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# PSYCHOLOGY VOCABULARY in Use

Angielski w psychologii



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# UNIT 1.

## THE BRAIN



### THE BRAIN AND ITS FUNCTION

#### Did you know that your brain

- is the size of a small cauliflower?
- weighs about 1.5 kilograms?
- is 80% water?
- consists of (probably) 100 billion neurons?

#### Did you know that it takes your brain about

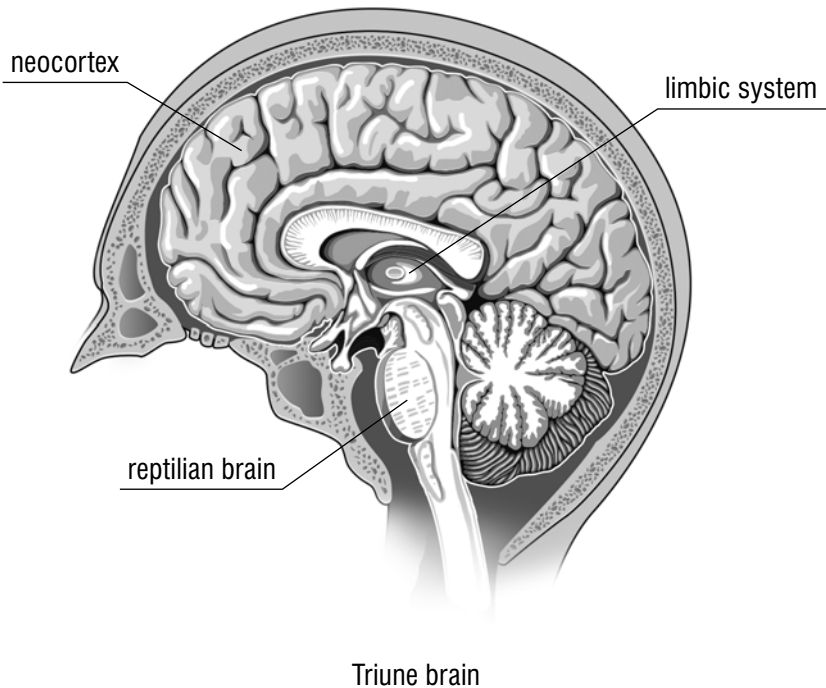
- 1/10,000th of a second to respond to a stimulus?
- 90 seconds to decide whether you like someone or not?
- 20 minutes to realise that you feel full?
- 0.1 to 0.3 seconds to recognise familiar music?

The brain is the most complex and the least understood organ in the body. While we've learned a lot about it, much of what we assume "we have always known" wasn't actually discovered until quite recently. Take dopamine, an important neurotransmitter, for example. Until the 1950s, scientists thought it had little significance. And how about the hippocampus? Up until the 1950s, its exact function remained unknown. Similarly, no distinction had been made between different memory systems. When you think about it, you may realise that these remarkable discoveries were made in your grandparents' or even parents' day!

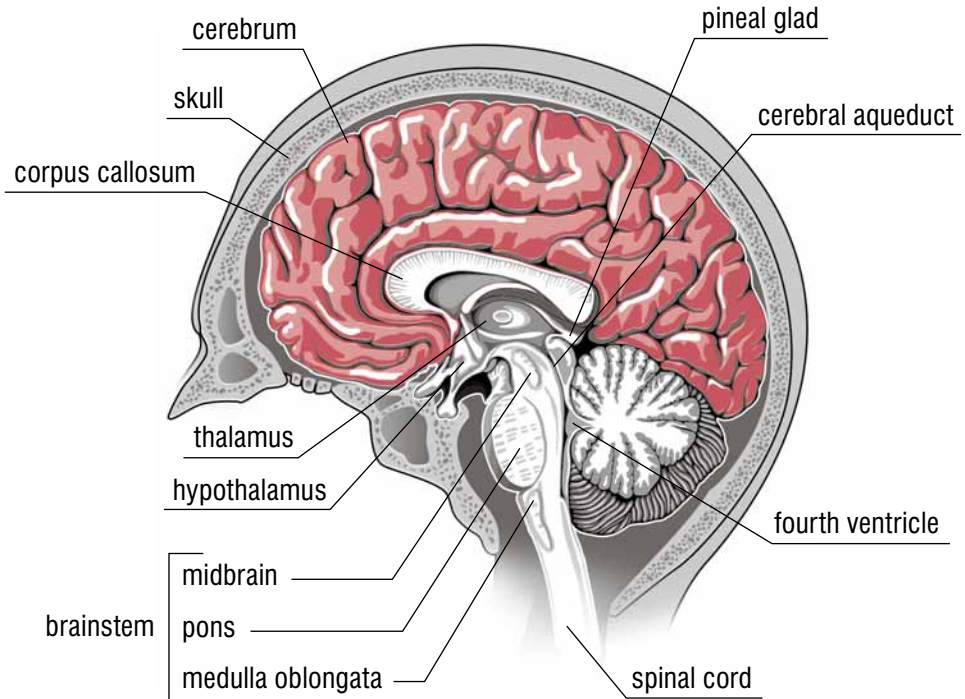
Neuroscience is a fast-developing field, but despite new discoveries, we still have a long way to go. We may learn how to effectively treat brain diseases, including mental and neurodegenerative disorders, when we ever get there.



