

Джонас Тичерман
*Английский разговорник для
подготовки к ЕГЭ*

Темы, лексика и составные вопросы с примерами ответов



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Английский разговорник для подготовки к ЕГЭ. Темы, лексика и составные вопросы с примерами ответов / Д. Тичерман —

Книга предназначена для подготовки к устной части ЕГЭ по английскому языку. В ней собраны тематические блоки с лексикой, составными вопросами, примерными ответами и упражнениями для закрепления знаний. Материал способствует развитию навыков устной речи, расширению словарного запаса и формированию уверенности при подготовке к экзамену. Практические задания направлены на систематическую самостоятельную работу учащихся.

Содержание

Введение	7
Личные качества и характер	8
Лексика	8
Интервью	10
Пример	11
Практика	12
Эмоции и настроение	13
Лексика	13
Интервью	15
Пример	16
Практика	17
Поведение и привычки	18
Лексика	18
Интервью	20
Пример	21
Практика	22
Друзья и отношения	23
Лексика	23
Интервью	25
Пример	26
Практика	27
Семья и родственники	28
Лексика	28
Интервью	30
Пример	31
Практика	32
Успех и достижения	33
Лексика	33
Интервью	35
Пример	36
Практика	37
Ошибки и неудачи	38
Лексика	38
Интервью	40
Пример	41
Практика	42
Страхи и хобби	43
Лексика	43
Интервью	45
Пример	46
Практика	47
Взаимодействие с другими	48
Лексика	48
Интервью	50
Пример	51
Практика	52

Мотивация и цели	53
Лексика	53
Интервью	55
Конец ознакомительного фрагмента.	56

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Введение

В современной образовательной системе и подготовке к экзаменам, таким как ЕГЭ по английскому языку, важным элементом является развитие навыков устной речи и расширение лексического запаса. Цель данной книги – предоставить учащимся структурированный материал, который поможет эффективно подготовиться к заданиям устной части экзамена.

Книга организована по тематическим блокам, каждый из которых включает ключевую лексику, составные вопросы для практики устной речи, примерные ответы и упражнения на закрепление материала. Такая структура позволяет не только усвоить словарный запас и грамматические конструкции, но и тренировать умение строить логичные и связные ответы на экзаменационные вопросы.

Все примеры и задания разработаны с учётом уровня подготовки старшеклассников и соответствуют требованиям экзаменационной программы. Практические упражнения включают разнообразные виды деятельности: от составления ответов до заполнения пропусков, что способствует формированию устойчивых навыков самостоятельной речи.

Использование данной книги позволит учащимся систематически развивать навыки устной коммуникации, повышать уровень лексической компетенции и формировать уверенность при подготовке к устной части экзамена по английскому языку.

Желаю успехов!

Личные качества и характер

Лексика

hardworking – трудолюбивый

She is hardworking and always completes tasks on time.

ambitious – амбициозный

He is ambitious and wants to become a successful entrepreneur.

reliable – надежный

My friend is reliable; I can always count on him.

responsible – ответственный

Being responsible means finishing your duties without reminders.

creative – креативный

A creative person often finds original solutions to problems.

patient – терпеливый

She is patient and listens carefully to others.

optimistic – оптимистичный

Optimistic people usually see the positive side of situations.

pessimistic – пессимистичный

He is pessimistic and often worries about the future.

honest – честный

Honest people rarely hide the truth.

loyal – верный

Loyal friends support each other in difficult times.

friendly – дружелюбный

A friendly attitude helps people make new friends.

confident – уверенный в себе

Confident people express their opinions without fear.

sociable – общительный

She is sociable and enjoys meeting new people.

shy – застенчивый

Shy students often avoid speaking in public.

generous – щедрый

Generous people like to help others without expecting anything.

curious – любопытный

Curious children ask many questions to learn more.

independent – независимый

Independent people make their own decisions.

energetic – энергичный

Energetic students participate in school activities actively.

thoughtful – заботливый, внимательный

Thoughtful people remember important dates and events.

creative thinker – креативный мыслитель

Creative thinkers often invent new methods for old problems.

open-minded – открытый к новому

Open-minded individuals accept different opinions.

caring – заботливый

Caring teachers pay attention to students' feelings.

ambitious learner – стремящийся к знаниям

Ambitious learners try to improve their skills every day.

hard to impress – трудно впечатляемый

He is hard to impress and does not praise lightly.

goal-oriented – целеустремленный

Goal-oriented people plan every step to reach success.

Интервью

Вопрос 1:

What personal qualities help people achieve success, and why are hardworking and goal-oriented individuals often respected? How can these qualities influence daily life and relationships?

Вопрос 2:

Why is honesty important in friendships and work? How do responsible and loyal people behave in difficult situations? What effects do these qualities have on social trust?

Вопрос 3:

How do confidence and sociability develop, and why might shy people struggle with communication? What can help them become more open-minded?

Вопрос 4:

Why do some people remain optimistic while others are pessimistic? How do patience and curiosity affect learning and problem-solving?

Вопрос 5:

How do creative and independent individuals approach challenges differently? Why is being caring and thoughtful valuable in teamwork? What combination of qualities makes a person successful in both study and work?

Пример

Ответ на Вопрос 1:

Hardworking and goal-oriented people achieve success because they plan their actions carefully and overcome difficulties. Hardworking behavior helps manage time effectively, while goal-oriented actions lead to measurable results. Reliable and ambitious individuals often inspire respect from colleagues and friends. These qualities also make daily life more organized and relationships stronger.

Ответ на Вопрос 2:

Honest people are trusted by others because they communicate clearly and keep promises. Responsible and loyal individuals complete their duties and support friends or colleagues in challenging times. Caring and thoughtful actions also strengthen connections between people. As a result, honesty, responsibility, and loyalty increase social trust and respect.

