

Тексты функциональной направленности и упражнения к ним

Были подобраны тексты к темам 'Man – the Seeker of Happiness', 'A Man as the Greatest Wonder of the World' соответственно в 10 и 11 классе по программе углублённого изучения английского языка УМК Английский язык/English 10, 11 Верещагина И.Н., Афанасьева О.В., Михеева И.В.

10 класс

1. Биография «Vera Wang. Known for balancing modern designs with traditional elegance, Vera Wang is one of the most prominent bridal wear designers in America»
2. Афиши «Gather at the Galleries», «Women's Art Prize Tasmania»
3. Страница интернет-магазина «Poster Women in Revolt!»

11 класс

1. Статья «Happiness. Personal Growth: Your Values, Your Life. Are you living your life in accordance with your values?»
2. Инфографика «Is emotional intelligence superior?»
3. Тесты «Temperament»

Article about Vera Wang

Do the tasks by yourself, use the dictionary for the article

accolades – почести
to acquire – приобрести
affluent – богатый
affordable – доступный
anticipated – ожидаемый
arguably – возможно
breast cancer – рак груди
bridal – свадебный
catering – ориентированный
to commission – заказать
council – совет
couture gowns – одежда от кутюр
distinction – отличие
elaborate gown – изысканное платье
enrolling – зачисление
fragrance – аромат
foray – вхождение
frustrated – разочарованный
hand-beaded – ручной работы с бисером
to hone – оттачивать
to launch – запустить
lingerie – нижнее белье
made to order – сделанный на заказ
prominent – выдающийся
to shelve – отложить
signature collection – фирменная коллекция
sophisticated – изысканный
sophomore year – второй год обучения
streamlined – элегантный
to tailor – пошить
upscale – высококачественный
to wed – пожениться/выйти замуж



Upon her graduation from college, in 1971, Wang shelved her skating career and began working for *Vogue* magazine. Within a year, at the age of 23, Wang was promoted to senior fashion editor. She held that title for the next 15 years. In 1987, she left *Vogue* to take a job as a design director for accessories at Ralph Lauren.

Foray into Fashion Design

In 1989, Wang wed longtime boyfriend Arthur Becker. Frustrated with the slim selection of existing bridal wear, she sketched her own design and commissioned a dressmaker to tailor the elaborate gown at a cost of \$10,000. The following year, with some financial backing from her father, Wang opened her own bridal boutique in the upscale Carlyle Hotel on Madison Avenue in New York City.

Catering mostly to celebrities and socialites, the Vera Wang Bridal House initially offered couture gowns by the famed designers Guy Laroche, Arnold Scaasi, Carolina Herrera and [Christian Dior](#). Over the next few years, Wang honed her skills as a fashion designer and eventually launched a signature collection of streamlined and sophisticated bridal wear.

Commercial Success and Expansion

Wang first received international attention during the 1994 Olympics when she designed a hand-beaded ensemble for figure skater [Nancy Kerrigan](#). Wang has since introduced an equally popular line of elegant evening wear, as well as Vera Wang Made to Order.

In 2001, Wang launched her first fragrance and published a highly anticipated wedding guide. Over the years, her business has expanded to include lingerie, jewelry, home products and even desserts. In 2006, Wang teamed with Kohl's, a chain of department stores, to produce an affordable line of ready-to-wear clothing called Simply Vera. She has also reached licensing agreements with Zales, David's Bridal and Men's Wearhouse.

By balancing modern designs with traditional elegance, Wang has acquired a large following, particularly in Hollywood. Her fashions are frequently worn to film premieres and award ceremonies by a number of high-profile actresses, including [Halle Berry](#), [Goldie Hawn](#), [Charlize Theron](#), Anjelica Huston and [Meg Ryan](#).

Celebrating 30 years in the business, Wang staged an anniversary show during New York Fashion Week in September 2019. The following month, she debuted her 60th bridal collection.

Accolades

Arguably the most prominent designer of bridal wear in America, Wang has been honored with a number of accolades for her achievements, including the 1993 Chinese American Planning Council's Honoree of the Year Award and the 1994 Girl Scout Council's Woman of Distinction Award. Later that year, she was elected as a member of the prestigious Council of Fashion Designers of America (CFDA). In 2005, the CFDA selected Wang as the Womenswear Designer of the Year.

In 2019, the iconic designer was honored with the Sandra Taub Humanitarian Award by the Breast Cancer Research Foundation.

Personal Life

Wang, who separated from Becker in 2012, has two adopted daughters, Cecilia and Josephine.



Dragoneagle Press 'Vera Wang Queen of Fashion; Amazing Chinese American (Biographies of Amazing Asian Americans)'

\$13 AT AMAZON

Quick Facts:

FULL NAME: Vera Ellen Wang
BORN: June 27, 1949
BIRTHPLACE: New York City

Fact Check
We strive for accuracy and fairness.If you see something that doesn't look right, [contact us!](#)

QUOTES

- I can't say it's been easy. But I've grown from the challenges, and I keep learning. The day I stop learning is probably the day I'll just stop.

B **Biography.com Editors**
Staff Editorial Team and Contributors
The Biography.com staff is a team of people-obsessed and news-hungry editors with decades of collective experience. We have worked as daily newspaper reporters, major national magazine editors, and as editors-in-chief of regional media publications. Among our ranks are book authors and award-winning journalists. Our staff also works with freelance writers...
[Read full bio](#)

I. Read the title of the article, fill in the first column of the table:

Key words	Your own extracts related to keywords	Quotes from the text
1		
2		
3		
4		
5		
6		
7		

II. Read the headings of the paragraphs in the text, come up with your own heading for the article:_____

III. Read the text, fill in the 2nd and 3rd columns of the table. Add 2 additional keywords and fill in the 2nd, 3rd columns.

Vera Wang

Known for balancing modern designs with traditional elegance, Vera Wang is one of the most prominent bridal wear designers in America

Who Is Vera Wang?

Vera Wang was a senior fashion editor at Vogue for 15 years and then a design director for Ralph Lauren. After designing her own wedding dress, she opened a bridal boutique and soon launched her own signature collection. Now hugely popular, she has a large Hollywood following and also designs lingerie, jewelry and home products.

Early Years

Vera Ellen Wang was born on June 27, 1949, in New York City, New York. The daughter of affluent Chinese immigrants, Wang enjoyed a privileged childhood growing up on Manhattan's Upper East Side. She attended the elite Chapin School and the School of American Ballet, before enrolling at Sarah Lawrence College. During her sophomore year, Wang briefly studied abroad at the Sorbonne in Paris but returned to the United States to complete her degree in art history.

A talented figure skater, Wang competed professionally throughout her teens. However, **1 she fell short of her Olympic dreams** when she and her partner, James Stuart, placed fifth in the junior pairs competition at the 1968 U.S. National Championships.

'Vogue' to Ralph Lauren

Upon her graduation from college, in 1971, **2 Wang shelved her skating career** and began working for Vogue magazine. Within a year, at the age of 23, Wang was promoted to senior fashion editor. She held that title for the next 15 years. In 1987, she left Vogue to take a job as a design director for accessories at Ralph Lauren.

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In 2001, Wang launched her first fragrance and published a highly anticipated wedding guide. Over the years, **5 her business has expanded** to include lingerie, jewelry, home products and even desserts. In 2006, **6 Wang teamed with Kohl's**, a chain of department stores, to produce an affordable line of ready-to-wear clothing called Simply Vera. **7 She has also reached licensing agreements** with Zales, David's Bridal and Men's Wearhouse.

By balancing modern designs with traditional elegance, **8 Wang has acquired a large following,** particularly in Hollywood. **9 Her fashions are frequently worn** to film premieres and award ceremonies by a number of high-profile actresses, including Halle Berry, Goldie Hawn, Charlize Theron, Anjelica Huston and Meg Ryan.

Accolades

In 2019, the iconic designer was honored with the Sandra Taub Humanitarian Award by the Breast Cancer Research Foundation.

Wang, who separated from Becker in 2012, has two adopted daughters, Cecilia and Josephine.

BIRTHPLACE: New York City

I can't say it's been easy. But **10 I've grown from the challenges**, and I keep learning. The day I stop learning is probably the day I'll just stop.

