

МИНИСТЕРСТВО ОБРАЗОВАНИЯ И НАУКИ РОССИЙСКОЙ ФЕДЕРАЦИИ

Нижегородский государственный университет им. Н.И. Лобачевского

ПРОБЛЕМЫ МОЛОДЕЖИ
Youth Problems

Практикум

Тексты и задания по английскому языку
для студентов, обучающихся по направлениям подготовки
39.03.01 «Социология» и 39.03.02 «Социальная работа»

Рекомендовано методической комиссией филологического факультета
для студентов ННГУ им. Н.И. Лобачевского,
обучающихся по направлениям подготовки
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Данный практикум для студентов факультета социальных наук направлен на изучение английского языка для профессиональной коммуникации. Он предназначен для совершенствования языковых и речевых навыков, необходимых для развития профессиональных компетенций. Особое внимание уделяется стратегиям чтения и развитию устной речи в рамках заявленной темы. Материалы для дополнительного чтения (Supplementary Reading) позволяют использовать практикум в группах с разным объемом аудиторных часов.

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UNIT 1 The Period of Adolescence

Exercise 1. Suggest ages for the period of adolescence.



Childhood



Adolescence



Adulthood

Exercise 2. Work in pairs or small groups. Which of the following do you consider the advantages and disadvantages of being a teenager? Discuss your ideas as a class.

- undergoing physical, emotional and social changes
- taking on adult rights and responsibilities
- dating and first sexual experience
- parents' financial support
- ambitions and expectations
- gaining independence
- developing one's own identities
- learning social skills
- generation gap

Exercise 3. Read the text quickly and complete the sentences using the words from the text.

1. At 18 young people in the USA.....
2. During the period of adolescence.....
3. Teenagers and their parents often disagree over such things as.....
4. Many young people are engaged in.....
5. To earn money American teenagers.....
6. Most young people look forward to.....

BEING A TEENAGER

At 18 years of age, young people in the U.S. can assume most of the rights and responsibilities of adulthood. Before this occurs, however, the American teenager

goes through the period of adolescence. Psychologists say that most young people experience conflict during this period of their lives. They are changing rapidly, both physically and emotionally and they are searching for self-identity. As they are growing up and becoming more independent, teenagers sometimes develop values which differ from those held by their parents. American teenagers begin to be influenced by the values expressed by their friends, the media and teachers. During this period of their lives, young people also begin to participate in social activities such as sporting events, as well to do more things in the company of members of the opposite sex and fewer things in the company of their families.

While the teenage years for most American young people are nearly free of serious conflict, all youths face a certain number of problems, such as difficulties in their relationship with parents or problems at school.

According to a national survey, between 1/2 and 2/3 of all American youths have a "comfortable" or "happy" relationship with their parents. Their traditional disagreements are over such things as curfew (time to come home at night), whether or not to attend religious services, doing work around the house, and friends with whom the young person spends his/her leisure time. Another survey also indicates that the majority of young people agree with the opinions and values of their parents.

Many young people make positive, important contributions to their communities, schools and society. They volunteer to help take care of the elderly, the handicapped and hospital patients, organize social activities to raise money for public welfare or help clean up the natural environment.

America's young people are mostly hard-working. Many hold part-time jobs after school hours. Thousands earn money delivering newspapers or helping care for infants and young children in private homes. Later, when they go to college, many youths continue to work part-time at a variety of jobs to help pay their expenses.



Most American youths look forward to their future with hope and optimism. According to the survey *The Mood of American Youth* teenagers place a high priority on education and careers. While filled with high hopes, today's students are not laboring under any misconception about what they must do to realize their aspirations. They admit that hard work lies ahead and claim they are willing to make the sacrifices needed to reach their goals.

Exercise 4. Make a plan/ an outline of the text. Use it to briefly describe the young generation in Russia.

Exercise 5. Answer the questions.

1. Why do young people experience conflict during the period of adolescence?
2. Whose values are they influenced by?
3. What problems do most teenagers face?
4. What are the traditional disagreements between American teenagers and their parents?
5. What social activities are they engaged in?
6. Why do many young people work part-time?
7. What jobs do they usually hold?
8. What are their aspirations?

Exercise 6. Match the synonyms.

take on	participate
happen	aspiration
take part	occur
show	goal
ambition	assume
aim	indicate

Exercise 7. Fill in the words from the list.

Goal, experience, face, assume, contribution, raise, rapidly, part-time, expenses, place, aspirations.

1. to adult rights and responsibilities
2. to conflict
3. to change
4. to a problem
5. to make a
6. tomoney
7. to work
8. to pay one's
9. to a high priority
10. to realize one's
11. to reach a

Exercise 8. Fill in the correct preposition.

1. to go the period of adolescence
2. to search self-identity
3. to participate social activities

4. to be free serious conflict
5. to agree opinions and values
6. to take care the elderly, the handicapped, etc.
7. to raise money public welfare
8. to care infants
9. to look forward one's future
10. to place a high priority education

***Exercise 9.* Make sentences using the completed phrases from Exercises 7 and 8.**

UNIT 2 Rendering and a Survey

Exercise 1. Discuss these questions with your partner.

- What is rendering?
- How can you use this skill?

Exercise 2. Look through the article about Russian youth. Focus on the following:

- when/where the article was published
- the author(s)
- what data/ whose findings the article is based on
- how many sections/parts the article consists of

ПОКОЛЕНИЕ – 2000

Дмитрий Писаренко,

Павел Разин, научный руководитель НИЦ САС

Теоретически мы кое-что о нём знаем – о поколении тех, кто идёт нам на смену. Они выбирают "Пенси" и в начальных классах знают то, что их родители открыли для себя только после свадьбы. Но это всё на поверхности. А если копнуть глубже? Возможно, данные общероссийских репрезентативных опросов Научно-исследовательского центра социального анализа и статистики помогут в этом разобраться.

Вдали от политики

Лидеры тех или иных партий любят повторять, что за ними идёт молодёжь. Это, однако, не совсем так. Оказывается, политикой совершенно не интересуются 17% опрошенных, а 78% следят за ней от случая к случаю. Более того, 37 человек из 100 не верят никому из сегодняшних политиков и не находят ни одной партии, отражающей их собственные интересы.