Ответ на Вопрос 3:

Confidence and sociability develop through practice and experience in social situations. Shy people may struggle with communication because they fear making mistakes or being judged. Exposure to new activities, curiosity, and interaction with different people help shy individuals become more open-minded. Over time, these efforts improve confidence and social skills.

Ответ на Вопрос 4:

Optimistic people focus on positive outcomes, while pessimistic individuals often expect difficulties. Patience allows people to persist through challenges, and curiosity encourages learning and exploration. Energetic and thoughtful behavior also contributes to finding effective solutions. Consequently, optimism, patience, and curiosity lead to personal growth and success.

Ответ на Вопрос 5:

Creative and independent people often invent original solutions and make decisions without relying on others. Caring and thoughtful individuals strengthen teamwork by supporting and understanding colleagues. Ambitious, goal-oriented, and reliable qualities also contribute to achieving results efficiently. The combination of creativity, independence, care, and ambition leads to success in study, work, and personal life.

Практика

Используй слова из лексики: hardworking, honest, reliable, shy, ambitious, caring, confident, open-minded

A _____ student always completes homework on time.

Being _____ is important in friendships and work relationships.

He is _____, so he rarely talks in public.

A _____ person tries to achieve their goals no matter what.

_____ people help others without expecting anything in return.

My colleague is very _____; I can count on him anytime.

_____ individuals accept different opinions and try new things.

_____ people express their opinions without fear.

Эмоции и настроение

Лексика

happy – счастливый

She feels happy when she spends time with friends.

sad – грустный

He felt sad after watching a touching movie.

excited – взволнованный, радостно взбудораженный

Children were excited about the school trip.

angry – злой, сердитый

She became angry when someone broke her favorite vase.

calm – спокойный

Meditation helps people feel calm and relaxed.

nervous – нервный

He was nervous before the important exam.

anxious – тревожный

Anxious people often worry about future events.

surprised – удивленный

She was surprised by the unexpected gift.

proud – гордый

Parents feel proud when their children succeed.

frustrated – расстроенный, раздраженный

He felt frustrated because he could not solve the problem.

relaxed – расслабленный

After the weekend, he felt relaxed and ready to work.

confused – смущенный, озадаченный

Students were confused by the difficult instructions.

grateful – благодарный

She felt grateful for the support of her friends.

jealous – завистливый

He was jealous when his colleague received praise.

bored – скучающий

Children feel bored when there is nothing interesting to do.

optimistic – оптимистичный

Optimistic people usually expect positive results.

pessimistic – пессимистичный

Pessimistic individuals often imagine negative outcomes.

energetic – энергичный

Energetic people face challenges actively and enthusiastically.

lonely – одинокий

He felt lonely after moving to a new city.

curious – любопытный

Curious children ask questions to understand the world.

joyful – радостный

The festival made everyone feel joyful.

disappointed – разочарованный

She was disappointed when the trip was canceled.

surly – сердитый, хмурый

He became surly after receiving bad news.

hopeful – полный надежды

People remain hopeful even during difficult times.

relieved – облегченный

He felt relieved after finishing the difficult task.

Интервью

Вопрос 1:

Which emotions are the most common in everyday life, and how do happy and sad feelings affect behavior? How can people manage strong emotions effectively?

Вопрос 2:

Why do nervous and anxious feelings appear before important events? How do calm and relaxed states help in learning and work?

Вопрос 3:

How do pride and gratitude influence relationships with family and friends? Why do jealousy and frustration sometimes lead to conflicts?

Вопрос 4:

What situations make people feel excited or surprised, and how do these emotions affect decision-making? How can curiosity and energy improve learning and creativity?

Вопрос 5:

How do disappointment and loneliness affect mental health? Why is remaining hopeful and relieved important in overcoming challenges? What combination of emotional qualities leads to a balanced mood?

Пример

Ответ на Вопрос 1:

Happy and sad emotions are common in daily life because they reflect experiences and events. Happy feelings increase motivation and improve social interactions, while sadness may lead to reflection and problem-solving. Energetic and joyful behavior helps people act positively despite difficulties. Managing strong emotions through calm and thoughtful actions allows better decision-making.

Ответ на Вопрос 2:

Nervous and anxious feelings appear before exams or presentations because people worry about outcomes. Calm and relaxed states improve focus and performance in learning and work. Patience and thoughtful preparation help reduce anxiety. As a result, individuals perform better when they manage emotions effectively.

Ответ на Вопрос 3:

Pride and gratitude strengthen relationships with family and friends because they express recognition and appreciation. Jealousy and frustration may create conflicts or misunderstandings. Caring and optimistic behavior supports harmony and understanding. Consequently, emotional intelligence helps maintain strong connections with others.

Ответ на Вопрос 4:

Excited and surprised feelings appear during unexpected events or enjoyable activities. These emotions increase attention and motivation but may lead to impulsive decisions. Curiosity and energetic behavior help people learn new things and solve problems creatively. Joyful and hopeful feelings also improve performance and relationships.

Ответ на Вопрос 5:

Disappointment and loneliness can negatively affect mental health and reduce motivation. Remaining hopeful and relieved allows people to recover from difficulties. Calm and optimistic behavior helps maintain balance and focus on goals. A combination of energy, patience, and gratitude leads to a stable and positive mood.

Практика

Используй слова из лексики: happy, sad, nervous, calm, excited, proud, jealous, relieved

She felt _____ when she received good news.

He was _____ after failing the test.

Students were _____ before the final exam.

Meditation helps people feel _____.

Children were _____ about the upcoming school trip.

Parents felt _____ after their child won the competition.

He became _____ when his friend received more attention.

She was _____ when the difficult task was completed.