## The architecture of the human brain



Over the course of evolution, the human brain has tripled in size and developed three distinctive layers. The **reptilian brain** (brainstem, cerebellum and basal ganglia) evolved first. It has the most basic functions, such as breathing, heart rate, swallowing and balance. The **limbic system** (consisting of a set of brain structures associated with memory, emotions and arousal, such as the thalamus, hypothalamus, hippocampus, amygdala and olfactory bulbs) developed next. The **neocortex** was the last to develop. It is involved in higher brain functions, such as language, thought, attention, imagination and consciousness.



Parts of the brain

The brain is a delicate organ protected from injury by the **skull**, **meninges** and cerebrospinal fluid flowing from four ventricles. It comprises the cerebrum, the cerebellum and the brainstem. There are two main types of cells: **glial cells** and **nerve cells**, also called **neurons**, which form the nervous system. Glial cells are supporting cells that provide neurons with nutrients, protection and physical support. Neurons are considered the most important cells in the brain. They are each connected by synapses to thousands of other neurons, forming neural networks.

The **cerebrum** is the largest portion of the human brain. It consists of the **cerebral cortex** (also known as **grey matter**) and several subcortical structures, including the **amygdala**, the **hippocampus**, the **thalamus**, the **hypothalamus** and the **olfactory bulbs**.

Another group of subcortical structures is the basal ganglia. The **basal ganglia** (hidden underneath the cortex) are involved in controlling and executing movement, procedural learning and habit formation.

The cerebrum is divided into two hemispheres joined together by the **corpus callosum**. The right hemisphere controls the left side of the body, and the left hemisphere controls the right side. The hemispheres are in turn divided into four **lobes**: **frontal**, **parietal**, **occipital** and **temporal**.

Deep within the brain lie four large cavities called **ventricles**. They are filled with **cerebrospinal fluid**, which provides protection to the brain, nutrients and waste removal.

**The cerebellum** (the little brain) lies at the back of the brain and like the cerebrum has two hemispheres that are connected by the **vermis**. The cerebellum is essential for the regulation of posture and movement.

The **brainstem**, the part of the brain with the longest ancestry, is made of the **midbrain**, the **pons** and the **medulla oblongata**.

## Exercise 1

**Choose the correct answer.**

1. Which of the following is the oldest region of the brain?
  - a) brainstem
  - b) limbic system
  - c) cerebrum
  - d) cerebral cortex
2. Which of the following brain structures is not located in the limbic system?
  - a) hypothalamus
  - b) pons
  - c) amygdala
  - d) hippocampus
3. Which of the following is a set of structures associated with movement?
  - a) basal ganglia
  - b) brainstem
  - c) cerebellum
  - d) limbic system

4. Which of the following is a set of structures associated with procedural learning?
  - a) brainstem
  - b) basal ganglia
  - c) limbic system
  - d) cerebellum
5. Which of the following parts of the brain enables communication between the left and right hemispheres?
  - a) cerebral aqueduct
  - b) midbrain
  - c) corpus callosum
  - d) vermis
6. Which of the following is a set of structures associated with emotions and memory?
  - a) limbic system
  - b) basal ganglia
  - c) hippocampus
  - d) brainstem
7. Which of the following is true for ventricles?
  - a) There is cerebrospinal fluid in them.
  - b) They are located in large cavities.
  - c) They cleanse the brain of toxins.
  - d) They protect the brain from mechanical injury.
8. Which side of the body is affected if a person suffers a stroke in the brain's left hemisphere?
  - a) left
  - b) right
  - c) either