1	12
2	13
3	14
4	15
5	16
6	17
7	18
8	19
9	20
10	21
11	22

- Wang improved her skills as a fashion designer.
- Wang collaborated with Kohl's.
- Wang puts figure skating career on hold.
- I grew up through hardships.
- Wang gained many followers.
- She didn't reach her Olympic hopes.
- She also entered into licensing agreements.
- Her business has enlarged.
- Aimed primarily at famous and well-known people
- Her fashionable clothes are often worn

[illegible]

VI. Build up a coherent text from the sentences:

- a) Vera Wang provided couture gowns by the famous designers.
- b) The designer created a hand-made ensemble for a well-known figure skater.
- c) As a teenager Vera was a talented figure skater and participated in professional figure skating competitions.
- d) Vera Wang was honoured with the International award.
- e) The designer performed a jubilee fashion show.
- f) She collaborated with a chain of department stores to produce a line of ready-to-wear clothing.
- g) After her graduation from college Vera started working for one of fashion magazines.
- h) She was a student at the elite Chapin School and at the School of American Ballet.
- i) Wang opened her own show room.
- j) Vera launched her perfume and wedding guide.

1	2	3	4	5	6	7	8	9	10

VII. Match the pictures and text fragments:



- A**
During her sophomore year, Wang briefly studied abroad at the Sorbonne in Paris.
- B**
Catering mostly to celebrities and socialites, the Vera Wang Bridal House initially offered couture gowns by the famed designer Carolina Herrera.
- C**
In 2019, the iconic designer was honored with the Sandra Taub Humanitarian Award by the Breast Cancer Research Foundation.
- D**
In 2006, Wang teamed with Kohl's, a chain of department stores, to produce an affordable line of ready-to-wear clothing called Simply Vera.
- E**
In 1987, she left Vogue to take a job as a design director for accessories at Ralph Lauren.
- F**
A talented figure skater, Wang competed professionally throughout her teens. However, she fell short of her Olympic dreams when she and her partner, James Stuart, placed fifth in the junior pairs competition at the 1968 U.S. National Championships.
- G**
The following year, with some financial backing from her father, Wang opened her own bridal boutique in the upscale Carlyle Hotel on Madison Avenue in New York City.
- H**
Within a year, at the age of 23, Wang was promoted to senior fashion editor.



1	2	3	4	5	6	7	8

VIII. Imagine you are a PR manager in the famous fashion house of Vera Wang, write a press release for one of Vera Wang's shows using the information in the article.

Press release — a message for the press; an informational message containing news about the organization that issued the press release, a statement of its position on a particular issue and submitted for publication in the mass media

. Use the memo:

1. choose the publication to which you are sending the press release (newspaper, magazine, public page on social networks);
2. the information should be interested to this particular media outlet and professionally oriented;
3. the information should be relevant, topical, contain new facts, results, reference statistics;
4. the information should be easy and simple for readers to understand, socially significant, related to some socially important problem;
5. the information should be “fresh” — about an event that happened today, at worst — yesterday, or expected in the near future;
6. the press release should include the words of the company's director, the most authoritative experts in the subject, one or more opinion leaders on the topic;
7. use the method of writing a press release as a link to a specific significant event, results for a certain period, or to a date, including a date that does not actually exist;
8. the distribution of a press release is accompanied by direct telephone contacts with journalists responsible for the use of this press release in the media;
9. the press release should not contain evaluative data or advertising information;
10. the press release should be small (no more than two pages) and should contain information about only one news item.

Structure of a press release:

- | | |
|-------------------------------|------------------------|
| 1. logo; | 5. release date; |
| 2. media contact information; | 6. introduction; |
| 3. title; | 7. body; |
| 4. subtitle; | 8. brief about section |

IX. Read Vera's the quote that is related to your views on life, write your opinion on this quote (60-80 words)._____





1



2



3

A

During her sophomore year, Wang briefly studied abroad at the Sorbonne in Paris.

B Catering mostly to celebrities and socialites, the Vera Wang Bridal House initially offered couture gowns by the famed designer Carolina Herrera.

C

In 2019, the iconic designer was honored with the Sandra Taub Humanitarian Award by the Breast Cancer Research Foundation.

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In 2006, Wang teamed with Kohl's, a chain of department stores, to produce an affordable line of ready-to-wear clothing called Simply Vera.

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G

The following year, with some financial backing from her father, Wang opened her own bridal boutique in the upscale Carlyle Hotel on Madison Avenue in New York City.

H

Within a year, at the age of 23, Wang was promoted to senior fashion editor.



4



5



6



7



8

Posters

I. Look at the texts and define what genre they are created in. _____



You are invited to
GATHER
at the
GALLERIES

SATURDAY, JAN. 25
5 - 7PM

cedarhurst
CENTER FOR THE ARTS

THE PLAN - Saturday, January 25

- 5 to 6 pm - Open bar & appetizers
- 6 pm - High School Competition Awards Announcement
- 5 to 7 pm - Gallery hop to see the art & meet the artists
- 6 to 7 pm - Shuttle rides to Shrode Art Center

ADMISSION
\$10 General Admission
Cedarhurst Members - FREE

BECOME A MEMBER
Scan the code for details
or call 618-242-1236

New Semantics Gallery
Beal Gallery
Beck Gallery
Shrode Art Center

WOMEN'S ART PRIZE TASMANIA

Women's Art Prize Tasmania 2024

DEVONPORT REGIONAL GALLERY

MAIN GALLERY | 3 AUGUST – 21 SEPTEMBER 2024

Opening: Friday 2 August, 6pm by Councillor Alison Jarman, Mayor of Devonport

Announcement on the night: The Early Career Artist Prize - presented by Tailored Services for the Arts

This is a free event. RSVP to artgallery@devonport.tas.gov.au

Celebrating the talent and diversity of women artists practicing throughout this state, the WOMEN'S ART PRIZE TASMANIA is the state's only female art competition which provides an important platform to showcase their work. It aims to inspire, facilitate and celebrate the development of professional and emerging women artists in Tasmania.

DEVONPORT REGIONAL GALLERY
paranaple arts centre

Market Square, 145 Rooke Street, Devonport | 03 6420 2900

artgallery@devonport.tas.gov.au

paranapleartscentre.com.au/devonport-regional-gallery/

Opening Hours: Monday – Friday 9:00am – 5:00 pm,
Saturday & Public Holidays 9:00am – 2:00pm, Sunday Closed

EXHIBITION SEASON 2024



RioTinto

BELL BAY
ALUMINIUM



TAILORED
SERVICES
for the ARTS

MADELINE
GORDON
GALLERY



Touring Partners



prize awards), _____

a) Look at the posters. What information do they contain? _____

Is it possible to visit the exhibition according to these posters? Explain your answer:

- 1
- 2
- 3
- 4
- 5

	Gather at the Galleries	Women's Art Prize Tasmania
1. Name		
2. Date and opening hours		
3. Description		
4. Address		
5. e-mail		
6. Telephone number		
7. Partners		
8. Plan		
9. QR code		
10. Decoration		

[illegible]

VII. Complete the sentence by making 7 points: “If I organized an exhibition of a female artist, I would...”

1

2

3

4

5

6

7

VIII. Imagine that you are a designer at the Vyatka Art Museum named after the brothers V. M. and A. M. Vasnetsov. Create your own poster for an exhibition of a female artist using the sections of these posters.