Поведение и привычки

Лексика

punctual – пунктуальный

He is punctual and always arrives on time.

lazy – ленивый

Lazy people often postpone important tasks.

organized – организованный

Organized individuals plan their day carefully and manage time well.

disorganized – неорганизованный

Disorganized behavior can lead to mistakes and missed deadlines.

polite – вежливый

Polite people treat others with respect in all situations.

rude – грубый

Rude behavior often causes conflicts or misunderstandings.

friendly – дружелюбный

Friendly people easily make new acquaintances.

aggressive – агрессивный

Aggressive behavior can intimidate others and create tension.

cooperative – готовый к сотрудничеству

Cooperative individuals work well in teams.

independent – независимый

Independent people prefer making their own decisions.

habitual – привычный, привычка

Habitual actions can shape daily routines and long-term behavior.

careless – небрежный

Careless behavior often leads to accidents or mistakes.

helpful – полезный, готовый помочь

Helpful people assist others without expecting rewards.

impulsive – импульсивный

Impulsive individuals act without thinking and may regret decisions.

disciplined – дисциплинированный

Disciplined behavior helps achieve goals efficiently.

flexible – гибкий

Flexible people adapt to changes and unexpected situations.

selfish – эгоистичный

Selfish individuals think only about their own interests.

generous – щедрый

Generous people share time, resources, or knowledge willingly.

calm – спокойный

Calm behavior helps avoid conflicts and stressful situations.

curious – любопытный

Curious people explore new activities and learn continuously.

hardworking – трудолюбивый

Hardworking individuals complete tasks carefully and persistently.

careful – внимательный, осторожный

Careful people avoid risks and mistakes.

reliable – надежный

Reliable individuals can be trusted to fulfill responsibilities.

habitual learner – человек, делающий привычку учиться

Habitual learners practice skills regularly to improve performance.

self-controlled – самоконтролируемый

Self-controlled individuals manage impulses and emotions effectively.

goal-oriented – целеустремленный

Goal-oriented people plan actions to achieve specific objectives.

Интервью

Вопрос 1:

Which personal habits influence success, and why are disciplined and hardworking routines effective? How can organized and punctual behavior improve daily life?

Вопрос 2:

Why do impulsive or careless habits cause problems? How does self-controlled and careful behavior help prevent mistakes and conflicts?

Вопрос 3:

How do cooperative and friendly behavior affect teamwork and social relationships? Why can rude or aggressive actions create difficulties in communication?

Вопрос 4:

How do habitual learning and curiosity improve knowledge and skills? How do flexible and independent habits help people adapt to changes?

Вопрос 5:

Why do selfish and generous behavior influence social trust? How do goal-oriented and reliable habits contribute to long-term achievements? What combination of habits leads to successful personal and professional life?

Пример

Ответ на Вопрос 1:

Disciplined and hardworking routines help achieve success because they ensure regular progress and persistence. Organized and punctual behavior allows individuals to manage time efficiently and complete tasks on schedule. Reliable and goal-oriented habits increase productivity and respect from colleagues. As a result, these habits improve both personal and professional life.

Ответ на Вопрос 2:

Impulsive and careless behavior often leads to mistakes and missed opportunities. Self-controlled and careful habits help prevent errors and maintain stability. Calm and thoughtful actions reduce conflicts and stress. Consequently, people with these habits perform better and maintain positive relationships.

Ответ на Вопрос 3:

Cooperative and friendly behavior strengthens teamwork and creates positive social connections. Rude or aggressive actions can cause misunderstandings and tension. Helpful and polite behavior encourages collaboration and trust. Therefore, cooperation and friendliness are essential for effective communication.

Ответ на Вопрос 4:

Habitual learning and curiosity improve knowledge and skills over time. Flexible and independent habits allow individuals to adapt to new situations and solve problems creatively. Energetic and goal-oriented behavior also supports personal growth. Together, these habits lead to continuous improvement and success.

Ответ на Вопрос 5:

Selfish behavior may reduce trust, while generous actions strengthen relationships. Goal-oriented and reliable habits help achieve objectives efficiently and consistently. Disciplined, cooperative, and careful behavior contributes to long-term success. A combination of these habits ensures personal development and professional achievements.

Практика

Используй слова из лексики: disciplined, careless, friendly, impulsive, organized, generous, reliable, goal-oriented

He is very _____; he always finishes his tasks on time.

_____ behavior often causes mistakes or problems.

Friendly people are _____ and easy to approach.

Impulsive individuals act _____ without thinking about consequences.

Being _____ helps manage time and plan activities efficiently.

_____ people share resources and help others willingly.

A _____ colleague can always be trusted to complete responsibilities.

_____ habits allow people to achieve their objectives efficiently.

Друзья и отношения

Лексика

close friend – близкий друг

A close friend always supports and understands you.

best friend – лучший друг

My best friend and I share secrets and hobbies.

acquaintance – знакомый

An acquaintance is someone you know but do not spend much time with.

trustworthy – заслуживающий доверия

Trustworthy people keep promises and do not share secrets.

loyal – верный

Loyal friends stay by your side during difficult times.

supportive – поддерживающий

Supportive friends encourage and help each other in challenges.

friendly – дружелюбный

Friendly behavior helps people make new connections easily.

honest – честный

Honest friends speak the truth even if it is difficult.

jealous – завистливый

Jealous feelings can harm friendships and trust.

reliable – надежный

Reliable people can be counted on to help and fulfill promises.

caring – заботливый

Caring friends notice when someone is upset and offer help.

understanding – понимающий

Understanding friends listen and try to see situations from your point of view.

funny – забавный, веселый

Funny friends make people laugh and enjoy their company.

kind – добрый

Kind people treat others politely and generously.

generous – щедрый

Generous friends share time, resources, or advice willingly.

friendly atmosphere – дружелюбная атмосфера

A friendly atmosphere helps everyone feel comfortable in a group.

respectful – уважительный

Respectful friends value each other's opinions and feelings.

empathetic – эмпатичный

Empathetic people understand and share the feelings of others.

open-minded – открытый к новому

Open-minded friends accept different opinions and interests.

trust – доверие

Trust is the foundation of any strong relationship.

relationship – отношения

Healthy relationships require communication and understanding.

communication – общение

Good communication helps prevent conflicts and misunderstandings.

conflict – конфликт

Conflicts may appear but can be solved through discussion.

apologetic – извиняющийся

Being apologetic shows respect and care in friendships.

support network – поддерживающая сеть

A support network includes friends and family who provide help when needed.