Какой же политический лидер им нужен? В первую очередь – знающий жизнь, понимающий нужды простых людей, деловой, честный, умный и решительный. Любопытно, что такой критерий, как "хороший семьянин" (что высоко котируется на Западе), оказался где-то в конце списка – его отметили только 4%. За "сильную руку" высказываются 24%, категорически против – 18%. Самым выдающимся государственным деятелем России подавляющее большинство называет Петра I, за ним идёт Екатерина II. Из современных "деятелей" никому не удалось набрать даже 7% голосов.

А демократия молодым, как выяснилось, не больно-то нужна. Трое из десяти уверены, что в нашей стране она неизбежно ведёт к хаосу и анархии. Несогласных с этим вдвое меньше, остальные колеблются.

Из общественных проблем нашу молодёжь больше всего тревожит рост цен – 62%. Безработицу и преступность, которые идут следом, называют в два раза реже. Показательно, что каждый пятый обеспокоен упадком морали и нравственности.

И то, что молодые спят и видят, как бы "свалить за кордон", тоже не соответствует действительности. Почти половина опрошенных заявили, что не хотели бы уехать из России. Подумывают об эмиграции 34%.



Жизнь у нас тяжёлая, это верно. Но ведь кому-то надо доверять, как без этого? Поколение–2000 в первую очередь доверяет своим родственникам (35%), потом – друзьям (18%). Как ни странно, на третьем месте стоят политики (12%), дальше журналисты, астрологи, социологи, гадалки, ясновидящие и даже алхимики (их указали 5%).

На что же надеются молодые? 74% – на собственные силы, 13% – на подъём экономики, 2% – на помощь Запада. Каждый десятый не удовлетворён жизнью и считает, что будет ещё хуже. Правда, столько же утверждают, что жизнью вполне довольны.

В приснопамятные советские времена каждый мальчишка мечтал стать космонавтом. Теперь в рейтинге профессий "космонавт" стоит чуть ли не в самом конце – вместе с "продавцом" и "лётчиком". А лидируют "юрист", "врач" (и то неплохо) и "экономист". 2% в будущем хотели бы стать президентом страны.

Молодость всегда связана с удовольствиями. Какие удовольствия выбирает поколение–2000? Каждый третий любит слушать музыку, каждый пятый – тратить деньги. Дальше идёт общение с противоположным полом (17%), просмотр видео и вкусная еда (по 16%). Только один из ста признался, что ему нравится употреблять наркотики.

Ближе к телу

Сексуальная свобода – ещё один симптом нашего времени. Принято считать, что современные тинэйджеры начинают половую жизнь с 13, а то и раньше. Между тем данные опроса свидетельствуют: и в 13, и в 15 лет подавляющее большинство парней и девчонок ещё сохраняют девственность. Как ни странно, у юношей пик первых сексуальных контактов приходится на 20-летний возраст (19% опрошенных), в то время как у девушек – на 18-летний (23%).

"Сколько времени вы были знакомы до брака?" – спросили у молодых супружеских пар. Большинство (27%) ответили, что около года. 20% "ограничились" сроком в 4 – 6 месяцев.

Другой любопытный момент: "Какой длины женские причёски вам нравятся?" Оказывается, волосы до пояса сейчас не в моде – их предпочитают 9%. А максимум симпатий вызывают причёски до плеч и до середины спины.

О чём они любят читать в газетах? Что-то юмористическое, "прикольное" – 36%. О любви – 34%. О сексе – тоже 34%. Далее идут "мода", "как заработать деньги", "автомобили", "поп-музыка" и др. Правда, 27% признаются, что не читают газет вообще.

Очевидно, современная молодёжь не лучше и не хуже, чем десять, двадцать или пятьдесят лет назад. Да и разве можно судить по таким критериям, как "лучше или хуже". Просто это – другая молодёжь. И принимать её надо такой, какая она есть. (АИФ, 2001г.)

Exercise 3. What problem areas does the article tackle? Discuss your ideas with your partner.

Exercise 4. Make an outline or plan of the article

Exercise 5. Render the article into English.

Exercise 6. The article is based on the results of a survey. Guess some of the questions the respondents were expected to answer.

Exercise 7. Match these terms with the examples below and explain what they mean: open-ended question, closed response

1. Do you believe any politician? – Yes – – No –
2. Who, do you think, is the most prominent political leader in Russia? _____

Exercise 8. Reconstruct the questionnaire and compare your ideas in pairs.

Exercise 9. Use your questionnaire to interview your fellow students. You can choose ONE of the problem areas.

Exercise 10. Report your findings. Are they similar to or different from the information in the article?

Exercise 11. Study the structures in the table below. Use Units 1 and 2 to complete the statements.

<i>Similarities</i>	<i>Differences</i>
Like Russian youth, American young people ...	Unlike Russian youth, American young people ...
... seem to have a lot in common	...differ slightly ...differ considerably
similar/ identical (<i>e.g.</i> values)	different (<i>e.g.</i> values and attitudes)
Both Russian and American youth ... Neither Russian nor American youth...	In contrast, young Americans... Only slight differences in ... can be found American youth ... while Russian young people ...

Exercise 12. Surf the Internet for more recent information on youth's values and attitudes. Interview your friends or relatives, if necessary.

Prepare a report for your university lecturer (210-240 words) comparing

- Russian youth with young people in any other country;
- your and your parents' values and attitudes;
- your and your grandparents' values and attitudes.

UNIT 3 “The Terrible Teens”

Exercise 1. Discuss the following question in small groups.

Why is the period of adolescence often called "the terrible teens"?

Exercise 2. Guess what the following words and word combinations mean:

Undisciplined, egocentric, false identification card, substance, commonly, tobacco, stimulant, prescription medication, abortion, premarital sex, contraceptive counseling.

Exercise 3. Check the stress and pronunciation of the following words:

Turmoil, peer pressure, abuse, marijuana, cocaine, hallucinogen, inhalant, sedative-hypnotic, psychoactive, mature, juvenile delinquent, addiction.