THE PLAN - Saturday, January 25

5 to 6 pm - Open bar & appetizers

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5 to 7 pm - Gallery hop to see the art & meet the artists

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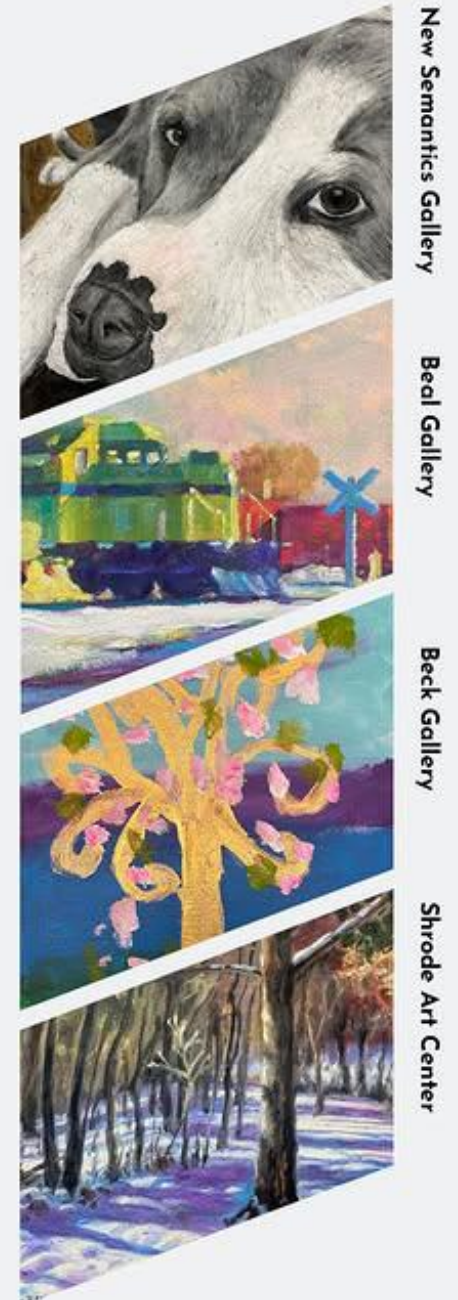
ADMISSION

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Scan the code for details
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Touring Partners



Online store page


Look through the **first** page of text.

Define the topic of the text, support it with keywords, underline 5 of them. _____

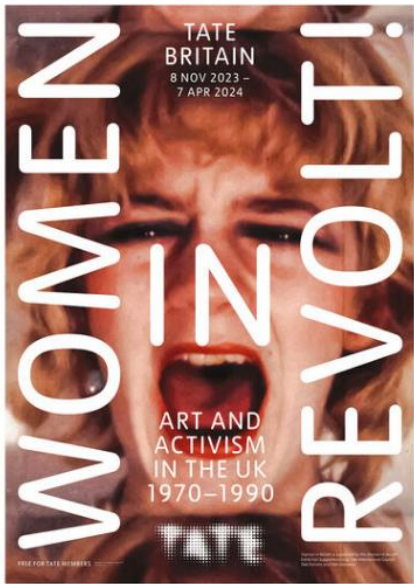
Write down the topic of the text. _____

Define the target audience of the text. _____

TATE SHOP

Tate Home Sign In Q  £0.00

EXHIBITIONS NEW PRINTS EDITIONS BOOKS FASHION HOME GIFTS MEMBERSHIP



Women in Revolt! Exhibition poster

By Tate



£5 ~~£10~~ [Join as a Member and save 10%](#)

Quantity [-](#) [+](#) This item is currently not available.

Add to basket →

[Add to wishlist](#)

Item code: 28928

 Free delivery from £60  Stay in the know with Tate emails

Read the **second** page of the text

I. Choose the correct option

1. Poster in the format (1 answer):

- a) A0
- b) A1
- c) A2
- d) A3
- e) A4
- f) A5

2. Women in Revolt! is supported by (all possible answers):

- a) Exhibition Supporters Circle,
- b) Tate Patrons and Tate Members
- c) Tate Collective Society
- d) the Women in Revolt!
- e) Tate International Council,
- f) Tate Gallery Club

3. A major survey of feminist art by over 100 women artists working in the UK, exploring how networks of women used (1 answer):
 - a. radical concept and alternative way
 - b. extreme idea and unconventional manner
 - c. radical ideas and rebellious methods
 - d. revolutionary design and rebellious protest
 - e. wayward message and unorthodox approach
 - f. unruly behavior and violent power
4. It is suggested to buy a frame of (all possible answers):
 - a) Black Elm
 - b) Dark Ash
 - c) Hard Alder
 - d) Natural Oak
 - e) Brown Asper
 - f) Natural Ash

II. Write out from the text the designations for dates and numbers

- a) 1970-1990_____
- b) 3 Minute Scream_____
- c) 1977_____
- d) 8 NOV 2023 – 7 APR 2024_____
- e) over 100 women artists_____
- f) 59 x 42 cm_____
- g) A2_____
- h) 5032495404983_____

Description

Item details

A2 Exhibition poster for *Women in Revolt! Art, Activism and the Women's movement in the UK 1970–1990* at Tate Britain.

Featuring a detail from Gina Birch's *3 Minute Scream*, 1977, the poster text reads:

TATE BRITAIN 8 NOV 2023 – 7 APR 2024

WOMEN IN REVOLT!

ART AND ACTIVISM IN THE UK 1970–1990

Free For Tate Members

Women in Revolt! is supported by the Women in Revolt! Exhibition Supporters Circle, Tate International Council, Tate Patrons and Tate Members

The poster is an excellent souvenir of the exhibition, which represents a major survey of feminist art by over 100 women artists working in the UK, exploring how networks of women used radical ideas and rebellious methods to make an invaluable contribution to British culture. It's printed on FSC certified, responsibly sourced paper, and measures 59 x 42 cm.

Looking for a frame? Our Dark ash and Natural ash A2 frames are the perfect fit for Tate exhibition posters.

Description

Item details

EXHIBITION	Women in Revolt!
DIMENSIONS	A2
MATERIAL	FSC certified paper
ISBN	5032495404983

Read the **third page** of the text

I. Choose sections that are required on the online store page, highlight them:

- home,
- about us,
- payment and delivery,
- contacts,
- video,
- cooperation,
- vacancies,
- offer,
- return,
- blog,
- interesting stories,
- categories,
- product cards,
- FAQ,
- keywords,
- promotions,
- store news.

II. Match the presented sections and texts of the web page, find all matches, add sections that are not in the list, use the web page: <https://shop.tate.org.uk/women-in-revolt-exhibition-poster/28928.html>

III. Make a plan for the third text from 7 points, highlight 4 key points of the plan.

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____

IV. Create a layout of your online store page using all the sections presented in the text.

Use the following reminder:

1. Don't use the history of the product's creation in the text of the web page.
2. Place important keywords at the end of the page.
3. Don't use sentences that are too long.
4. Don't use sentences that are too short.

5. Avoid excessive use of stop words: time wasters, bureaucratic jargon, and value judgments. You can use glvrd.ru to check for stop words. A sufficient rating for online store texts is 7.5 points.
6. Don't lay out big 'gray bricks' of text. Divide them into paragraphs, add indents and headings of different levels between them. Add videos and illustrations where appropriate. Show, don't tell.
7. Write all texts for people, not for machines.
8. Try to make texts useful and interesting.

DELIVERY & RETURNS

Delivery times

We aim to deliver stocked shop products within:

- UK – 2-3 working days
- International (excluding EU) – 2-4 weeks

For framed custom prints and rugs, we aim to deliver within:

- UK – 1-2 weeks
- International (excluding EU) – 2-4 weeks

Many of our neon lights are made in small batches, delivery is estimated at 4-6 weeks worldwide. Our Goldfinger x Tate furniture collection is made to order, with a production lead time of 12-14 weeks.

Please note that some items are dispatched separately if they are made to order (such as coffee, custom prints and custom print clothing, neon lights or furniture). This means that if you order these items alongside other shop products, they won't all arrive together, and you'll get several deliveries.

If the delivery time frame for each item has ended and you're still waiting for something from your order, please get in touch and we'll investigate for you.

Delivery costs

We currently offer free standard delivery on **UK orders over £60**. Our other delivery costs are as follows.

For orders under £60:

UK – £5 per order

Rest of world (excluding EU) – £28 per order

From 13 December 2024, we will be temporarily pausing shipping to the European Union and Northern Ireland, to update our details to comply with new EU General Product Safety Regulation (GPSR). We will restart shipping to the EU and NI as soon as possible, thank you for your patience.