Интервью

Вопрос 1:

What qualities make a friend trustworthy and loyal, and why are these traits important in strong friendships? How can caring and understanding behavior support relationships?

Вопрос 2:

Why is honesty essential in friendships, and how does communication prevent conflicts? How do respectful and empathetic actions improve relationships?

Вопрос 3:

How do jealousy and selfish behavior affect friendships? How can generosity and kindness strengthen bonds between friends?

Вопрос 4:

Why is a friendly atmosphere important in social groups, and how do funny or open-minded friends influence interactions? How can supportive friends help during challenges?

Вопрос 5:

How does trust form in relationships, and why is it crucial for a support network? How do reliable and apologetic habits help maintain long-term friendships? What combination of qualities creates balanced and healthy relationships?

Пример

Ответ на Вопрос 1:

Trustworthy and loyal friends create strong and lasting relationships because they keep promises and support others. Caring and understanding behavior helps friends feel valued and supported. Reliable and empathetic individuals strengthen trust and reduce misunderstandings. These qualities ensure that friendships remain meaningful and supportive.

Ответ на Вопрос 2:

Honesty is essential because it allows friends to communicate openly and prevents conflicts. Respectful and empathetic actions show that people value each other's feelings. Good communication also helps solve problems before they grow. As a result, honesty and empathy improve the quality of relationships.

Ответ на Вопрос 3:

Jealousy and selfish behavior can harm friendships by causing distrust or tension. Generosity and kindness help strengthen bonds and create positive experiences together. Friendly and supportive friends encourage cooperation and mutual respect. Consequently, caring and generous behavior maintains strong connections.

Ответ на Вопрос 4:

A friendly atmosphere makes social groups comfortable and welcoming. Funny or open-minded friends create enjoyable interactions and encourage others to participate. Supportive friends provide help during difficulties, making relationships stronger. Energetic and understanding behavior also improves communication and trust.

Ответ на Вопрос 5:

Trust is the foundation of strong relationships and forms through honesty and reliability. Reliable and apologetic habits show respect and responsibility in friendships. Supportive and caring behavior strengthens bonds and maintains long-term connections. The combination of trust, empathy, kindness, and reliability creates balanced and healthy relationships.

Практика

Используй слова из лексики: trustworthy, loyal, supportive, honest, jealous, generous, reliable, empathetic

A _____ friend always keeps promises and supports you.

_____ friends stay by your side in difficult times.

_____ behavior helps friends feel encouraged and valued.

_____ friends speak the truth even if it is difficult.

_____ feelings can harm friendships and trust.

_____ people share time and resources willingly.

A _____ colleague can always be counted on to help.

_____ friends understand and share the feelings of others.

Семья и родственники

Лексика

family – семья

Family provides support, love, and guidance in daily life.

parents – родители

Parents are responsible for raising children and teaching values.

mother – мать

A mother cares for her children and supports them emotionally.

father – отец

A father often provides guidance and protection for the family.

siblings – братья и сестры

Siblings share experiences, support each other, and sometimes compete.

brother – брат

A brother can be a friend, mentor, and supporter.

sister – сестра

A sister often provides advice and emotional support.

grandparents – бабушки и дедушки

Grandparents offer wisdom, care, and family traditions.

grandmother – бабушка

A grandmother often cooks, teaches traditions, and cares for grandchildren.

grandfather – дедушка

A grandfather shares stories, advice, and family history.

uncle – дядя

An uncle can be a mentor or a fun companion in family events.

aunt – тётя

An aunt provides guidance, support, and sometimes companionship.

cousin – двоюродный брат/сестра

Cousins often grow up together and maintain friendly relationships.

relative – родственник

Relatives include all members of an extended family.

married – женатый/замужняя

Married couples share responsibilities and support each other.

divorced – разведённый

Divorced parents manage separate households while caring for children.

single parent – родитель-одиночка

A single parent raises children and manages family duties alone.

stepfamily – неполная семья

Stepfamilies include children or parents from previous relationships.

close-knit family – сплочённая семья

A close-knit family supports each other emotionally and socially.

family bond – семейная связь

Strong family bonds create trust, support, and love between members.

respect – уважение

Respect in a family ensures harmony and understanding.

communication – общение

Good communication helps solve problems and strengthen relationships.

support – поддержка

Family support provides help in difficult situations.

trust – доверие

Trust allows family members to rely on each other.

shared responsibilities – совместные обязанности

Shared responsibilities make family life organized and fair.

love – любовь

Love is the foundation of all family relationships.

Интервью

Вопрос 1:

What qualities create a close-knit family, and why are love and trust important in family relationships? How do shared responsibilities improve family life?

Вопрос 2:

How do parents and grandparents influence the upbringing of children? How do guidance and support from family members shape personality and values?

Вопрос 3:

Why is communication essential in families, and how can respect prevent conflicts? How does support from siblings, aunts, and uncles improve relationships?

Вопрос 4:

How do stepfamilies or single-parent families manage responsibilities and maintain harmony? How do married or divorced parents handle challenges in raising children?

Вопрос 5:

How do family bonds and love affect emotional well-being? Why is trust important for maintaining relationships with relatives? What combination of family qualities creates a healthy and supportive environment?

