

# LESSON 5.1

NAME: \_\_\_\_\_

COURSE: \_\_\_\_\_

DATE: \_\_\_\_\_

PARTICIPATIONS: \_\_\_\_\_

## A. Choose the correct answer.

### 1. Reading for the Gist

**What is the text mainly about?**

- A. How airplanes work in VR
  - B. A person's experience using VR therapy to overcome a fear of flying
  - C. Different types of therapists that you can use to fly safely
  - D. Why traveling is important in VR
- 

### 2. Why did the writer try VR therapy?

- A. They wanted to learn how to fly a plane
  - B. They wanted to become a therapist
  - C. They suffered from a strong fear of flying
  - D. Their friends recommended it
- 

### 3. What happened the first time the writer used the VR headset?

- A. They immediately felt relaxed
  - B. They couldn't see anything
  - C. They panicked because their mind reacted strongly
  - D. They fell asleep during the session
- 

### 4. In Step 3, what helped the writer feel calmer?

- A. Eating a snack
  - B. Talking loudly
  - C. Careful breathing
  - D. Turning off the VR headset
- 

### 5. According to Step 4, what did the writer feel after several sessions?

- A. Completely bored
- B. Nervous, but without extreme fear
- C. More scared than before
- D. Ready to become a pilot immediately

**6. What would be another good title for this text?**

- A. *My Life as a Pilot*
- B. *Fun Places to Visit by Plane*
- C. *How VR Helped Me Fight My Fear of Flying*
- D. *Why VR Games Are the Best*

**VOCABULARY**

|                   |                    |                     |
|-------------------|--------------------|---------------------|
| anxiety level     | be conscious of    | be in control of    |
| be rational       | be scared to death | breathing technique |
| calm down         | cure (an illness)  | overcome my fear    |
| panic (about sth) | regain control     | try a therapy       |

**B Complete the paragraph with the correct forms of words and phrases from exercise A.**

A *phobia* is an extreme fear of something. Someone with a phobia may experience a rise in their <sup>1</sup> \_\_\_\_\_ just at the mention of the thing they are afraid of. Common phobias include fear of heights, fear of snakes, and fear of germs – just to name a few. These fears may <sup>2</sup> \_\_\_\_\_, or they may not make any sense. People experience different symptoms, ranging from mild anxiety to being <sup>3</sup> \_\_\_\_\_. Regardless, it can be hard for a person to <sup>4</sup> \_\_\_\_\_ their phobia. One method people use to <sup>5</sup> \_\_\_\_\_ is to focus on their <sup>6</sup> \_\_\_\_\_. Being <sup>7</sup> \_\_\_\_\_ of the breaths that you take is a good way to relax. There may not be any <sup>8</sup> \_\_\_\_\_ for anxiety, but there are effective ways to manage it. With focus, practice, and sometimes even trying <sup>9</sup> \_\_\_\_\_, people can learn to manage their fears. Whatever you do – don't <sup>10</sup> \_\_\_\_\_!

**Grammar**

**C. Which conditional is correct**

- 11 \_\_\_\_\_
- A If you want to get fit, you should try this app.
  - B When you are going to get fit, you will try this app.
  - C Whenever you try this app, you will get fit.

12 \_\_\_\_

A I think about going back there when I may feel anxious.

B I feel anxious whenever I think about going back there.

C If I will feel anxious, I think about going back there.

13 \_\_\_\_

A If you speak to Anna, she might help you with your problem.

B You might speak to Anna whenever she will help you with your problem.

C Whenever you will speak to Anna, she helps you with your problem.

14 \_\_\_\_

A You can see the view if you will understand what I mean.

B Whenever you see the view, you have to understand what I mean.

C When you see the view, you will understand what I mean.

15 \_\_\_\_

A You have to make a reservation if you want to eat at this restaurant.

B When you will eat at this restaurant, you should make a reservation.

C You may eat at this restaurant whenever you will make a reservation.