Exercise 4. Look through the text and make a list of problems teenagers in the USA face.

AMERICAN YOUTH PROBLEMS

To some observers, teens today may seem spoiled (undisciplined and egocentric) compared to those of earlier times. The reality, however, is different. While poverty has decreased and political turmoil has lessened, young people are still under many types of stress. Peer pressure, changing family conditions, mobility of families and unemployment are just a few reasons why some young people may try to escape reality by turning to alcohol or drugs.

According to a government survey, about 8 million teenagers are weekly users of alcohol. Although all 50 states prohibit the sale of alcohol to anyone under 21, some 6.9 million teenagers, including as young as 13, report no problems in obtaining alcohol using false identification cards.

Other substances of abuse commonly include tobacco, marijuana, cocaine/"crack" and other stimulants, hallucinogens, inhalants, sedative-hypnotics, prescription medications, and over the counter medications. The use of psychoactive substances is increasing in all age groups of children and adolescents. Of particular concern is the fact that the first drug experiences are beginning at earlier ages.

Aside from alcohol and drug abuse, another problem of America's youths is pregnancy among young women. Almost one million teenagers become pregnant each year. Nearly 4 in 10 teen pregnancies end in abortion. The reasons most often given by teens for choosing to have an abortion are being concerned about how having a baby would change their lives, feeling that they are not mature enough to have a child and having financial problems.

Many community programs help cut down on the numbers of teenage pregnancies. Some programs rely on strong counseling against premarital sex; others offer health care and provide contraceptive counseling.

About one million young people run away from home each year. Most return after a few days or a few weeks, but some turn to crime and become juvenile delinquents. Among the causes of so many crimes are poor family relationships, bad neighborhood conditions, peer pressure and sometimes drug addiction. New programs to help troubled youth are created every year.

Exercise 5. Read the text more carefully to answer the questions.

1. Why do young people try to escape reality?
2. What are the most commonly abused substances in the USA?
3. What serious consequences does alcohol and drug abuse have?
4. Why do many teen pregnancies end in abortion?
5. What do community programs do to help cut down on the number of teen pregnancies?
6. What causes juvenile delinquency?

Exercise 6. Translate the underlined sentences.

Exercise 7. Fill in the words from the list.

Drug, addiction, psychoactive, teen, peer, turmoil, counseling, escape, identification, juvenile.

1. political
2. pressure
3. to reality
4. a(n) card
5. a(n) substance
6. alcohol and abuse
7. pregnancy
8. contraceptive
9. a(n) delinquent
10. drug

Exercise 8. Find synonyms in the lists.

- A.** obtain, commonly, prohibit, egocentric, concern, lessen.
B. selfish, reduce, forbid, get, usually, worry/ anxiety.

Exercise 9. Fill in the correct preposition and make sentences using the completed phrases.

1. to turn alcohol and drugs
2. according a survey
3. substances abuse
4. aside alcohol and drug abuse
5. to end abortion
6. to be concerned something
7. to cut down something
8. to rely counseling
9. counseling premarital sex

Exercise 10. Translate the derivatives.

1. adolescence – adolescent (adj) – adolescent (n)
2. identity – identify – identification
3. alcohol – alcoholic (adj) – alcoholic (n) – alcoholism
4. abuse (v) – abuse (n) – abuser
5. addiction – addict – addicted – addictive
6. pregnancy – pregnant
7. mature (v) – mature (adj) – immature – maturely – maturity
8. contraceptive (n) – contraceptive (adj) – contraception

Exercise 11. Choose the correct item.

1. You can buy alcohol **over the counter** / **under the counter** / **below the counter** there, but it's risky and expensive.
2. It doesn't take long to become **addicted** / **addictive** / **addiction** to drugs.
3. Smoking is the biggest preventable **cause** / **reason** / **result** of death and disease.
4. He was charged with being **drunken** / **drunk** / **drank** and disorderly.

UNIT 4 Substance Abuse

Exercise 1. Test yourself and find out what you know about drugs and the consequences of drug abuse.

DRUG AWARENESS QUIZ

1. The most commonly abused drug in the United States is:
a) marijuana; b) cocaine; c) alcohol; d) heroin.
2. Most drug users make their first contact with illicit drugs:
a) through drug dealers; b) through friends; c) accidentally; d) on their own.
3. More people die each year in the U.S. as a result of:
a) tobacco; b) alcohol; c) heroine; d) cocaine.
4. The majority of inhalant users are _____
a) men; b) women; c) the elderly; d) children.
5. Marijuana in small amounts is legal in the United States.
a) True. b) False.
6. LSD is a hallucinogen.
a) True. b) False.
7. In the USA, one must be _____ years old to legally purchase cigarettes.
a) 18; b) 20; c) 21
8. In the USA, one must be _____ years old to legally purchase alcohol.
a) 20; b) 21; c) 19
9. More teenage males drink alcohol than teenage females.
a) True. b) False.
10. The use of alcohol and other drugs during pregnancy
a) should stop after 12 weeks;
b) in small doses is not a risk;
c) is a risk at any point.

Exercise 2. Check your answers here and discuss the questions below.

Key: 1c, 2b, 3a, 4d, 5b, 6a, 7a, 8b, 9a, 10c.

- What professionals are involved in reducing substance abuse and related problems?

- In Russia, what measures have been taken to reduce smoking and substance abuse?

- Are these measures effective? (Please, support your viewpoint with relevant data. You can surf the Internet, if necessary.)

Exercise 3. Substance abuse is often described as a burning social problem. Study the adjectives and verbs that can go with the word “problem”.

<i>Adjectives</i>	
vital / acute / pressing / burning / urgent crucial / key / major typical / common involved / complicated / complex / knotty delicate high priority / top priority low priority / minor (yet) unsettled / unresolved unexpected social / health / behavioral / emotional / economic etc.	PROBLEM

<i>Verbs</i>		
to face / confront / [be faced / confronted with] to pose / present / raise / lead to / cause / create to determine to analyze to identify to consider / to tackle / to touch upon to solve / to resolve / to settle to deal with / to cope with to reduce/ to alleviate to prevent to be fraught with.../ to be full of...(problems)	P R O B L E M	arise(s) stem(s) from originate(s)

Exercise 4. Use the words from Exercise 3 to describe social problems. Select from the list:

- substance abuse;
- smoking in public places;
- youth unemployment;
- teen pregnancy;
- juvenile delinquency.