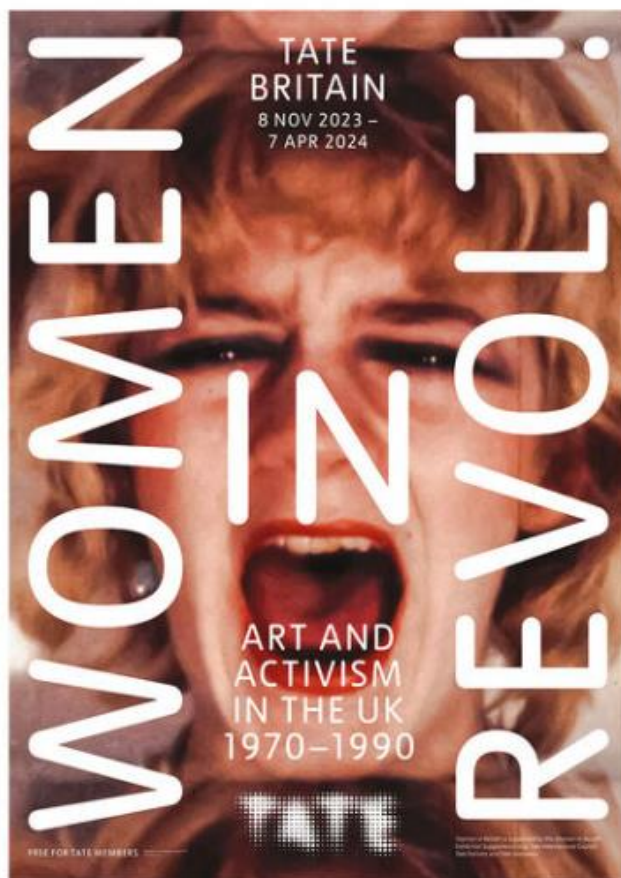
Here's more information on [delivery](#).

Refunds & returns

If you are not completely happy with your order, you can return any items to us, free of charge within 60 days of purchase, and we will be happy to offer you a full refund, replacement or exchange on any items excluding custom prints, furniture and pierced earrings.

For any queries, you can contact our customer service team via shop@tate.org.uk.

Here's more information on [refunds & returns](#).



Women in Revolt! Exhibition poster

By Tate

£5 ~~£10~~

[Join as a Member and save 10%](#)

Quantity

− 1 +

This item is currently not available.

Add to basket →

[Add to wishlist](#)

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Rest of world (excluding EU) – £28 per order

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Here's more information on [refunds & returns](#).

Article about values

I. What is value to you? Formulate your definition: _____

II. Name three values that are important to you: _____

III. Read the text:

Happiness

Personal Growth: Your Values, Your Life

Are you living your life in accordance with your values?

Posted May 7, 2012 | Reviewed by Ekua Hagan

Your values form the foundation of your life. They dictate the choices you make and determine the direction that your life takes. Your values will influence your decisions related to your relationships, career, and other activities you engage in.

Yet despite this importance, few people choose their values. Instead, they simply adopt the values of their parents and the dominant values of society. In all likelihood, the values that you internalized as a child remain with you through adulthood (yes, in some cases, people reject the values of their upbringings). Unfortunately, these values may also have created a life that is carrying you down a path that is not the direction you want to go.

1 What values were you raised with? **2** What values are you presently living in accordance with? **3** Are they the same or different? **4** Do your values bring you happiness? These are essential questions that you must ask if you are to find meaning, happiness, success, and connection in your life.

Yet, finding the answers to these questions is a challenge—and changing them in a way that will lead to fulfillment is an even greater challenge.

Deconstructing Your Values

To truly understand what values, you possess and live by, you must deconstruct them until you are able to clearly see what exactly you value and why you hold those values. Looking openly and honestly at the way you were raised is the first step in identifying the values that you instilled growing up.

5 What did your parents value, and what values did they impress upon you—in regards to achievement, wealth, education, religion, status, independence, or appearance? Think back to your childhood and ask yourself several questions. **6** What values were emphasized in the way your parents lived their lives? **7** What values were stressed in your family? **8** What values were reflected in the way you were rewarded or punished?

For example, were you rewarded for being highly ranked in your high school class and for winning in sports, or were you rewarded for giving your best effort and for helping others? You might even ask your parents to reflect back on your childhood to see what they perceived their values to be and what values they wanted to emphasize in your upbringing.

Your next step in the deconstruction process involves looking at your present life and the values your life reflects. In responding to these questions, you should ask yourself what values underlie your answers. **9** What do you do for a living—are you a corporate employee, a business owner, a teacher, salesperson, caterer, or social worker?

A common question that people in social gathering ask is, what do you do for a living? Periodically, I have seen people get rather defensive in response to this question. They say, “Who cares what I do? What I do is not who I am.” I would suggest otherwise, at least to some degree. Assuming people have choices in the career paths they take, which one they choose reflects who they are and what they value.

For example, though it's a bit of a generalization, it is probably safe to say that someone who becomes an investment banker has different values than someone who becomes an elementary school teacher. What those underlying values might be may vary, but one might assume that the investment banker values money, while the teacher values education and helping children.

Where do you live—do you live in a high-rise apartment in a city, in the suburbs, or in the country—and what values led you there? **10 What activities do you engage in most—cultural, physical, religious, political, social—and what values are reflected in those activities? 11 What do you talk about mostly—politics, religion, the economy, other people—and what does that tell you about your values?**

Finally, perhaps the most telling question reflecting what you value is: **12 What do you spend your money on—a home, cars, travel, clothing, education, art, charity?** Because money is a limited resource for most people, they will use their money in ways that they value most. Above anything else, where people spend their hard-earned money says the most about their values.

You can then ask yourself whether your current values are the same as those you grew up with. Have you gone through a period of examination and reconsideration? Have you consciously chosen to discard some values from your upbringing and adopt new ones?

My experience with people who live unsatisfying lives is that the values they grew up with mostly weren't unhealthy and that their present values haven't changed since childhood. They never questioned their values. Instead, they simply bought into them early in their lives and created their life around those values. In contrast, fulfilled people tended to grow up with life-affirming values or had a "crisis of conscience" in early adulthood that caused them to re-evaluate and modify their values.

Now that you have deconstructed your life and have a clear idea of what you value, you can see the values upon which you have created your life. You can see whether those values contribute to your dissatisfaction or bring you happiness. Look at which aspects of your life contribute to your unhappiness—your career, marriage, lifestyle—and ask yourself what values underlie those parts of your life.

For example, if your career in the business world makes you unhappy—no judgment intended, but many of my clients happen to come from corporate life—you need to ask yourself what values you have held that led you to a career in business and how those values presently cause you to be an unhappy success.

Popular Culture and Values

A recurring theme that runs throughout my work is that inadvertently buying into the values that predominate popular culture, for example, winning, status, power, appearance, and conspicuous consumption, is a leading cause of life dissatisfaction. The popular culture in America today—as reflected in our various media—no longer has the time, attention span, or energy to devote to weighty and deep issues such as values. It is much easier to focus on the superficial "things" in our culture. Thus, the pursuit of wealth and material goods has become the dominant "value" in much of our society, in the mistaken belief that these values will bring people happiness.

One of the most powerful ways in which this "value" was impressed on you was in how you learned to define success. Popular culture typically defines success winning, wealth, status, physical appearance, and popularity—the more money and power you have and the more attractive and popular you are, the more successful you would be. Growing up with these definitions, success was largely unattainable for most people.

At the same time, our culture made losing even more intolerable to contemplate—being poor, powerless, unattractive, and unpopular is simply unacceptable. With these restrictive definitions, you may have believed, like so many others, that you were caught in the untenable situation of having little opportunity for success and great chance for failure.

Blindly having accepted society's narrow definitions of success and failure takes away your power to decide how you wish to define them. By buying into popular culture's limiting definitions of success and failure rather

than choosing definitions based on your own values, you can't become truly successful and happy because you are forced down a path that is, for most people, impossible to attain and that is not truly yours. You may become successful in the eyes of society, but you probably won't feel like a success yourself. And this path certainly won't bring you meaning, happiness, or real success in your life.

Write down 30 values in the first column. Rank the values by their importance to you, write them down in the second column:

Values in the text	My Value Rating	The values I was raised with 1	My current values 2	My parents' values 6	My Family Values 7
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
18					
19					
20					
21					
22					
23					
24					
25					
26					
27					
28					
29					
30					

IV. There are 12 questions highlighted in the text, answer them; write the answers to questions 1, 2, 6, 7 in the table in the third, fourth, fifth and sixth columns, write out 5 values for each.