Пример

Ответ на Вопрос 1:

Love and trust create a close-knit family because members feel safe and valued. Shared responsibilities help family life stay organized and fair. Caring and respectful behavior strengthens emotional connections. Strong bonds and support allow families to overcome challenges together.

Ответ на Вопрос 2:

Parents and grandparents influence children through guidance, support, and teaching values. Their advice and attention shape personality, habits, and attitudes. Caring and understanding family members create confidence and stability. Consequently, children develop positive behaviors and strong family connections.

Ответ на Вопрос 3:

Communication prevents misunderstandings and solves conflicts in families. Respectful behavior shows appreciation and strengthens trust. Support from siblings, aunts, and uncles helps individuals feel valued and connected. Loving and empathetic actions improve relationships and family harmony.

Ответ на Вопрос 4:

Stepfamilies and single-parent families manage responsibilities by organizing schedules and sharing duties. Married and divorced parents face challenges but provide guidance and support to children. Understanding and cooperative behavior strengthens relationships and ensures stability. Flexible and patient actions help maintain harmony.

Ответ на Вопрос 5:

Family bonds and love enhance emotional well-being and create a safe environment. Trust allows members to rely on each other in difficult situations. Respectful, supportive, and caring actions maintain strong connections. A combination of love, trust, communication, and shared responsibilities ensures a healthy and happy family.

Практика

Используй слова из лексики: love, trust, supportive, respectful, communication, siblings, close-knit, shared responsibilities

- A _____ family helps each member feel safe and valued.
_____ between parents and children strengthens relationships.
_____ actions provide help during difficult times.
_____ behavior prevents conflicts and shows appreciation.
Good _____ solves problems and improves family harmony.
_____ often share experiences, support each other, and grow together.
A _____ family overcomes challenges and stays emotionally connected.
_____ make family life organized and fair.

Успех и достижения

Лексика

success – успех

Success comes from hard work, dedication, and persistence.

achievement – достижение

An achievement is a goal or task that a person completes successfully.

goal – цель

Setting clear goals helps people focus on what they want to achieve.

ambition – амбиции

Ambition motivates individuals to work hard and improve skills.

determination – решимость

Determination helps overcome obstacles and continue efforts.

perseverance – упорство

Perseverance allows people to keep trying despite difficulties.

motivation – мотивация

Motivation encourages people to act and reach objectives.

self-discipline – самодисциплина

Self-discipline helps individuals follow plans and avoid distractions.

hardworking – трудолюбивый

Hardworking people complete tasks carefully and persistently.

dedication – преданность

Dedication involves commitment to a goal or project.

focus – концентрация

Focus allows individuals to work efficiently and avoid mistakes.

resilience – стойкость

Resilience helps people recover after failures or setbacks.

confidence – уверенность

Confidence allows individuals to take risks and make decisions.

teamwork – командная работа

Teamwork combines skills and efforts to achieve shared objectives.

leadership – лидерство

Leadership involves guiding, inspiring, and motivating others.

initiative – инициатива

Taking initiative means acting without waiting for instructions.

problem-solving – решение проблем

Problem-solving helps overcome challenges and achieve goals.

achievement-oriented – ориентированный на достижения

Achievement-oriented people set goals and work consistently to reach them.

goal-oriented – целеустремлённый

Goal-oriented individuals focus on results and follow plans.

reward – награда

Rewards motivate individuals to continue efforts and recognize accomplishments.

success story – история успеха

A success story shows how someone achieved important goals.

personal growth – личностный рост

Personal growth happens through learning, experience, and reflection.

recognition – признание

Recognition acknowledges achievements and contributions.

challenge – вызов

Challenges test skills and determination.

opportunity – возможность

Opportunities allow individuals to demonstrate abilities and succeed.

risk – риск

Taking risks can lead to success or failure, depending on decisions.

Интервью

Вопрос 1:

What personal qualities contribute most to success, and why are hardworking and goal-oriented individuals often successful? How do determination and perseverance influence achievements?

Вопрос 2:

How do motivation, self-discipline, and focus help in reaching goals? Why is confidence important in taking risks and making decisions?

Вопрос 3:

How do teamwork and leadership improve results in achieving shared objectives? How does taking initiative influence personal and professional growth?

Вопрос 4:

Why are problem-solving skills and resilience important in facing challenges? How do reward and recognition affect motivation and future success?

Вопрос 5:

How does ambition and achievement-oriented behavior drive personal growth? How do opportunities and risks affect success? What combination of qualities ensures long-term achievements?

Пример

Ответ на Вопрос 1:

Hardworking and goal-oriented individuals often achieve success because they plan carefully and persist through difficulties. Determination and perseverance help overcome obstacles and continue efforts even when results are slow. Dedication and focus improve performance and increase the chance of reaching objectives. As a result, these qualities directly influence achievements and personal growth.

Ответ на Вопрос 2:

Motivation, self-discipline, and focus guide individuals toward their goals efficiently. Confidence allows people to take risks and make decisions that lead to opportunities. Hardworking and achievement-oriented behavior increases the likelihood of success. Together, these qualities support consistent progress and measurable results.

Ответ на Вопрос 3:

Teamwork and leadership improve results by combining skills and inspiring others to contribute. Taking initiative demonstrates responsibility and encourages personal development. Collaborative and goal-oriented behavior creates effective strategies for achieving objectives. Consequently, leadership and teamwork skills enhance both individual and group success.

Ответ на Вопрос 4:

Problem-solving and resilience are essential for overcoming challenges and setbacks. Rewards and recognition provide motivation and reinforce positive actions. Perseverance and confidence help individuals continue efforts despite difficulties. As a result, effective problem-solving and resilience contribute to long-term achievements.