Exercise 5. Translate from Russian into English.

1. Употребление алкоголя и наркотиков среди американской молодёжи является главной проблемой государственного здравоохранения.

2. Давление со стороны сверстников и желание быть принятым в группе часто становятся основной причиной, по которой молодые люди обращаются к наркотикам и алкоголю.

3. Подростки принимают наркотики, чтобы справиться со стрессом, избавиться от скуки или же чтобы "почувствовать себя хорошо" ("feel good").

4. Если употребление наркотиков среди американской молодёжи за последние 10 лет снизилось, то употребление алкоголя возросло.

5. Каждый год около 200000 девушек в возрасте 17 лет и моложе становятся матерями. Уровень смертности младенцев в подобных случаях особенно высок.

6. Случайный секс, вызванный употреблением наркотиков или алкоголя, может привести к нежелательной беременности или заболеваниям, передающимся половым путём (sexually transmitted diseases).

7. В России некурящей молодёжи становится всё больше и больше. Постоянно курят лишь 29%, остальные делают это время от времени.

8. Половина опрошенных заявили, что употребляют горячительные напитки реже одного раза в месяц, и только 9% делают это еженедельно.

UNIT 5 Alcohol Abuse

Exercise 1. Test your knowledge of drinking with this quick quiz. Choose True or False for each statement.

QUIZ

1. Alcohol can help you relax and feel more confident and sociable.
2. You are more attractive to the opposite sex after a few drinks.
3. A cup of coffee and a cold shower can help you sober up (протрезветь).
4. Girls usually get drunk faster than young men.
5. Mixing drinks increases the risk of getting drunk more quickly – and having accidents or getting into fights.
6. If you are a teenager and drink too much, you may get stupid.
7. The best hangover (похмелье) cure is *hair of the dog* – a bit more alcohol the next day.
8. Drinking too much alcohol ("overdosing") may be fatal. You can even die.
9. Alcohol slows down your brain and makes you a potentially dangerous driver.
10. If you're out drinking with your mates, you've got to keep up with everyone else.
11. The more you drink, the fatter you'll become.
12. What I do with my time is my business. If I get a bit drunk, it will hurt no one but myself.

Exercise 2. Read the answers.

SOME SOBERING STUFF

(Answers to the quick quiz)

1. Drinking may make you feel relaxed, but it can also make you take foolish risks. You are more likely to do something stupid when you are drunk. Imagine ruining your whole life because you got drunk one night, slept with someone, and contracted AIDS!

2. After a few drinks you might feel more attractive, but it's nothing but an illusion. The sight of a person with a silly smile, zigzag walking and slurred speech will have the opposite effect.

3. Forget this myth. Alcohol is absorbed into your bloodstream within a few minutes and is carried to all parts of the body including the brain. Only time can remove alcohol from your bloodstream. Black coffee, cold showers and fresh air won't sober you up. You should, however, drink as much water as possible to clear the body. Having something to eat before going to a party is definitely a good idea.

4. Women get drunk faster than men. It has been proved that it's VERY VERY difficult for a woman to stop drinking. So it's best not to start.

5. It's true, mixing drinks increases the risk of getting drunk more quickly – and having accidents or getting into fights.

6. Students who drink heavily sometimes joke that they are killing a few brain cells. New research suggests that this is not funny. Teenagers who drink too much may lose as much as 10% of their brainpower – the difference between passing and failing in school... and life.

7. The only real hangover is time.

8. Overdosing may make you lose consciousness. If this happens you could choke on your own vomit and die. Overdosing can also cause alcoholic poisoning, which again can be fatal. Drinking too much alcohol over many years can lead to serious liver, heart and stomach problems.

9. About half of all drivers aged 16 – 60 who are killed in road accidents have alcohol in their bloodstream.

10. If you're out drinking with your mates, it's silly to think you've got to keep up with everyone else. If you're in control of your own life, you decide how much you drink, not anyone else.

11. Alcohol is high on calories, so you may put on weight.

12. If you drink, everyone around you is affected. Family, friends, neighbors, everyone.

Exercise 3. Complete the table using the information from Exercise 2.

Signs & Symptoms of Alcohol Use & Intoxication	Consequences of Drinking		
	Physical	Psychological	Social
...

Exercise 4. Use Exercises 1, 2 and 3 to report about the consequences of drinking.

Exercise 5. Translate these words and phrases from English into Russian:

to take foolish risks; to contract AIDS; zigzag walking; to be absorbed into; bloodstream; to get into a fight; brain cells; hangover cure; to choke on one's own vomit; alcoholic poisoning; liver, heart and stomach problems; to keep up with sb; to be high on calories; to be affected.

Exercise 6. Find the English equivalents to these words and phrases in Exercises 1 and 2:

погубить свою жизнь; иллюзия; бессвязная речь; протрезветь; сильно пить; опохмеляться; передозировка; потерять сознание; вызвать/стать причиной; смертельный; приводить к ч-л; набрать вес.

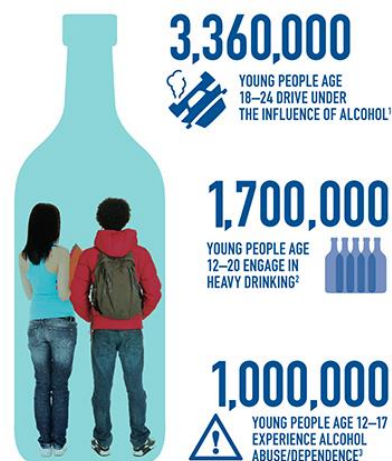
Exercise 7. Read the information about the trouble drinkers create for themselves and others.

Themselves

- 61% Missed a class
- 54% Forgot where they were or what they did
- 41% Engaged in unplanned sex
- 22% Damaged property
- 11% Got into trouble with local police

Others

- 68% Had study or sleep interrupted
- 54% Had to care for a drunken student
- 26% Experienced unwanted sexual advances
- 20% Had serious argument
- 15% Had property damaged



Exercise 8. Make questions about the trouble drinkers may create for themselves and others.