3

4

5

8

9

10

11

12

V. Read the text again, complete the following tasks:

identify the main idea of the text: _____

divide the text into parts (introduction, main body, conclusion), title them: _____

add your parts if you think it is necessary: _____

outline the main idea of each part: _____

VI. Ask 7 questions for yourself based on the text about your understanding of values and their role in your life:

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____

VII. Answer the questions:

· Do you live in accordance with your values? Explain: _____

· Are you a happy person? Why? _____

· Do you think you need to change your values? Why? _____

VIII. Conduct a survey of classmates and parents about values to correlate your questions and answers from Exercises VI and VII. Compare your answers in the table from Exercise III and the answers of classmates and parents in the interview. Compose 5 questions, get answers from one parent and one classmate. The table is attached:

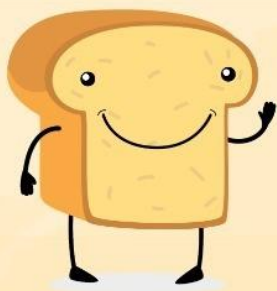
Parent	Friend

Infographics

Use a vocabulary

acceptance – obedience
to accomplish – to achieve
appropriately – correctly
compassion – understanding
comprehensive – full
consequence – result
to enable – to prepare
to enhance – to improve
to entail – to include
to envision – to imagine

forward-thinking mindset – дальновидное мышление
to hinder – to embarrass
humility – modesty
implication – message
intelligence – intellect
quotient – коэффициент
self-awareness – self-knowledge
trait – characteristic



IS EMOTIONAL INTELLIGENCE SUPERIOR?

Emotional intelligence is the ability to have strong regulation of one's feelings, behaviour as well as impulses having a comprehensive EI along with EQ and IQ helps deal with the journey's that life takes us on.



Self Awareness

Self-awareness is hard to accomplish in this world, which sets templates and definitions to success. Success can be as small as teaching your pet how to fetch a ball. Success is about your happiness, not somebody else's. Self-awareness also entails respecting the community around us.

Empathy

Acceptance and excellent listening skills are traits which help you grow in the community. Empathy lets you see the world through somebody else's eyes. This not only reforms and enhances your opinions but also enables you to develop your knowledge. A person in a position of importance has to show humility, sensitivity and compassion towards everyone.



Motivation



Having good EI is realizing that life is not measured by the number of failures but the number of times you can stand up and wipe the dust. Motivation is often sought from inspirational stories around us, but the inner motivation, i.e. drive is something that only we can influence. Believing in oneself and one's potential is significant.

Self Regulation

Self-regulation is the skill of commanding impulses and reactions to psychologically compromising situations. Short temper, egotism, lack of diplomacy and other qualities often hinder success. EI is essential in these situations as it helps envision the consequences rather than the momentary implications of actions. Having a forward-thinking mindset helps us make lesser mistakes



Social Skills

Having a high EI helps in analyzing the situation through body language, tone, and soft communication metrics to behave appropriately. This skill can be useful in dealing with clients in the corporate world. This also helps in day to day communication.



I. Read the title and headings, match them and come up with your own title for the text:

Self-Awareness

Empathy

Motivation

Self-Regulation

Social Skills



II. Read the definition, find three abbreviations, choose one correct explanation of each abbreviation, highlight these phrases.

EI

- a) Education International
- b) Employee Involvement
- c) Emotional Intelligence

EQ

- a) Emotional Quotient
- b) Exceptional Quality
- c) Early Quit

IQ

- a) Intelligence Quotient
- b) Image Quality
- c) Investment Québec

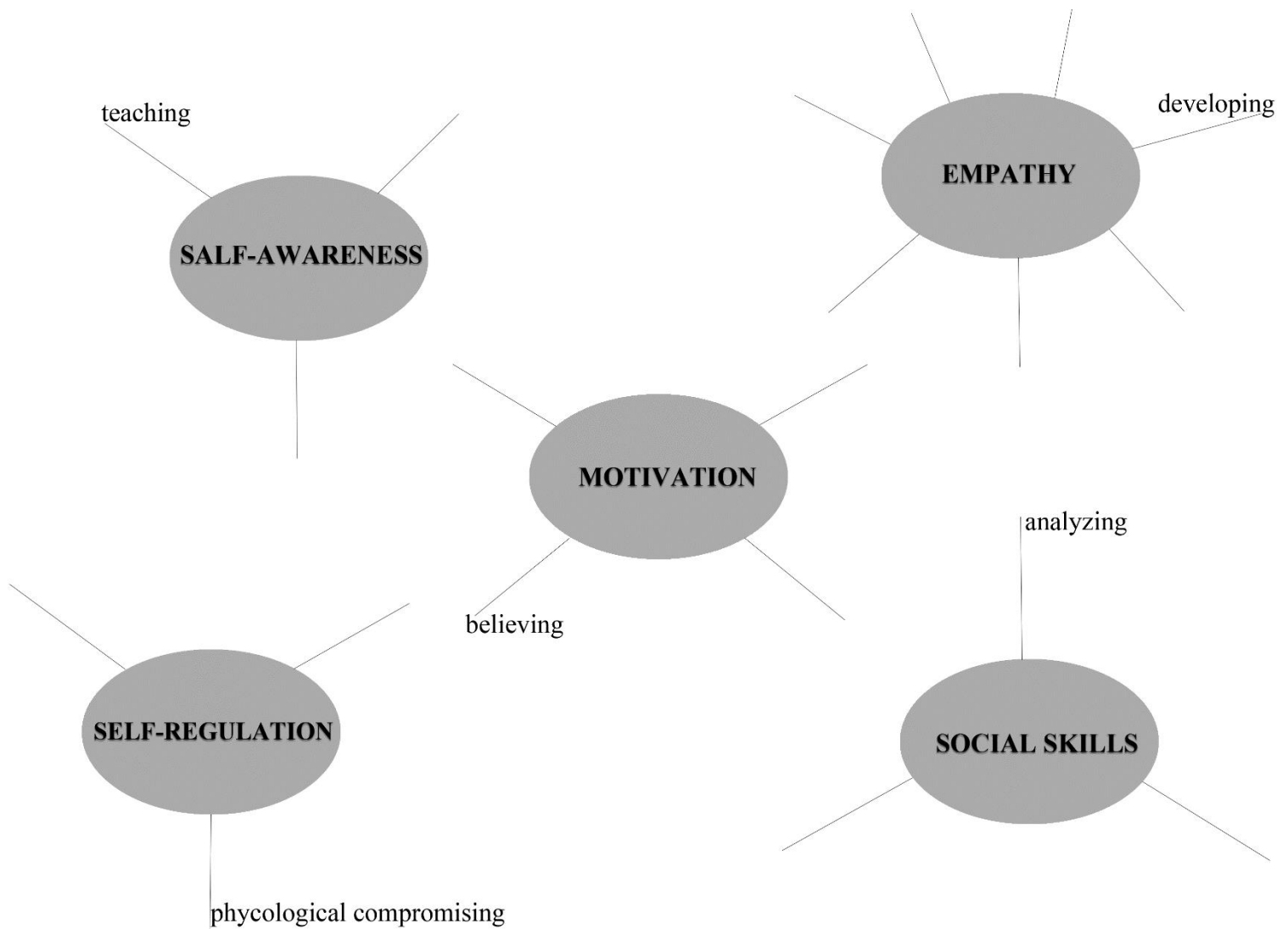
Find a unifying phrase for all three pairs:

III. Find 3 words-associations to the words “emotional” and “intelligence”:

Emotional	Intelligence

Make all possible phrases with the given words from the table and write your definition of emotional intelligence: _____

IV. Read the text. Match the definition of emotional intelligence and descriptions of qualities, find the corresponding words. Make clusters

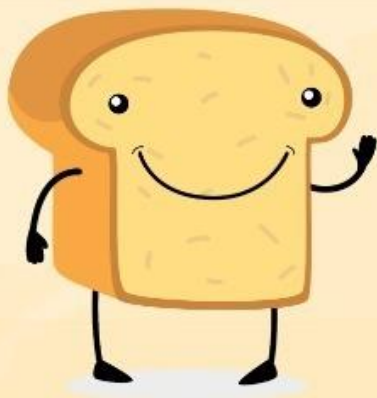


V. Rate each of the 5 qualities about yourself on a 5-point scale, circle the qualities you possess. Describe yourself in 3 sentences using the qualities from the text: _____

VI. Are there any emotionally intelligent individuals among your friends? What qualities do they have, choose from the text. Describe your friend in 5 sentences: _____

VII. Do you have emotional intelligence? Support this with examples from the text. Write 5 examples: _____

Intelligence (80-90 words):



IS EMOTIONAL INTELLIGENCE SUPERIOR?