Ответ на Вопрос 5:

Ambition and achievement-oriented behavior drive individuals to set higher goals and strive for improvement. Opportunities and risks allow people to test skills and demonstrate abilities. Dedication, focus, and self-discipline ensure consistent progress. The combination of ambition, perseverance, confidence, and resilience leads to lasting success.

Практика

Используй слова из лексики: goal, ambition, determination, perseverance, motivation, confidence, teamwork, resilience

Setting a clear _____ helps focus on achieving results.

Strong _____ motivates people to improve skills and work hard.

_____ allows individuals to continue efforts despite obstacles.

_____ helps maintain consistent actions toward objectives.

_____ encourages individuals to act and reach their goals.

_____ allows taking risks and making important decisions.

_____ combines skills and efforts to achieve shared objectives.

_____ helps recover from failures and continue pursuing success.

Ошибки и неудачи

Лексика

mistake – ошибка

A mistake is an action or decision that is incorrect or causes problems.

failure – неудача

Failure occurs when an attempt does not achieve the desired result.

lesson – урок

Mistakes and failures provide important lessons for personal growth.

experience – опыт

Experience gained from mistakes helps make better decisions in the future.

resilience – стойкость

Resilience allows people to recover quickly after setbacks.

perseverance – упорство

Perseverance helps continue efforts despite failures or difficulties.

reflection – размышление

Reflection helps understand causes of mistakes and improve behavior.

problem-solving – решение проблем

Problem-solving skills help correct errors and prevent future mistakes.

adaptability – адаптивность

Adaptability allows adjusting strategies after failures or challenges.

risk – риск

Taking risks may lead to mistakes but also to valuable learning opportunities.

learning curve – кривая обучения

A learning curve shows how skills improve over time with experience.

feedback – обратная связь

Feedback helps recognize errors and identify areas for improvement.

self-improvement – самосовершенствование

Self-improvement involves correcting mistakes and developing skills.

accountability – ответственность

Accountability means taking responsibility for one's actions and errors.

patience – терпение

Patience helps overcome difficulties and continue learning from failures.

humility – смирение

Humility allows accepting mistakes without defensiveness.

optimism – оптимизм

Optimism helps maintain motivation after failures.

courage – смелость

Courage allows facing mistakes and trying again.

problem-solving approach – подход к решению проблем

A problem-solving approach helps analyze errors and find solutions.

adapt – адаптироваться

Learning to adapt after mistakes improves performance and resilience.

critical thinking – критическое мышление

Critical thinking helps analyze mistakes and prevent repeated errors.

growth mindset – установка на рост

A growth mindset views mistakes as opportunities for learning.

overcome – преодолевать

Overcoming failures requires reflection, resilience, and perseverance.

self-reflection – самоанализ

Self-reflection helps identify weaknesses and improve skills.

adjustment – корректировка

Adjustment of strategies after failure improves results in future attempts.

Интервью

Вопрос 1:

Why are mistakes and failures important for personal growth, and how do lessons and experience help prevent repeated errors? How do reflection and self-improvement influence learning?

Вопрос 2:

How do resilience, perseverance, and patience help people overcome failures? Why is optimism essential after setbacks, and how does courage support trying again?

Вопрос 3:

How does accountability improve problem-solving and personal responsibility? How do critical thinking and a problem-solving approach reduce the risk of future mistakes?

Вопрос 4:

Why is adaptability important after failures, and how does adjustment of strategies improve results? How does feedback from others help identify weaknesses and opportunities?

Вопрос 5:

How does a growth mindset affect reactions to mistakes and failures? How do self-reflection and learning curves contribute to skill development? What combination of qualities ensures progress and success despite setbacks?

Пример

Ответ на Вопрос 1:

Mistakes and failures are important because they provide lessons and experience. Reflection and self-improvement help understand what went wrong and how to act differently next time. Learning from errors ensures better decisions and stronger personal growth. Perseverance and adaptability make these lessons more effective.

Ответ на Вопрос 2:

Resilience, perseverance, and patience allow people to continue efforts after failures. Optimism maintains motivation, while courage encourages trying again despite risks. Determination and a positive mindset help overcome difficulties and improve future results. These qualities turn failures into opportunities for growth.

Ответ на Вопрос 3:

Accountability improves problem-solving by encouraging responsibility for actions. Critical thinking and a problem-solving approach help analyze mistakes and prevent repetition. Self-reflection ensures that errors are recognized and strategies adjusted. Together, these habits reduce the risk of future mistakes.

Ответ на Вопрос 4:

Adaptability allows adjusting actions after failures, and strategy adjustment improves future results. Feedback from teachers, mentors, or peers identifies weaknesses and opportunities for improvement. Reflective and flexible behavior ensures continuous learning. Corrective actions strengthen skills and prevent repeated errors.

Ответ на Вопрос 5:

A growth mindset views mistakes as learning opportunities rather than failures. Self-reflection and awareness of the learning curve help improve skills gradually. Resilience, optimism, and critical thinking allow overcoming setbacks. Combining these qualities ensures consistent progress and long-term success despite challenges.

Практика

Используй слова из лексики: mistake, failure, resilience, perseverance, reflection, adaptability, courage, self-improvement

Learning from a _____ helps improve future decisions.

Experiencing _____ teaches valuable lessons about effort and preparation.