Begin your questions with “Have you ever.....?”

Example:

Have you ever missed your class because of being drunk?

Exercise 9. Choose one of the questions that interests you. Stand up, and ask all the other students your question. Make a note of their answers.

You can use the table below to organize your notes.

Respondent #	Yes	No	Refused to answer
1	+		
2		+	
...			
Total

Exercise 10. Report back to the rest of the group. The structures below will help you.

Most Some Quite a few A few Only a few	students have missed a class because of being drunk.
About half All	of us have missed a class because of being drunk.
Only one of us has never missed a class because of being drunk.	
Everybody Nearly everybody Hardly anybody Nobody	has missed a class because of being drunk.

Supplementary Reading 1

Exercise 1. Skim the text and formulate the main idea in a few sentences.

Text 1

ALCOHOL

We do not always think of alcohol as a drug, but it is an extremely potent one. Alcohol acts on the body primarily as a depressant and slows down the brain's activities.

Alcohol is the most widely used drug in our society. Alcoholism is the third leading killer in the US, with more than 13 million individuals classified as alcoholics. Alcohol costs the US more than \$40 billion each year in health coats, lost productivity, accidents, and crimes. Each year approximately 25,000 individuals are killed and 1.5 million are injured by drunk drivers.

With extreme intoxication, the individual may even lapse into a coma and die. Each of these effects varies with the ability of the individual's body to metabolize alcohol, body weight, the amount of alcohol consumed, and whether previous drinking has led to tolerance.

There is increasing evidence of a genetic predisposition to alcoholism, although it is important to remember that both genetic and environmental factors are involved.

These words will help you understand the text better.

1. to attain – достигать
2. height and weight – рост и вес
3. to acquire – приобретать
4. virtually – фактически
5. reason – причина
6. reasoning abilities – способность рассуждать
7. fascinating creature – очаровательное существо
8. invisible – невидимый
9. inherent – присущий, неотъемлемый
10. to remain a mystery – оставаться загадкой

Exercise 2. Read the text to answer the questions:

1. Why is childhood believed to be a period of rapid development?
2. At what age does a child acquire language, memory and reasoning abilities?
3. What is one of the most important reasons to study children?
4. Who acquires a foreign and native language with great ease? Why?
5. How do children develop their creative abilities?

6. What can help to solve some problems of childhood?
7. Do early experiences have a long-term effect?
8. Do you remember what Freud used to say about adults' problems?

Text 2

CHILDHOOD AS THE PERIOD OF RAPID DEVELOPMENT

In humans physical growth is greater in the first year than in any other single year. In fact, at the age of two most children have already attained one-half of their adult height and weight. Similarly, changes involving social interactions, the acquisition and use of language, memory and reasoning abilities and virtually all other areas of human functioning are the greatest in childhood.

An equally important reason for studying children is that the events and experiences of the early years have been shown to strongly affect the individual's later development. In fact, almost all psychological theories suggest that what we are today depends very much on our development and experiences as children.

The final and very important reason why so many developmentalists have directed their efforts toward understanding children is that the human child is a fascinating creature. When we consider that the child has attracted attention of artists, poets, and scholars in many other fields of study, it is perhaps not surprising that psychologists, too, have found this subject matter to have great appeal. The ease with which the naïve two-year-old acquires her or his native language (while the adult often struggles in foreign language classes) and the creativity of a youngster playing with invisible friends are just two of the inherent and intriguing characteristics that all growing children display. Childhood is a period of rapid development and early experiences have a long-term effect. Complex processes are easier to understand when they are being formed. Besides, the knowledge of basic processes can help to solve some of the problems of childhood. Yet much of the child's development remains a mystery, and at this point science has more questions than it has answers.

Exercise 3. Read the text and formulate the problems it focuses on.

Text 3

ADDICTED BABIES

Nicotine. About one-fourth of child-bearing age population in North America smoke. The effects of nicotine and smoke on the fetus have been well investigated. Smoking impairs the functioning of the placenta, especially, oxygen exchange. Smokers, on average, have smaller babies. Mothers who smoke a pack a day or more face a greater risk that their babies will die at birth or soon after. The likelihood of premature delivery increases with the number of cigarettes smoked per day, as does the number of complications. Longitudinal studies have also found detrimental

effects of smoking on the child's height and reading ability that last at least into early adolescence.

Alcohol. Alcohol is the most widely used drug in the United States that is known to harm the fetus. Among the causes of birth defects in the US, alcohol ranks third, just behind Down's syndrome and spina bifida. It is thought to be the prime biological cause of mental retardation in the Western world.

A clear picture of the consequences of chronic maternal alcoholism on the fetus did not emerge until 1973, when investigators described the fetal alcohol syndrome, a unique set of features in the fetus caused by the mother's alcohol consumption. Limb and facial malformations, congenital heart disease, deformed ears, failure to thrive, anomalies of the external genitalia, growth retardation, mental retardation, and learning disabilities are associated with fetal alcohol syndrome. Babies are irritable, sleep less well, are difficult to feed, and frequently regurgitate.

Exercise 4. Read the text and make a note of one or two things you did not know.

Text 4

ABUSIVE PARENTS

Although the family is typically a source of security and protection for the young child, sometimes it can be just the opposite. Child abuse is a tragic reality of some households, and it is a problem that may be growing.

Abuse and neglect lead to major developmental consequences for growing children. By one year of age, maltreated infants tend to lag in both social and cognitive development, and these problems typically continue into childhood and adolescence. Many developmental researchers have come to believe that these deficits result from the lack of a secure attachment relationship with the mother. As a result, a great deal of recent research has focused on the attachment process in infants who have been abused or are at risk for abuse.

Sensitive and responsive caregiving growing out of mutual infant-caregiver regulation is thought to provide the basis for secure attachment. But many abusive mothers fail to develop a smooth and effective communication system with their infants.

Although babies will become attached even to mothers whose quality of caregiving is poor, the low quality of attachment occurs more frequently among maltreated infants.

