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

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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

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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

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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

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

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

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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 [1]_____ 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 [2]_____, or they may not make any sense. People experience different symptoms, ranging from mild anxiety to being [3]_____. Regardless, it can be hard for a person to [4]_____ their phobia. One method people use to [5]_____ is to focus on their [6]_____. Being [7]_____ of the breaths that you take is a good way to relax. There may not be any [8]_____ for anxiety, but there are effective ways to manage it. With focus, practice, and sometimes even trying [9]_____, people can learn to manage their fears. Whatever you do – don't [10]_____!

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.

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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.

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