_____ allows recovering quickly and continuing to try.

_____ helps maintain efforts despite difficulties.

_____ helps understand why a mistake happened and how to act differently.

_____ allows adjusting strategies after problems or failures.

_____ encourages trying again after setbacks.

_____ is the process of correcting errors and developing skills.

Страхи и хобби

Лексика

fear – страх

Fear is an emotional response to danger or uncertainty.

phobia – фобия

A phobia is an intense and irrational fear of something specific.

anxiety – тревога

Anxiety is a feeling of worry or nervousness about future events.

courage – смелость

Courage allows people to face fears despite uncertainty or danger.

stress – стресс

Stress is a physical or emotional reaction to challenging situations.

overcome – преодолевать

To overcome fear means to face it and reduce its impact.

relaxation – расслабление

Relaxation techniques help reduce stress and anxiety.

hobby – хобби

A hobby is an activity done for pleasure and relaxation.

interest – интерес

Interest motivates people to spend time learning or doing something enjoyable.

passion – страсть

Passion is a strong enthusiasm for a particular activity or subject.

creativity – креативность

Creativity allows people to explore ideas and create something new.

discipline – дисциплина

Discipline helps maintain regular practice and improve skills.

relief – облегчение

Relief is the feeling after fear or stress is reduced.

adventure – приключение

Adventure activities are exciting and sometimes challenging.

challenge – вызов

A challenge tests abilities and encourages growth.

entertainment – развлечение

Entertainment activities provide enjoyment and relaxation.

learning – обучение

Learning new skills can be a hobby and a personal growth opportunity.

exploration – исследование

Exploration involves discovering new places, ideas, or experiences.

team activity – командная деятельность

Team activities allow social interaction and cooperation while enjoying hobbies.

individual activity – индивидуальная деятельность

Individual activities focus on personal interests and skills.

relax – расслабляться

Relaxing hobbies help reduce stress and improve mental health.

confidence – уверенность

Confidence increases when someone succeeds in facing fears or mastering a hobby.

social interaction – социальное взаимодействие

Social interaction during hobbies helps develop communication and relationships.

goal – цель

Setting goals in hobbies or challenges improves focus and motivation.

adrenaline – адреналин

Adrenaline is released during exciting or frightening activities.

self-improvement – самосовершенствование

Hobbies and challenges contribute to self-improvement and personal growth.

Интервью

Вопрос 1:

What common fears do people have, and why does courage help overcome them? How do anxiety and stress affect daily life, and how can relaxation reduce these feelings?

Вопрос 2:

How do hobbies help reduce fear, stress, and anxiety? How does interest and passion improve motivation to continue activities?

Вопрос 3:

Why are creativity and discipline important in hobbies? How do challenges and adventure activities help develop skills and confidence?

Вопрос 4:

How do team and individual activities differ, and what are the benefits of each? How does social interaction in hobbies improve communication and relationships?

Вопрос 5:

How does overcoming fears through hobbies contribute to self-improvement? How do goals, exploration, and learning increase personal growth? What combination of qualities ensures enjoyment and development in hobbies?

Пример

Ответ на Вопрос 1:

Common fears include fear of heights, speaking in public, or failure. Courage allows people to face fears and gradually reduce their impact. Anxiety and stress can affect daily life, but relaxation techniques, such as deep breathing or meditation, help calm the mind and improve focus. Overcoming fear leads to relief and confidence.

Ответ на Вопрос 2:

Hobbies reduce stress and anxiety because they provide enjoyment and relaxation. Interest and passion increase motivation to practice and improve skills. Engaging in hobbies also helps focus attention away from worries. As a result, hobbies improve both mental health and personal satisfaction.

Ответ на Вопрос 3:

Creativity and discipline are important for skill development in hobbies. Challenges and adventure activities push limits and increase confidence. Discipline ensures regular practice, while creativity encourages innovation. Facing challenges with courage develops resilience and personal growth.

Ответ на Вопрос 4:

Team activities encourage cooperation, communication, and social interaction. Individual activities allow focus on personal interests and self-improvement. Both types of activities contribute to enjoyment, skill development, and confidence. Social interaction in hobbies strengthens relationships and emotional support.

Ответ на Вопрос 5:

Overcoming fears through hobbies contributes to self-improvement by increasing courage and resilience. Goals, exploration, and learning enhance skills and broaden experience. Passion, discipline, and creativity ensure continuous development. Combining these qualities allows enjoyment, personal growth, and confidence in facing challenges.

Практика

Используй слова из лексики: fear, courage, stress, hobby, passion, creativity, challenge, confidence

Many people have a _____ of public speaking.

_____ helps face fears and try new activities.

_____ can affect health and focus in daily life.

A favorite _____ provides relaxation and enjoyment.

Strong _____ motivates people to improve skills in a hobby.

_____ allows finding new ideas and solutions in activities.

Taking a difficult task is a _____ that develops abilities.

Success in hobbies increases _____ and self-assurance.

Взаимодействие с другими

Лексика

communication – общение

Communication is the process of exchanging information and ideas with others.

conversation – разговор

A conversation allows sharing opinions, feelings, and information.

collaboration – сотрудничество

Collaboration is working together to achieve shared goals.

teamwork – командная работа

Teamwork combines skills and efforts to complete tasks efficiently.

listening – слушание

Active listening helps understand others and respond appropriately.

empathy – эмпатия

Empathy is the ability to understand and share another person's feelings.

respect – уважение

Respect for others ensures positive and productive interactions.

conflict – конфликт

Conflicts arise when opinions, interests, or goals differ.

negotiation – переговоры

Negotiation helps resolve disagreements and reach agreements.

compromise – компромисс

Compromise involves finding a solution that satisfies all parties.

assertiveness – уверенность

Assertiveness allows expressing opinions and needs respectfully.

cooperation – сотрудничество

Cooperation improves relationships and efficiency in joint tasks.

understanding – понимание

Understanding others' perspectives strengthens communication and trust.

support – поддержка

Offering support helps build positive relationships and trust.

feedback – обратная связь

Feedback allows improving actions, behavior, or performance.

body language – язык тела

Body language communicates emotions and intentions non-verbally.

adaptability – адаптивность

Adaptability allows adjusting behavior in different social situations.

patience – терпение

Patience helps manage misunderstandings and conflicts calmly.

trust – доверие

Trust is the foundation of strong and lasting relationships.

team member – член команды

A team member contributes skills, effort, and cooperation to the group.

active participation – активное участие

Active participation ensures engagement and effective collaboration.

problem-solving – решение проблем

Problem-solving is essential to overcome obstacles in joint activities.

social skills – социальные навыки

Social skills help interact effectively with different people.

listening skills – навыки слушания

Listening skills improve understanding and reduce miscommunication.

group dynamics – динамика группы

Group dynamics influence how people interact and achieve objectives.

mutual respect – взаимное уважение

Mutual respect creates a positive and productive environment.

clear communication – ясное общение

Clear communication prevents misunderstandings and errors.