Some mothers maltreat their infants in ways that involve physical punishment, active hostility, and intrusiveness into the baby's world. Rather than synchronizing their behavior with that of the child, they often insensitively forge ahead with

whatever they are doing (e.g., feeding a baby before he is hungry), focusing more on their own needs than those of the infant. This caregiving style has been referred to as overstimulating and has been linked to physical abuse, such as beating and battering, and to the anxious-avoidant pattern of attachment. In contrast, the insensitive care of other mothers takes the form of withdrawal and underinvolvement. This style, termed understimulation, has been associated with physical and emotional neglect and appears to be a cause of the anxious-ambivalent pattern of attachment.

Supplementary Reading 2

Exercise 1. Answer the following questions.

- Have you ever drunk alcohol? If yes, how old were you when you first tried alcohol?
- Are you a social drinker?
- Have you ever been drunk?

Exercise 2. Match correspondences:

blackout	пьяный
get one's bearings	вести себя как идиот
plastered	выпивка, спиртное
knock one's socks off	сориентироваться
booze	провал памяти
act like a prat	сразить, ошеломить

Exercise 3. Work in three groups.

Group A Read the text "No New Year Party".

Group B Read the text "Blackout".

Group C Read the text "I'll Never Touch It Again".

Read your text and answer the questions about your person.

1. Who did the story happen to?
2. Where did he/she get drunk?
3. Why did he/she get drunk?
4. What did drinking cause?

Text 1 (for Group A)

NO NEW YEAR PARTY

My friend Sara and I went to that huge New Year party. I had a glass of wine with ice and left it at that but Sara just kept drinking more and more. She told me that she felt more relaxed and that she could be the real Sara after a few drinks.

It's all rubbish because the real Sara ended up sitting on the toilet floor. She was sick all over her beautiful red dress. It was a terrible sight.

I made her drink lots of water, washed her (which was extremely difficult), wrapped her in a clean towel and lay her on the sofa, with a bucket on the floor...

We returned home only in the morning. I'd rather not tell you what my dad said...

Mary, aged 16

Text 2 (for Group B)

Answer the questions about your person

1. Who did the story happen to?
2. Where did he/she get drunk?
3. Why did he/she get drunk?
4. What did drinking cause?

BLACKOUT

I woke up because something was digging in my face. As soon as I opened my eyes, my head started hurting, everything was really bright. When my eyes got used to the daytime I found that I had been lying face down in a car park.

I have no idea for how long or how the hell I got there. I remember going to a party with friends the night before but I really cannot remember anything else at all.

I picked myself up and wiped off bits of gravel that had stuck to my face. I had to wander round in the freezing cold for a while to get my bearings. I was in a car park on the other side of town. I wanted to get a taxi back home but I couldn't find my wallet or keys anywhere.

I eventually made it home by walking and phoned my friends who told me that they had said goodbye to me at 11 the night before and that I was pretty well plastered. What happened to me between then and waking up in the car park is a mystery.

Jim, aged 18

Text 3 (for Group C)

Answer the questions about your person

1. Who did the story happen to?
2. Where did he/she get drunk?
3. Why did he/she get drunk?
4. What did drinking cause?

I'LL NEVER TOUCH IT AGAIN

I know this might sound dumb but I'll never touch alcohol again.

The party was over and on the way home I was showing off to some of the girls with us by walking along a wall.

I don't think they were very impressed so I decided to knock their socks off by doing a handstand on the wall. I think they were even less impressed when I slipped off the wall breaking my arm in two places.

The booze that had made me act like a prat did nothing to hide the pain, or worse the shame.

Ben, aged 17

Exercise 4. When you have finished, find a partner from each of the other groups and go through the questions together, comparing information.

Exercise 5. Read the other two texts quickly. Help each other with the new words.

Exercise 6. Find the words in the texts that mean the same:

1. continue doing something (*text 1*);
2. nonsense (*text 1*);
3. very, highly (*text 1*);
4. in the end (*text 2*);
5. quite, rather (*text 2*);
6. stupid (*text 3*);
7. try to impress somebody (*text 3*).

Exercise 7. Act out dialogues between:

- a) Mary and her father;
- b) Jim and his friends;
- c) Ben and the doctor.

Supplementary Reading 3

Exercise 1. Answer the questions.

- What is the highest grade in American universities?
- How do *you* pay the expenses of attending university (tuition, living expenses, rent, etc.)?

Exercise 2. Read the text and use it to complete the summary:

The main character of this story is (1)..., who is studying Economics in an American university. He has been summoned to (2)... as he (3).... He has very low grades in English, (4)... and (5)...., though he seems to be much better at (6)... and (7).... Charlie explains to the Dean that he has to work at (8)... to pay his (9).... Unfortunately, he cannot get any (10)... from home because his family is (11).... In the end, Charlie promises to (12)....

A STUDENT IN ECONOMICS

Charlie Wintage ran up the steps of the Administration Building, hurried through the revolving doors and walked down the long hall to the Dean of Men's office¹. He was ten minutes late. Before he opened the frosted-glass door he took out a pair of amber-colored spectacles and put them on. Then he went in and handed his summons to the secretary.

'The Dean will see you in a moment', she said. 'Please, take a chair.'

Charlie sat down and gave a glance about the office. Three freshmen, holding their green caps, were waiting with him. He recognized none of them, so he picked up a week-old copy of a newspaper and started reading it. But the room was warm and he immediately went to sleep. The newspaper slipped down on the floor. His amber-colored spectacles hid his eyes and no one could see that they were closed. He was awakened by the secretary shaking him.

'Wake up and pay for your bed, old man!' one of the freshmen called and everyone laughed heartily.

'I sort of drowsed off². It's so nice and warm here', Charlie said, apologizing to the secretary.

The Dean of Men got up as he entered and said, 'Ah, this is Charlie Wintage, isn't it? How do you like the University by now, Wintage? Eyes troubling you?'

'Pretty well, sir. Yes, sir, a little. I wear these spectacles.'

The secretary brought his folder and the Dean looked through it briefly.

