is the time when teens experience their first kiss, the intimate dance with their 'boyfriend' or 'girlfriend' and secret make out sessions.
- Without proper guidance, teenagers may become sexually active before they are ready. This could result in unwanted pregnancies. Unwanted pregnancy is the biggest risk that adolescent girls face.
- Unprotected sex can also lead to sexually transmitted diseases like HIV.



Solution:

- Have ‘the talk’ with your kids as they may already be learning about sexual health and reproduction at school. Your duty as a parent is to ensure that they understand the importance of safe sex.
- The hormonal changes in teenagers may make them act impulsively. Your teen may not like it but it is important that you talk to them about the consequences of unprotected sex and how it can change their life.
- Awareness is the only way to prevent early pregnancies and sexually transmitted infections (STIs) in adolescents.

10. Addiction to cyberspace



The advent of social media has changed the way we interact with each other. It has affected teenage lifestyles the most.

- Your teen may seem to spend hours on phone, texting, talking or simply playing.
- Adolescents addicted to the internet tend to have fewer friends and a less active social life. They lead solitary lives and are happy browsing the internet for hours. (2)

- Addiction to cyberspace also cuts short their physical activities, resulting in an unhealthy and sedentary lifestyle.
- Internet addiction adversely impacts academic performance.

Solution:

- Do not assume that your child is addicted to the internet just because he or she spends a lot of time in front of the computer. They could be doing more productive things on the system other than surfing the net.
- Do not say ‘no’ to the Internet. That will only make them adamant. Instead, talk about your concerns and help them work on other things that do not require a computer.
- You could use parental controls, but that may not be taken well by your teen – remember that they are not kids anymore. At the same time, they may also not have the judgment to make the right choices. So guide them as a parent, but never decide for them.
- Enroll them in activities that encourage them to interact with others. Have family activities that will make them want to spend less time at the computer.
- Have some cyber rules and boundaries for everybody at home. Limit the use of the mobile phone to a few hours in a day, and avoid bringing the phone to the bedroom as it is likely to affect a person’s sleep.

11. Aggression and violence

Aggression is especially a concern with adolescent boys. Young boys start to develop muscles, grow tall and have a coarser, manly voice. In addition to that, they are moody and vulnerable and can let others get under their skin.

- Adolescent boys can get into fights at school.
- Worse, they could start bullying others, which is a major problem that adolescent boys and girls have to deal with.
- Boys may fall into bad company and be drawn to acts of violence, vandalism, and aggression. They could be easily swayed to own or use a firearm or a weapon too.
- Impulse acts of violence can lead to serious consequences, including death. According to the WHO report, interpersonal violence causes around 180 adolescent deaths around the world.
- Teenage girls are likely to suffer violence or aggression by a partner.

Solution:

Children tend to imitate what they see at home. The following remedies for problems of adolescence will help abate aggression, violence and related issues.

- Teach your children to be kind and considerate. Nurturing relationships at home can help them become less aggressive.
- Prevent access to firearms and alcohol early to prevent violence.
- Teach them life skills and the importance of compassion. Lead them by being their model.

- Avoid exposing them to violent stories, games or movies at an age when they cannot differentiate between what is right and wrong.
- Make them try alternative ways, such as going for a run, doing yoga or using a punch bag, for venting out their anger. This way, they understand that it is alright to be angry but how they deal with it makes all the difference.

Anger Management Test - Abridged **10 questions**

- On your way home from work you stop at the shopping mall to pick up some dinner. As you walk past a restaurant you catch a glimpse of your partner with another woman/man. They are kissing publicly and very passionately. Up until this moment you believed your relationship was stable, loving, and committed – this is your soul mate, or so you thought.
1. How angry does that make you feel?

I don't feel angry at all.

I feel slightly annoyed.

I feel a little angry.

I feel moderately angry.

I feel very angry.

I feel furious.

2. You overhear a friend badmouthing you. How angry does that make you feel?

I don't feel angry at all.

I feel slightly annoyed.

I feel a little angry.

I feel moderately angry.

I feel very angry.

I feel furious.

3. Your friend persuades you to hire her/his cousin for a moving job. The guy turns out to be pretty clumsy – he even manages to drop a box labeled “fragile”, shattering your valuable wine glasses into hundreds of pieces. How angry does that make you feel?

I don't feel angry at all.

I feel slightly annoyed.

I feel a little angry.

I feel moderately angry.

I feel very angry.

I feel furious.

4. You have agreed to pick up some friends at the train station. They are

coming to stay with you for a month, and they are not light travelers!
You've arranged with your partner to have the car for the day. You are about to leave the house when you realize the car is outside but your partner has gone to work with the keys. How angry does that make you feel?

I don't feel angry at all.

I feel slightly annoyed.

I feel a little angry.

I feel moderately angry.

I feel very angry.

I feel furious.

5. At a karaoke night with friends, your partner pokes fun at your singing in front of your friends. You thought your voice was pretty good, but it looks like your so-called better half thinks you deserve two thumbs down. How angry does that make you feel?

I don't feel angry at all.

I feel slightly annoyed.

I feel a little angry.

I feel moderately angry.

I feel very angry.

I feel furious.

6. You've planted a garden in your backyard and are looking forward to reaping the fruit of your efforts. One day, you catch the neighbor's dog in action. With what looks like a delighted expression on his face, he lifts his leg and "waters" your plants. Your garden is ruined - who would want to eat contaminated produce? How angry does that make you feel?

I don't feel angry at all.

I feel slightly annoyed.

I feel a little angry.

I feel moderately angry.

I feel very angry.

I feel furious.

7. On your way home from work you stop at the bank to deposit a check. As you're standing in line patiently waiting your turn, you notice a little kid with a chocolate bar running around screaming. His mom seems to have no problem with it; she's actually beaming with pride! Next thing you know, the kid decides to run over to you and give you a big hug, smearing little chocolate handprints all over your pants. How angry does that make you feel?

I don't feel angry at all.

I feel slightly annoyed.

I feel a little angry.

I feel moderately angry.

I feel very angry.

I feel furious.

8. You and a friend decide to catch a weekend matinée. You're getting drawn into the story but the guy behind you keeps bumping the back of your seat whenever he changes position...and he seems to be getting more restless as the movie progresses. How angry does that make you feel?

I don't feel angry at all.

I feel slightly annoyed.

I feel a little angry.

I feel moderately angry.

I feel very angry.

I feel furious.

9. You are on your way home from a grueling conference. Your ticket states you have a direct flight home and should be landing at 7 p.m. You board your plane and, as soon as you're buckled in, there is an announcement that the flight has been re-routed. There will be an hour layover at another airport. Once you're on the ground for the layover however, the pilot comes back on the intercom and announces that the wait will be significantly longer than initially expected – 6 hours! How angry does that make you feel?

I don't feel angry at all.

I feel slightly annoyed.

I feel a little angry.

I feel moderately angry.

I feel very angry.

I feel furious.

10. You just left your mother's house following one of your semi-regular arguments. This time she said some things that hit below the belt and really hurt. You know this type of disagreement with her typically dissolves within a week, but what she said was pretty nasty (even if she didn't mean it)! How angry does that make you feel?

I don't feel angry at all.

I feel slightly annoyed.

I feel a little angry.

I feel moderately angry.

I feel very angry.

I feel furious.

To be continued

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