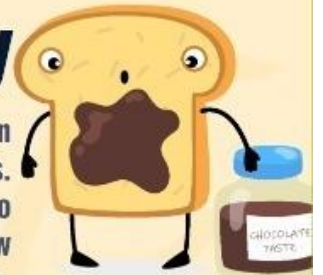
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EDU MINATTI

Temperament

I. Read the topic and keywords to it, what 3 words do not relate to this topic? Highlight them:

double-blind study

understanding yourself

doer

differences

collectivism

peace-maker

strength

weakness

thinker

random sampling

talker

II. Read the text. Match each temperament with one key noun: _____

Overview:

The classical theory of the four temperaments -- the innate manner in which a person feels and reacts in certain situations — can be a helpful tool in understanding our own patterns of reaction, and those of the ones we love. It's a general guideline to help you better understand yourself and how you may be different from your fiancé. Understanding and respecting your differences is the first step in deepening your love and overcoming conflict. Regardless of what your primary Temperament may be, life challenges all of us to develop beyond our natural tendencies in pursuit of healthy and happy relationships.

The Four Temperaments

The Four Temperaments

- ♦ Choleric
- ♦ Melancholic
- ♦ Phlegmatic
- ♦ Sanguine

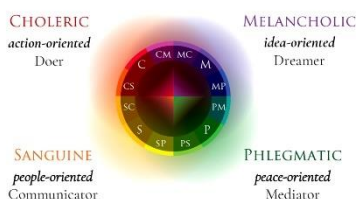
Choleric.... "The Doer"

Strengths:

Sharp intellect, strength of will, goal-oriented, resolute, confident, passionate, comfortable in command, energetic, productive, quick learner, decisive, ambitious, aspires to greatness, enterprising, persevering, zealous, a dynamic leader, forceful, industrious, enterprising, effective.

Famous Cholerics:

Franklin D. Roosevelt, Margaret Thatcher, Oprah Winfrey, Michael Jordan, Bill Gates, St. James, General Patton, St. Paul (also, melancholic), St. Ignatius of Loyola



Weaknesses:

dominating, not empathic, bold, brash, stubborn, opinionated, domineering, contemptuous, prideful, easily incited to anger, impatient with others' slowness and lack of intelligence, holds grudges, pushy, finds it difficult to apologize or admit mistakes, hardness of heart.

Relationship Needs:

sense of control, credit for achievements, loyalty.

CAUTION: Don't try to break their will!

Response time: quick to react, long-lasting, active.

Melancholic... "The Thinker"

Strengths:

analytical, perfectionist, deliberate, idealistic, serious, deep thinker, reflective, religious, discrete, scrupulous, sensitive, sacrificial, quiet, deliberate, reliable, purposeful, orderly, lofty, introverted, dedicated, sensitive to injustice, appreciates silence and solitude, has strong interior life, decorous, noble, cautious, particular.

Famous Melancholics:

Abraham Lincoln, Ernest Hemingway, Ludwig van Beethoven, Vincent van Gogh, Darth Vader, St. John Henry Newman, St. Paul (also Choleric)

Weaknesses:

Slow, moody, brooding, easily discouraged, prone to depression or despondency, irresolute, confused by noise and crowds, fearful, reserved, finds it difficult to make friends, tends to passivity, tends to resentments, holds grudges, lacks confidence, indecisive, second guesses decisions, critical and suspicious of others, makes mountains out of molehills, requires cheering up, aloof, tends to find problems everywhere.

Relationship Needs:

Sensitivity, support, "space".

CAUTION: Encourage them with patience!

Response time: slow to react, with increasing intensity

Phlegmatic... "The Peace-Maker"

Strengths:

Peaceful, respectful, gentle, steady, non-confrontational, level-headed, deliberate, persevering, practical, calm, dispassionate, detached, thoughtful, not easily offended, keeps head under pressure, non-argumentative, non-grudging, non-demanding, willing to take blame, hidden drive, dry wit, compliant, traditional, patriotic, serene, modest, unflashy, a "servant leader."

Famous Phlegmatics:

Tim Duncan, Sandy Koufax, Keanu Reeves,
St. John XXIII, St. Thomas Aquinas

Weaknesses:

Slow, indecisive, indifferent, lack of ambition, tends toward laziness, passive, will agree just to avoid confrontation, avoids leadership, avoids pressure, may lack self-worth if they are neglected because they are so non-demanding, will resort to "I don't care," or "It doesn't matter;" indifference.

Relationship Needs: Peace & Harmony, respect & appreciation, motivation.

CAUTION: Don't dump on them, because they are willing to take it! Hates conflict!

Response time: Slow to react, with short duration.

Sanguine... "The Talker"

Strengths:

optimistic, extroverted, fun-loving, enjoys being with people, talkative, eager to please, compassionate, forgives and forgets, quick learner, always interested in new projects, idea person, creative, non-resentful, candid, obliging, funny, mercurial, vivacious, lively, clever.

Famous Sanguines:

Ronald Reagan, Bill Clinton, Magic Johnson,
Tom Sawyer, Lorelei Gilmore, St. John Paul II, St. Peter.

Weaknesses:

superficial, disorganized, faddish, concerned about what people think, tendency to the external, succumbs to flattery, not good follow through, inordinate love of pleasure, doesn't think things through, jumps to conclusions, interests fade quickly, makes fun of others to gain attention, decisions may be made rashly, flirtatious.

Relationship Needs: attention, affection, fun

Caution:

Don't take away their fun!

Response time:

Quick to react, short-lived duration, active.

Things to Remember...

- ◆ Keep it simple: "Your brain works different from mine and I have to respect that."
- ◆ This is a **general guideline** for understanding our differences, respecting them and working within them.
- ◆ **DON'T** put yourself or others into a box, with a label; this discourages personal growth.
- ◆ We are all called to develop outside our dominant temperament.

III. Read the statements and decide if the information in the text is True, False or Not Stated:

- 1. The classical theory of the four temperaments helps to understand yourself and other people better.*
 - a) True
 - b) False
 - c) Not Stated
- 2. Temperament is determined only by genetic factors.*
 - a) True
 - b) False
 - c) Not Stated
- 3. Learning your temperament helps you to avoid conflicts in relationships.*
 - a) True
 - b) False
 - c) Not Stated
- 4. Every person has one basic temperament that determines his behavior.*
 - a) True
 - b) False
 - c) Not Stated
- 5. Trying to develop traits that are opposite to your natural temperament can lead to unhappiness.*
 - a) True
 - b) False
 - c) Not Stated
- 6. All people have the same temperament.*
 - a) True
 - b) False
 - c) Not Stated
- 7. The doer reacts quickly to events and make decisions.*
 - a) True
 - b) False
 - c) Not Stated
- 8. The thinker tend to be suspicious and critical of others.*
 - a) True
 - b) False
 - c) Not Stated
- 9. The peace-maker has a dry sense of humor and are calm in stressful situations.*
 - a) True
 - b) False
 - c) Not Stated
- 10. The talker tends to be superficial and lack organization.*
 - a) True
 - b) False
 - c) Not Stated

VI. Look at the temperament tests, answer the questions after them:

Discover Your Dominant Temperament

Read each of the following statements and put a check in the column that **BEST** reflects the answer that applies to you. The next page will give you a "key" to help you determine which is your dominant temperament. See if you know yourself!

	USUALLY	OFTEN	SOMETIMES	NOT USUALLY
1. I stick with whatever I begin.				
2. I daydream.				
3. I have many friends and make them easily.				
4. I enjoy being alone.				
5. I get my feelings hurt easily.				
6. I hold on to my own ideas.				
7. I am optimistic.				
8. I am shy, especially in groups.				
9. I like being still and quiet.				
10. I avoid conflict and like to keep the peace.				
11. My moods change quickly.				
12. It takes a lot to excite me.				
13. I take charge of most situations.				
14. I am cheerful.				
15. I work slowly but diligently.				
16. I am pessimistic.				
17. Studying is easy for me.				
18. Difficulties discourage me.				
19. I work harder when there are difficulties.				
20. I am impatient easily.				
21. I am frequently finding new hobbies.				
22. I remain calm.				
23. I tend to procrastinate.				
24. I am analytical and detail oriented				
25. I forgive injuries easily.				
26. I put things off.				
27. I have a lot of energy and am ambitious.				

