

READING COMPREHENSION (82018)

I. ПРОЧИТАЙТЕ ТЕКСТ И ВЫПОЛНИТЕ ЗАДАНИЯ К НЕМУ.

§ 1. Words convey the messages that we want others to hear, but our bodies may tell a different story. Whether we express our problems to our colleagues with a hunched (*сгорбленный*) back and sad, downcast eyes, or our enthusiasm for life with a cheerful spring in our step, our bodies are constantly sending out messages. And understanding these clues that we unavoidably offer each other is an essential part of effective communication.

§ 2. The ability to manipulate your own body language is suggested as an essential skill when it comes to making a good impression. “If you’re aiming to communicate interest and enthusiasm at an interview, for example, confident body language can help to convey a message that is obvious,” says Dr Peter Bull, psychologist at the University of York. “General facial cues suggesting **involvement**, while showing that you are listening, can help. And your tone of voice should be lively and interested.”

§ 3. Though we can display a false emotion to a certain extent, few can fool a skilled observer, who is likely to detect the micro-expressions that we constantly make. We may smile when we are miserable, but a body language expert will know we’re faking it. **Genuine** smiles use the tiny muscles around the eyes, but a false smile involves only the mouth.

§ 4. If you want to give the impression of confidence at work, first recognise how much space you are taking up. Dr Betty Rudd, a psychologist, says “Let go of the tension in your muscles, think of your back spreading out and widening and lengthening.” And she suggests maintaining eye contact with the person you are dealing with, rather than constantly turning away your eyes. “These little things will help you feel more self-confident and secure,” she says.

§ 5. Once you become aware of these slightly noticeable signs, you increase your power to communicate effectively. When your body is saying the same thing as your words, it shows congruence (*соответствие*) and that has enormous impact. But people will often use incongruence to get less comfortable information across. “They may say something that makes them sound quite interested in you, but their body language suggests they are not,” says Bull. “They may feel they cannot come out and say, “I’m not interested”, so what they do is say it through a lukewarm (*прохладный*), uninterested non-verbal style.’

Выберите один из предложенных вариантов ответа в соответствии с содержанием приведенного выше текста.

A. In the first paragraph we are told that

- 1) it is inadvisable to express our true feelings through our posture.
- 2) a correct interpretation of body language is important for communication.
- 3) our body is the only true indicator of meaning.

B. In an interview situation, Dr Bull says it is important to

- 1) ensure your whole face is visible.
- 2) speak in a high-pitched voice.
- 3) use appropriate body language.

C. What does Dr Rudd say to people who want to appear confident?

- 1) Spread out your whole body to occupy a large space.
- 2) Adopt a casual posture when standing or sitting.
- 3) Avoid looking away from people you are talking to.

D. According to Dr Bull, some people use body language

- 1) to express what they can't say openly.
- 2) to show how uncomfortable they feel.
- 3) to hide their true feelings for someone.

Определите значение указанного слова в тексте.

A. involvement (§ 2)

- 1) impatience 2) enthusiasm 3) boredom

B. genuine (§ 3)

- 1) sad 2) happy 3) natural

II. ПРОЧИТАЙТЕ ТЕКСТЫ (1—4). ОТВЕТЬТЕ НА ВОПРОСЫ.

1. Amir Omesh

I'd bought my ticket from downtown Mexico City to Oaxaca several days in advance, selecting a window seat from the online plan of the vehicle. As I boarded the bus they gave me a complimentary sandwich, which I thought was a nice touch, and we set off right on time. It was quite a luxurious vehicle. I enjoyed the fast, smooth ride along the highways that took us through some unexpectedly fascinating countryside in the boiling summer heat.

2. Susana Montero

I caught the bus to Istanbul from the outskirts of one of Turkey's larger provincial cities. My seat was comfortable, and although I had booked too late to get a cheap student fare, I had a woman's ticket, which meant the seat alongside mine would either have to be taken by another woman or left unoccupied. In the event, it remained empty. The attendant served everyone a delicious Turkish tea, and there was no charge for that. It was pleasantly warm on board, but

whenever I stepped off for one of the four-hourly breaks I was reminded just how freezing cold it can get in Anatolia in winter.

3. Luke Morgan

Before I flew to Australia, I was able to get bus tickets at a reduced rate because I'm in full-time education, and the first one was for the journey right across the country from Darwin to Adelaide and back. I could stop off where and when I liked and pick up a later bus along the same route, which was just as well as it was a 6,000-kilometre round trip. The buses were very smart, with nice soft reclining seats, although there wasn't enough room for me to stretch out in front. I was rather glad, therefore, each time we stopped so I could walk around a bit.

4. Hao Yeung

Although it was more expensive than a student ticket, there was a reduction as I was going midweek, so I paid just \$15 at the terminal in Denver. Within fifteen minutes I was boarding, choosing a seat on a row where nobody else was sitting. It was a modern vehicle, with huge windows that enabled travellers to take in the scenery. And this was a particularly spectacular route: climbing up through the Rocky Mountain National Park to a height of 3,700 metres, with deep snow on either side of the road. I was quite pleased when another passenger sat next to me to chat for a while. Later on I had a good sleep.

Which person

- A. had nobody sitting next to them during the whole journey?
- B. looked at a diagram before they decided where to sit?
- C. bought a return bus ticket?
- D. was given a free drink?
- E. was surprised that the view from the bus was interesting?
- F. paid less for their ticket because of when they travelled?