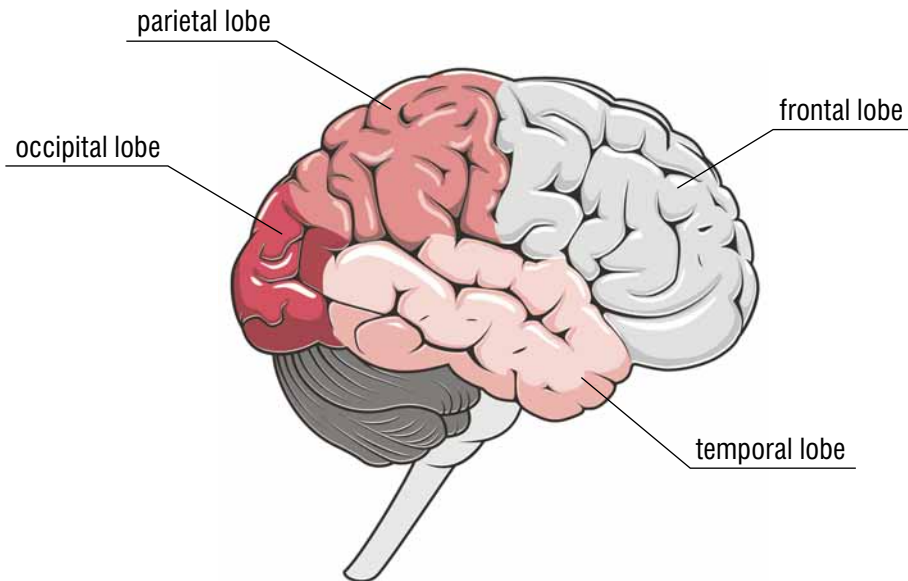




## BRAIN HEMISPHERES AND LOBES

As it has already been mentioned, the brain is divided into two hemispheres joined by the corpus callosum: right and left. Although they look the same, each hemisphere specialises in different tasks. The specialisation of the hemispheres is called **brain lateralisation**. The best example of brain lateralisation is language, which is typically processed by the left hemisphere. Lateralisation, however, isn't the same in every person – in about one in ten people, language skills are in the right hemisphere and in another one in ten in both hemispheres. Lateralisation appears not to be fixed either. If a specific part of the brain is injured, its functions can be taken over by another part in the same or opposite hemisphere.

Each hemisphere is divided into four **lobes**: frontal, temporal, parietal and occipital.



Lobes of the brain

The frontal lobe contains the **motor cortex**, which is essential for initiating movement; the **prefrontal cortex** involved in higher-level cognitive functioning; and **Broca's area** related to speech production.

The parietal lobe contains the **somatosensory cortex**, which processes and interprets sensory information from various body parts.

The temporal lobe includes the **auditory cortex** responsible for processing auditory information and **Wernicke's area** essential for language comprehension.

The occipital lobe contains the **visual cortex**, the area responsible for processing visual information.

Whilst each lobe is involved in different functions, they work together as a single unit.

### The brain lobes and their main functions

Frontal	Temporal	Parietal	Occipital
movement	hearing, smell	integration of sensory information (e.g. touch, temperature, and pain)	vision
speech production	language comprehension	reading, writing, maths computation	interpretation of visual information
cognitive functions (e.g. thinking, planning, problem-solving, decision-making)	memory, learning, emotion	recognition of the size, shape and texture of objects	—
regulation of emotions and social behaviour	object recognition	spatial orientation	—

# Język angielski

## Poziom B2-C1

Książka przeznaczona jest dla osób zainteresowanych psychologią, w tym studentów kierunków psychologicznych oraz słuchaczy specjalności pedagogicznych, socjologii, filozofii i dyscyplin medycznych. Obejmuje swoim zakresem wybrane słownictwo z takich dziedzin psychologii jak: psychologia społeczna, kliniczna, rozwojowa czy neuropsychologia.

Publikacja umożliwia doskonalenie znajomości specjalistycznego słownictwa, które pozwala na czytanie ze zrozumieniem różnych odmian angielskich publikacji psychologicznych (artykułów, monografii i podręczników, ale też pozycji popularnonaukowych).

Książka składa się z dwunastu rozdziałów koncentrujących się na wybranych obszarach psychologii. Każdy z nich oprócz tekstu wprowadzającego zawiera zestaw ćwiczeń wspierających opanowanie i utrwalenie kompetencji językowej w danym obszarze. Ćwiczenia są zróżnicowane. Jedne z nich sprawdzają rozumienie czytanego tekstu (pytania typu prawda/fałsz, quizy), inne to testy wielokrotnego wyboru, uzupełnianie luk własnymi odpowiedziami, ćwiczenia ze słowotwórstwa, dopasowywanie słów do definicji/opisów i zastępowanie wyrażeń z języka potocznego terminami naukowymi.

Książka została opracowana w taki sposób, aby mogła być wykorzystana zarówno w grupie podczas kursu z lektorem, jak i do samodzielnej nauki. Testy sprawdzające, klucz do ćwiczeń i obszerny słownik pomagają łatwiej kontrolować postępy w opanowaniu poszczególnych partii materiału.



Nagrania mp3 wybranych tekstów z książki są dostępne GRATIS na stronie internetowej wydawnictwa.

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