Total your answers according to the columns below.

“usually” = **3 points**
“often” = **2 points**
“sometimes” = **1 point**
“not usually” = **0 point**

<u>A</u>	<u>B</u>	<u>C</u>	<u>D</u>
3. _____	1. _____	1. _____	2. _____
5. _____	4. _____	6. _____	10. _____
7. _____	8. _____	13. _____	12. _____
11. _____	9. _____	17. _____	15. _____
14. _____	16. _____	19. _____	22. _____
21. _____	18. _____	20. _____	23. _____
25. _____	24. _____	27. _____	26. _____
TOTALS(_____)	(_____)	(_____)	(_____)

The column which has the highest score is your dominant temperament.

A = SANGUINE

B = MELANCHOLIC

C = CHOLERIC

D = PHLEGMATIC

TEMPERAMENT TEST

Put a tick on all that apply

A	Self confident _____	B	Deep and purposeful _____	C	Fun loving & playful _____	D	Easy-going _____
	Decisive _____		Sensitive to others _____		Very optimistic _____		Calm and relaxed _____
	Goal oriented _____		Talented and creative _____		Animated and lively _____		Patient & inoffensive _____
	Outspoken _____		Very analytical _____		Very spontaneous _____		Quiet yet witty _____
	Bossy & controlling _____		Orderly & scheduled _____		Undisciplined _____		Unenthusiastic _____
	Impatient _____		Moody & negative _____		Forgetful _____		Eager to rest _____
	Argumentative _____		Socially insecure _____		Extremely talkative _____		Indecisive _____
	Manipulative _____		Easily depressed _____		Eager for credit _____		Not easily motivated _____
	Total _____		Total _____		Total _____		Total _____

Take the highest two scores as representative of your temperament

	Temperament	Main Characteristic	Leadership Style	Dark Side
A	Choleric	Power	The worker	Controlling
B	Melancholy	Perfection	The thinker	Insecure
C	Sanguine	Personality	The talker	Undisciplined
D	Phlegmatic	Peace	The mediator	Reluctant

What is your primary temperament? _____

What is your secondary temperament? _____

TEMPERAMENT STRENGTHS

TEMPERAMENT WEAKNESSES

	Emotions	Work	Friends	Emotions	Work	Friends
A	*Dynamic *Strong willed & determined *Objective & unemotional *Confident	*Goal oriented *Organizes well *Thrives on opposition *Insists on production	*Is usually right *Excels in emergencies	*Bossy *Impatient *Inflexible *Unsympathetic	*Demanding of others *Little tolerance for mistakes *Rude/tactless *Manipulative	*Little need for friends *Tends to use people *Dominates others *Knows everything *Unapologetic
B	*Deep/thoughtful *Analytical *Artistic/musical *Sensitive *Self-sacrificing	*Very detail oriented *Schedule oriented *Orderly *Faithful *Very creative	*Sensitive to others *Content to stay in background *Avoids attention *Seeks ideal mate	*Remembers wrongs *Extremely moody *Pessimistic & skeptical *Very sensitive *Self-centered *Introverted	*Not people oriented *Chooses difficult work *Hesitant to start projects *Perfectionist - hard to please	*Makes friends cautiously *Lives through others *Insecure socially *Withdrawn and remote *Holds back affection
C	*Appealing personality *Talkative *Lively *Cheerful *Sincere at heart	*Volunteers *Creative and colorful *Energetic *Inspires others to join	*Befriends easily *Popular *Doesn't hold grudges *Apologizes quickly	*Compulsive talker *Exaggerates *Anger easily *Restless energy	*Forgetful *Doesn't follow through *undisciplined & inconsistent *Easily distracted	*Dominates conversations *Interrupts and doesn't listen *Answers for others *Wants to be popular
D	*Low-key *Easy going and relaxed *Hides emotions *Consistent in life *Controlled	*Competent & steady *Peaceful & agreeable *Good administrator *Good under pressure	*Pleasant and enjoyable *Inoffensive *Good listener *Has compassion and concern *Sympathetic and kind *Mediator	*Unenthusiastic *Fearful/worried *Avoids responsibility	*Not goal oriented *Lacks motivation *Can be lazy & careless *Can be indecisive *Resents being pushed	*Dampens enthusiasm *Stays uninvolved *Sarcastic and judgmental *not lively or excitable

List three temperament strengths

How have your strengths benefited others?

List three temperament weaknesses

How have your weaknesses affected others?

- What is the purpose of these tests? Explain your answer with a sentence from the text: _____
- Who will benefit from these tests? _____
- Are these tests easy or difficult to complete? Explain your answer: _____
- What difficulties will respondents face when completing these tests? _____
- How can psychological tests help people? Write 7 statements. _____
- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____

V. Complete the tests, find out your temperament, positive and negative character traits. Underline qualities that will help you to communicate with peers, parents, the opposite sex.

VI. Imagine that you are applying for the desired job. Write a CV using the texts. Use the CV form:

PHOTO

Last name First name

Resume for the position:

Work schedule:

Desired salary:

PERSONAL INFORMATION

Date of Birth:

Education:

Marital status:

CONTACT INFORMATION

Phone Number:

Email Address:

Address:

WORK EXPERIENCE

Period:

Position Held:

Company:

Key Responsibilities and Achievements:

EDUCATION

Period:

Institution:

Degree Obtained / Major:
Additional Courses, Training (if applicable):

COURSES AND TRAININGS

Name:
month/year - month/year
Company name, city:

**ADDITIONAL
INFORMATION**

Computer skills:

Language skills:

Driving license:

Personal qualities:

Professional skills:

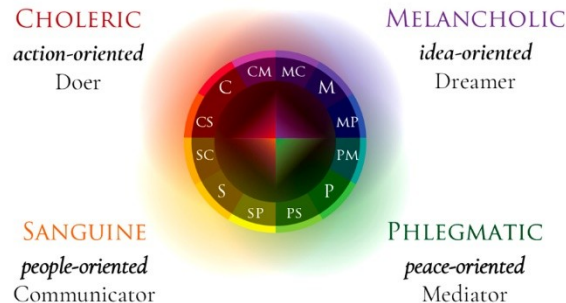
About me:

Overview:

The classical theory of the four temperaments -- the innate manner in which a person feels and reacts in certain situations — can be a helpful tool in understanding our own patterns of reaction, and those of the ones we love. It's a general guideline to help you better understand yourself and how you may be different from your fiancé. Understanding and respecting your differences is the first step in deepening your love and overcoming conflict. Regardless of what your primary Temperament may be, life challenges all of us to develop beyond our natural tendencies in pursuit of healthy and happy relationships.

The Four Temperaments

- ♦ Choleric
- ♦ Melancholic
- ♦ Phlegmatic
- ♦ Sanguine



Choleric.... “The Doer”

Strengths:

Sharp intellect, strength of will, goal-oriented, resolute, confident, passionate, comfortable in command, energetic, productive, quick learner, decisive, ambitious, aspires to greatness, enterprising, persevering, zealous, a dynamic leader, forceful, industrious, enterprising, effective.

Famous Cholerics:

Franklin D. Roosevelt, Margaret Thatcher, Oprah Winfrey, Michael Jordan, Bill Gates, St. James, General Patton, St. Paul (also, melancholic), St. Ignatius of Loyola

Weaknesses:

dominating, not empathic, bold, brash, stubborn, opinionated, domineering, contemptuous, prideful, easily incited to anger, impatient with others' slowness and lack of intelligence, holds grudges, pushy, finds it difficult to apologize or admit mistakes, hardness of heart.

Relationship Needs:

sense of control, credit for achievements, loyalty.

CAUTION: Don't try to break their will!

Response time: quick to react, long-lasting, active.

Melancholic... “The Thinker”

Strengths:

analytical, perfectionist, deliberate, idealistic, serious, deep thinker, reflective, religious, discrete, scrupulous, sensitive, sacrificial, quiet, deliberate, reliable, purposeful, orderly, lofty, introverted, dedicated, sensitive to injustice, appreciates silence and solitude, has strong interior life, decorous, noble, cautious, particular.