Интервью

Вопрос 1:

Why is communication important in interactions, and how do listening and empathy improve understanding? How does respect contribute to positive relationships?

Вопрос 2:

How do teamwork and collaboration help achieve shared goals? How do active participation and cooperation influence group performance?

Вопрос 3:

Why do conflicts appear, and how can negotiation and compromise resolve disagreements? How do assertiveness and patience improve problem-solving in groups?

Вопрос 4:

How do feedback, body language, and social skills affect interactions? How does adaptability help adjust to different social situations?

Вопрос 5:

Why is trust essential in relationships, and how do mutual respect and understanding strengthen bonds? How do clear communication and group dynamics ensure effective collaboration? What combination of qualities leads to successful interaction with others?

Пример

Ответ на Вопрос 1:

Communication is essential because it allows sharing ideas, feelings, and information. Listening and empathy help understand others' perspectives and respond appropriately. Respect ensures positive interactions and trust. Together, these qualities create effective and harmonious relationships.

Ответ на Вопрос 2:

Teamwork and collaboration improve efficiency and help achieve shared goals. Active participation and cooperation ensure that everyone contributes skills and effort. Understanding and supportive behavior strengthens group performance and success. These qualities make joint tasks productive and enjoyable.

Ответ на Вопрос 3:

Conflicts appear when opinions or interests differ. Negotiation and compromise help resolve disagreements fairly. Assertiveness allows expressing needs respectfully, while patience helps manage misunderstandings. These skills improve problem-solving and group harmony.

Ответ на Вопрос 4:

Feedback, body language, and social skills influence how people perceive and respond to interactions. Adaptability allows adjusting behavior according to the situation. Clear communication and empathy improve understanding and reduce errors. As a result, interactions become more effective and productive.

Ответ на Вопрос 5:

Trust is essential because it creates reliability and cooperation in relationships. Mutual respect and understanding strengthen bonds and ensure positive interactions. Clear communication and awareness of group dynamics support effective collaboration. Combining empathy, respect, patience, and adaptability leads to successful interaction with others.

Практика

Используй слова из лексики: communication, empathy, teamwork, collaboration, patience, feedback, trust, cooperation

Effective _____ helps share ideas and reduce misunderstandings.

_____ allows understanding others' feelings and perspectives.

_____ improves group performance and achieves shared goals.

_____ ensures everyone contributes to joint tasks.

_____ helps manage conflicts calmly and respectfully.

_____ identifies areas for improvement and strengthens relationships.

Strong _____ forms the basis of reliable and lasting relationships.

_____ increases efficiency and harmony in interactions.

Мотивация и цели

Лексика

motivation – мотивация

Motivation is the internal drive to act and achieve objectives.

goal – цель

A goal is a specific target that a person aims to reach.

ambition – амбиции

Ambition pushes people to pursue challenging objectives and personal growth.

determination – решимость

Determination helps maintain effort despite difficulties or setbacks.

perseverance – упорство

Perseverance ensures consistent action toward achieving goals.

focus – концентрация

Focus allows individuals to concentrate on priorities and avoid distractions.

self-discipline – самодисциплина

Self-discipline helps maintain routines and work steadily toward objectives.

achievement – достижение

Achievement is the successful completion of a goal or task.

reward – награда

A reward motivates individuals to continue pursuing goals.

progress – прогресс

Progress shows the advancement toward goals and motivates further effort.

planning – планирование

Planning helps organize actions and resources to achieve objectives.

priorities – приоритеты

Priorities help decide which tasks or goals require more attention.

confidence – уверенность

Confidence allows taking risks and believing in the ability to succeed.

success – успех

Success results from effort, perseverance, and achieving set goals.

challenge – вызов

A challenge tests abilities and motivates personal growth.

opportunity – возможность

Opportunities allow demonstrating skills and reaching goals.

personal growth – личностный рост

Personal growth occurs when pursuing meaningful goals and learning from experiences.

time management – управление временем

Time management helps allocate resources effectively to achieve objectives.

motivate – мотивировать

To motivate means to encourage action toward a goal.

inspiration – вдохновение

Inspiration sparks ideas and encourages action.

goal-oriented – целеустремлённый

Goal-oriented individuals focus on results and plan steps carefully.

ambitious – амбициозный

Ambitious people set high goals and work hard to achieve them.

commitment – приверженность

Commitment ensures dedication to achieving objectives.

strategy – стратегия

A strategy outlines the plan and steps to reach goals efficiently.

mindset – мышление

A growth mindset sees challenges as opportunities for learning and development.

vision – видение

Vision is a clear idea of what someone wants to achieve in the future.

success story – история успеха

A success story shows how someone achieved significant goals through effort and strategy.

Интервью

Вопрос 1:

Why is motivation important for achieving goals, and how do ambition and determination influence progress? How does focus help maintain direction toward objectives?

Вопрос 2:

How do self-discipline, planning, and priorities improve efficiency in achieving goals? How does confidence contribute to taking risks and overcoming challenges?

Вопрос 3:

How do rewards, progress, and inspiration affect motivation? How does a growth mindset help in facing obstacles and learning from experiences?

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