¹ the Dean of Men's office – деканат

² drowse off – задремать

‘Well, Wintage, I suppose you’re anxious to know why I sent for you. The unpleasant truth is, Wintage, you don’t seem to be doing well in your studies. Now, to be quite frank, Wintage, you’re on the verge of flunking out. Less than a third of the semester remains, and you have an F grade in English and D grades in Psychology and Military Training. On the other hand, you have an A average in Spanish and a B in Economics. Wintage, how do you account for your failing English when you are an A student in Spanish?’

‘To tell you the truth, sir, I got behind in my written work in English, and I’ve never been able to catch up. And I don’t really have to study Spanish. My father is a railway section foreman in my home town and he has always had a gang of Mexicans working for him. I’ve been speaking Spanish ever since I was a kid.’

‘How about this B in Economics? That’s a fairly high grade.’

‘Yes, sir. Our economics professor doesn’t give exams. Instead he gives everyone a B until he calls for our term papers. And the grade you get on your term paper is your semester grade. We have to do a lot of outside reading for the term paper. But I’m counting on keeping that B in Economics.’

‘That’s fine, Wintage. But it appears to me that it’s high time you were getting busy on some of the other grades, too. You made an unusually high grade at your entrance exams. Graduated from high school with honors. What’s the trouble, Wintage?’

‘I don’t know, sir, except I work at night at a café.’

‘How many hours do you work?’

‘Ten hours, sir. From nine till seven. The café stays open all night.’

‘Very interesting, Wintage. But don’t you suppose that it would be advisable to cut down a bit on this outside work and attend a little more closely to your studies?’

‘I couldn’t work fewer hours and stay at school, sir. I pay my room rent and I have been paying out on a suit of clothes.’

‘Can you arrange for a little financial support from home?’

‘No, sir, I’m afraid not. I have two brothers and two sisters at home younger than I am. It wouldn’t be right for me to ask my father to send money out of what he makes.’

‘I see, but all this is beside the point. We are here to discuss the state of your grades, Wintage. As you must know, any student who turns in less than half his work is automatically suspended from the university and must return to his home. Now one more bad mark and out you’ll go, Wintage.’

‘I’d hate to have to go back home like that. You know there are not many jobs nowadays, sir.’

‘Well, unless you can alter your circumstances, I suggest that you withdraw from the university at once.’

‘I believe I’ll try to stick it through, sir. I’ll try to remove the F and D grades and maybe I can luck through on my finals.’

(After George Milburn)

Exercise 3. Mark the sentences true (T), false (F) or no information (NI).

1. Charlie went to sleep in the Dean’s Office because the article he read was boring.
2. Charlie had been speaking Spanish since childhood that’s why he had low grades in English.
3. Charlie has been given a B for his term paper in Economics.
4. He graduated from high school with honors and made a high grade at his entrance exams.
5. The manager of the night café Charlie is working at is very strict.
6. Charlie’s father refused to provide for the boy after he had entered the university.
7. Charlie is automatically suspended from the university and must return to his home.
8. Charlie is gambling on his good luck on his finals.

Exercise 4. Explain the title of the text.

Exercise 5. Match the words from columns A and B to make up phrases.

Use the text if necessary.

Make up sentences with some of the phrases.

A	B	A	B
Dean’s	support	to fail	one’s circumstances
term	exams	to pay	one’s work
semester	work	to alter	the room rent
entrance	office	to withdraw	an exam
outside	grade	to turn in	from the university
financial	paper		

Exercise 6. Look through the text to find phrasal verbs that mean the same:

1. to give reasons for an event or act, explain
2. to trust, rely on

3. to reduce
4. to offer, submit
5. to demand

Exercise 7. Complete the phrases with one of the words from the box. Make up sentences with the phrases.

university	graduate	finals	circumstances	automatically
------------	----------	--------	---------------	---------------

1. to ___ from university
2. to be ___ suspended from the university
3. to alter one's ___
4. to withdraw from the ___
5. to luck through on the ___

Exercise 8. Use the text to choose the appropriate preposition. Look up the phrasal verbs.

Which of them have more than one meaning?

	through	up	for	from	on	to
to pick ...						
to be suspended...						
to luck ...						
to attend ...						
to look ... sth briefly						
to account... sth						
to count ... sth						
to cut down ... sth						

Exercise 9. Find the odd one out. Explain your choice. What verb(s) do the odd words go with?

1. **to be late/ anxious/ on the verge of flunking out/ luck through**
2. **to give a glance/ exams/ circumstances/ a grade**
3. **to do well in one's studies/ a lot of outside reading/ a course/ support**
4. **to get a grade/ progress/ busy on sth/ financial support**
5. **to get behind in writing/ Economics/ studies/ fellow students**
6. **to catch up with one's group/ English/ written work/ bus**
7. **to study for a test / an exam/ a degree/ sociology**
8. **to make progress/ a mistake/ a high grade/ an exam**

Exercise 10. Match the words with their opposites.

to get behind	public
to attend (lectures)	to drowse off
to fail (an exam)	independent
supervised (research)	differences
to wake up	to catch up with
similarities	to miss
private	to pass

Exercise 11. Complete the second sentence so that it has a similar meaning to the first sentence, using the word(s) given.

EXAMPLE:

Our economics professor gives everyone a B until he calls for our term papers.

_____ *given* _____ *submit* _____.

We are given a B in economics until we submit our term papers.

1. We have to do a lot of outside reading for the term paper.

_____ *are expected* _____.

2. I count on keeping that B in Economics.

_____ *hope* _____ *able* _____.

3. Your grade at your entrance exams was unusually high.

_____ *made* _____.

4. Any student who turns in less than half his work is automatically suspended from the university.

Those _____.

5. Unless you can alter your circumstances, I suggest that you withdraw from the university at once.

If _____ *will be* _____.

Exercise 12. Read the statements below and say who the words belong to.

Complete the second sentence so that it has a similar meaning to the first sentence, using the word(s) given.

EXAMPLE:

'You're on the verge of flunking out, Wintage.' (*The Dean*)

_____ *told* _____.

The Dean *told* Charlie Wintage that he was on the verge of flunking out.

1. 'How do you account for your failing English when you are an A student in Spanish?'