Famous Melancholics:

Abraham Lincoln, Ernest Hemingway, Ludwig van Beethoven, Vincent van Gogh, Darth Vader, St. John Henry Newman, St. Paul (also Choleric)

Weaknesses:

Slow, moody, brooding, easily discouraged, prone to depression or despondency, irresolute, confused by noise and crowds, fearful, reserved, finds it difficult to make friends, tends to passivity, tends to resentments, holds grudges, lacks confidence, indecisive, second guesses decisions, critical and suspicious of others, makes mountains out of molehills, requires cheering up, aloof, tends to find problems everywhere.

Relationship Needs:

Sensitivity, support, “space”.

CAUTION: Encourage them with patience!

Response time: slow to react, with increasing intensity

Phlegmatic... “The Peace-Maker”

Strengths:

Peaceful, respectful, gentle, steady, non-confrontational, level-headed, deliberate, persevering, practical, calm, dispassionate, detached, thoughtful, not easily offended, keeps head under pressure, non-argumentative, non-grudging, non-demanding, willing to take blame, hidden drive, dry wit, compliant, traditional, patriotic, serene, modest, unflashy, a “servant leader.”

Famous Phlegmatics:

Tim Duncan, Sandy Koufax, Keanu Reeves, St. John XXIII, St. Thomas Aquinas

Weaknesses:

Slow, indecisive, indifferent, lack of ambition, tends toward laziness, passive, will agree just to avoid confrontation, avoids leadership, avoids pressure, may lack self-worth if they are neglected because they are so non-demanding, will resort to “I don’t care,” or “It doesn’t matter;” indifference.

Relationship Needs: Peace & Harmony, respect & appreciation, motivation.

CAUTION: Don’t dump on them, because they are willing to take it! Hates conflict!

Response time: Slow to react, with short duration.

Sanguine... “The Talker”

Strengths:

optimistic, extroverted, fun-loving, enjoys being with people, talkative, eager to please, compassionate, forgives and forgets, quick learner, always interested in new projects, idea person, creative, non-resentful, candid, obliging, funny, mercurial, vivacious, lively, clever.

Famous Sanguines:

Ronald Reagan, Bill Clinton, Magic Johnson, Tom Sawyer, Lorelei Gilmore, St. John Paul II, St. Peter.

Weaknesses:

superficial, disorganized, faddish, concerned about what people think, tendency to the external, succumbs to flattery, not good follow through, inordinate love of pleasure, doesn’t think things through, jumps to conclusions, interests fade quickly, makes fun of others to gain attention, decisions may be made rashly, flirtatious.

Relationship Needs: attention, affection, fun

Caution:

Don’t take away their fun!

Response time:

Quick to react, short-lived duration, active.

Things to Remember...

- ◆ Keep it simple: “Your brain works different from mine and I have to respect that.”
- ◆ This is a **general guideline** for understanding our differences, respecting them and working within them.
- ◆ DON’T put yourself or others into a box, with a label; this discourages personal growth.
- ◆ We are all called to develop outside our dominant temperament.

Discover Your Dominant Temperament

Read each of the following statements and put a check in the column that **BEST** reflects the answer that applies to you. The next page will give you a "key" to help you determine which is your dominant temperament. See if you know yourself!

	USUALLY	OFTEN	SOMETIMES	NOT USUALLY
1. I stick with whatever I begin.				
2. I daydream.				
3. I have many friends and make them easily.				
4. I enjoy being alone.				
5. I get my feelings hurt easily.				
6. I hold on to my own ideas.				
7. I am optimistic.				
8. I am shy, especially in groups.				
9. I like being still and quiet.				
10. I avoid conflict and like to keep the peace.				
11. My moods change quickly.				
12. It takes a lot to excite me.				
13. I take charge of most situations.				
14. I am cheerful.				
15. I work slowly but diligently.				
16. I am pessimistic.				
17. Studying is easy for me.				
18. Difficulties discourage me.				
19. I work harder when there are difficulties.				
20. I am impatient easily.				
21. I am frequently finding new hobbies.				
22. I remain calm.				
23. I tend to procrastinate.				
24. I am analytical and detail oriented				
25. I forgive injuries easily.				
26. I put things off.				
27. I have a lot of energy and am ambitious.				

Total your answers according to the columns below.

“usually” = ***3 points***

“often” = ***2 points***

“sometimes” = ***1 point***

“not usually” = ***0 point***

A

B

C

D

3. _____

1. _____

1. _____

2. _____

5. _____

4. _____

6. _____

10. _____

7. _____

8. _____

13. _____

12. _____

11. _____

9. _____

17. _____

15. _____

14. _____

16. _____

19. _____

22. _____

21. _____

18. _____

20. _____

23. _____

25. _____

24. _____

27. _____

26. _____

TOTALS(_____)

(_____)

(_____)

(_____)

The column which has the highest score is your dominant temperament.

A = SANGUINE

B = MELANCHOLIC

C = CHOLERIC

D = PHLEGMATIC

TEMPERAMENT TEST

Put a tick on all that apply

A Self confident _____ Decisive _____ Goal oriented _____ Outspoken _____ Bossy & controlling _____ Impatient _____ Argumentative _____ Manipulative _____ Total _____	B Deep and purposeful _____ Sensitive to others _____ Talented and creative _____ Very analytical _____ Orderly & scheduled _____ Moody & negative _____ Socially insecure _____ Easily depressed _____ Total _____	C Fun loving & playful _____ Very optimistic _____ Animated and lively _____ Very spontaneous _____ Undisciplined _____ Forgetful _____ Extremely talkative _____ Eager for credit _____ Total _____	D Easy-going _____ Calm and relaxed _____ Patient & inoffensive _____ Quiet yet witty _____ Unenthusiastic _____ Eager to rest _____ Indecisive _____ Not easily motivated _____ Total _____
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Take the highest two scores as representative of your temperament

	Temperament	Main Characteristic	Leadership Style	Dark Side
A	Choleric	Power	The worker	Controlling
B	Melancholy	Perfection	The thinker	Insecure
C	Sanguine	Personality	The talker	Undisciplined
D	Phlegmatic	Peace	The mediator	Reluctant

What is your primary temperament? _____

What is your secondary temperament? _____

TEMPERAMENT STRENGTHS

TEMPERAMENT WEAKNESSES

	Emotions	Work	Friends	Emotions	Work	Friends
A	*Dynamic *Strong willed & determined *Objective & unemotional *Confident	*Goal oriented *Organizes well *Thrives on opposition *Insists on production	*Is usually right *Excels in emergencies	*Bossy *Impatient *Inflexible *Unsympathetic	*Demanding of others *Little tolerance for mistakes *Rude/tactless *Manipulative	*Little need for friends *Tends to use people *Dominates others *Knows everything *Unapologetic
B	*Deep/thoughtful *Analytical *Artistic/musical *Sensitive *Self-sacrificing	*Very detail oriented *Schedule oriented *Orderly *Faithful *Very creative	*Sensitive to others *Content to stay in background *Avoids attention *Seeks ideal mate	*Remembers wrongs *Extremely moody *Pessimistic & skeptical *Very sensitive *Self-centered *Introverted	*Not people oriented *Chooses difficult work *Hesitant to start projects *Perfectionist - hard to please	*Makes friends cautiously *Lives through others *Insecure socially *Withdrawn and remote *Holds back affection
C	*Appealing personality *Talkative *Lively *Cheerful *Sincere at heart	*Volunteers *Creative and colorful *Energetic *Inspires others to join	*Befriends easily *Popular *Doesn't hold grudges *Apologizes quickly	*Compulsive talker *Exaggerates *Anger easily *Restless energy	*Forgetful *Doesn't follow through *undisciplined & inconsistent *Easily distracted	*Dominates conversations *Interrupts and doesn't listen *Answers for others *Wants to be popular
D	*Low-key *Easy going and relaxed *Hides emotions *Consistent in life *Controlled	*Competent & steady *Peaceful & agreeable *Good administrator *Good under pressure	*Pleasant and enjoyable *Inoffensive *Good listener *Has compassion and concern *Sympathetic and kind *Mediator	*Unenthusiastic *Fearful/worried *Avoids responsibility	*Not goal oriented *Lacks motivation *Can be lazy & careless *Can be indecisive *Resents being pushed	*Dampens enthusiasm *Stays uninvolved *Sarcastic and judgmental *not lively or excitable

List three temperament strengths

How have your strengths benefited others?

List three temperament weaknesses

How have your weaknesses affected others?