_____ *wondered* _____.

2. 'I got behind in my written work in English, and I've never been able to catch up.'

_____ *explained* _____.

3. 'It would be advisable to cut down a bit on this outside work and attend a little more closely to your studies.'

_____ *advised* _____.

4. 'I can't work fewer hours and stay at school, sir. I pay my room rent and I have been paying out on a suit of clothes.'

_____ *explained* _____.

5. 'Can you arrange for a little financial support from home?'

_____ *asked if* _____.

Exercise 13. Finish the sentences with the information about yourself.

Think about your studies.

1. I'm anxious to know _____
2. _____ because I want to do well in my studies.
3. As I got behind in my written work in _____
4. I'm counting on _____
5. It's high time I (*use the Past Simple*) _____
6. I'm going to cut down on _____
7. _____ financial support from my parents.
8. _____ an A student in English.

Exercise 14. Retell the text as if you were a) Charlie Wintage; b) the Dean.

Exercise 15. Read your role card carefully.

With your partner, make up a dialogue using the words and phrases from the text.

A1 You are Charlie Wintage. You have been summoned to the Dean's office to discuss the state of your grades. Try to memorize and act out the dialogue from the text.	B1 You are the Dean. You have summoned Charlie Wintage to your office to discuss the state of his grades. Try to memorize and act out the dialogue from the text.
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<p>A2 You are Charlie Wintage. You are trying to persuade your employer to allow you to work fewer hours or to have more days-off. Explain your circumstances. <u>Use the following words/ phrases:</u> As you must know on the other hand, to cut down on outside work to be on the verge of flunking out to luck through on the finals</p>	<p>B2 You are Charlie's employer. He is trying to persuade you to allow him to work fewer hours or to have more days-off. However, you can hardly afford it now. <u>Use the following words/ phrases:</u> to be quite frank all this is beside the point to alter one's circumstances financial support from home</p>
<p>A3 You are Charlie Wintage. You have just had a talk with the Dean about your grades. Your friend wants to know why you were summoned. Explain the situation. <u>Use the following words/ phrases:</u> to be quite frank as you must know to get behind in one's written work in English to be on the verge of flunking out to cut down on my outside work</p>	<p>B3 You are Charlie's friend. You know that he was summoned to the Dean's office and understand that your friend has a problem. Try to learn what has happened and offer your help. <u>Use the following words/ phrases:</u> it appears to me I see be able to catch up it's high time you were getting busy on some of the other grades to luck through on your finals</p>
<p>A4 You are Charlie Wintage. You have failed your exams and must return to your home. You are talking to your girlfriend explaining the situation. <u>Use the following words/ phrases:</u> the unpleasant truth is to be quite frank As you must know to get behind in one's written work in English to alter one's circumstances</p>	<p>B4 You are Charlie's girlfriend from university. You see him waiting for you after your exam. He looks upset. Try to learn what has happened and whether you can help. <u>Use the following words/ phrases:</u> It appears to me Don't you suppose that... an A student in (Spanish) I see to do a lot of outside reading</p>

<p>A5 You are Charlie Wintage. You failed your exams and returned home. You are talking to your father explaining the situation.</p> <p><u>Use the following words/ phrases:</u></p> <p>to be quite frank on the other hand, to fail English to get behind in one's written work in English a student who turns in less than half his work is automatically suspended from the university</p>	<p>B5 You are Charlie's father. You were proud of your son when he entered university. However, he has been suspended from the university and you want to know why.</p> <p><u>Use the following words/ phrases:</u></p> <p>What's the trouble? to make a high grade at entrance exams to graduate with honors I see all this is beside the point financial support from home</p>
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REVISION: Check Your Progress

Exercise 1. Choose the correct answer.

1. Nowadays many young Americans ___ organizations to help teenagers stop drinking and driving.
a) are involved b) are joining c) are engaged d) are working
2. Reasons ___ running away include rows, violent and drunk parents and problems at school.
a) because b) of c) at d) for
3. Rather than ___ sleeping pills to help your sleep problems, what can you do? Next time you have trouble falling asleep, try drinking a glass of milk.
a) run into b) turn to c) accept d) run to
4. The use of hypnosis in psychotherapy has been applied to ___, suicidal tendencies, overeating, and smoking.
a) alcoholism b) alcohol c) alcoholic d) heavy drinkers
5. Many young people ___ difficult problems during their adolescence.
a) find b) decide c) face d) meet

Exercise 2. Translate the sentences into English.

1. Будущее нации зависит от здоровья молодёжи и её образа жизни.
2. Опрос родителей подростков подтвердил необходимость разработки и внедрения программ по профилактике подростковой беременности.
3. Лечение наркомании требует дорогостоящего медицинского оборудования и лекарств.
4. Наркозависимые могут заразиться СПИДом, опаснейшим заболеванием, передающимся через кровь.
5. Решение проблемы наркомании требует серьёзных капиталовложений со стороны государства.
6. Несмотря на совместные усилия правоохранительных органов (legal bodies) и общественных организаций, в Нижегородской области пока не наблюдается снижения темпов роста наркомании.
7. Чаще всего подростки совершают противоправные действия в группе, под влиянием сверстников.
8. Доступность средств контрацепции – одно из условий снижения количества случаев нежелательной беременности среди подростков.
9. Незапланированная беременность подростков вызывает серьёзное беспокойство общественности и органов здравоохранения Соединенных Штатов, поскольку ежегодно регистрируется более миллиона таких случаев.

10. Добрачные сексуальные отношения больше не считаются предосудительными, при этом около 1/3 участников опроса считают такие отношения полезными.

11. Прерывание первой беременности может нанести непоправимый ущерб здоровью молодой женщины.

12. Профилактика подростковой беременности требует совместных усилий медицинских и общественных организаций.

13. Одна из первоочередных задач медицинских и общественных организаций – убедить юношей и девушек пользоваться средствами контрацепции.

14. Молодые люди, не имеющие образования, зачастую могут получить только низкооплачиваемую работу, не требующую квалификации.

15. Частичная занятость молодёжи и подростков становится характерной чертой современного рынка труда.

Exercise 3. Select one of the statements from Exercise 2 to dwell on.

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