

TEST Z JĘZYKA ANGIELSKIEGO DLA KANDYDATÓW DO SZKOŁY DOKTORSKIEJ NAUK SPOŁECZNYCH UŁ 2025

I. Listen to an interview about first memories and decide if the statements below are True or False. (20 points)

1. We remember 80% of the things that happened to us between the ages of 2 and 4. [FALSE]
2. Before the age of 2, children are always able to identify themselves in the photo. [FALSE]
3. Memory without knowing the pronoun 'I' is not possible. [TRUE]
4. Children begin to remember things once they are aware of themselves. [TRUE]
5. There is no correlation between memory and language skills in children. [FALSE]
6. Strong emotions tend to be remembered the best. [TRUE]
7. Fear makes 75% of first memories. [TRUE]
8. Human memory is connected with self-preservation and the ability to protect oneself. [TRUE]
9. Festive celebrations and bright colours are the most common memories. [FALSE]
10. Smells and sounds are superior to pictures when it comes to first memories. [FALSE]

Adapted from English File, OUP

II. Listen to five people talking about stress. Match each speaker to something they do to de-stress. You will hear it twice. (10 points)

- | | |
|--------------|---|
| 1. Simon | [blocks out a particular sound] |
| 2. Stephanie | [goes on holiday] |
| 3. Jim | [tries not to think about anything] |
| 4. Myfannwy | [has a favourite meal] |
| 5. Sean | [focuses on a certain part of their body] |

Adapted from English File, OUP

III. Read the text and do the following exercises:

Wired for Wellness

As the 21st century progresses, psychotherapy faces a radical transformation through the integration of artificial intelligence (AI) and sensor-based technologies. By 2050, the therapeutic experience is expected to shift from traditional talk therapy to a multidimensional, data-driven process that tracks and integrates bodily responses and mental states in real-time. Central to this evolution is an increasing understanding of the relationship between the mind and body, along with technological innovations that facilitate simultaneous monitoring.

Psychotherapy in 2050 will not rely only on verbal communication. AI-driven biofeedback mechanisms will monitor autonomic signals, such as heart rate variability (HRV), galvanic skin response (GSR), and respiration patterns, to offer insight into a client's internal emotional state. These indicators, closely linked to the autonomic nervous system (ANS), reflect stress, emotion, and mental state. Technologies already in use, including wearable sensors and mobile health apps, are advancing rapidly, and future systems will integrate these tools seamlessly into therapy environments.

Physiological tracking enables dynamic assessment of psychological interventions. A client's stress reactivity, resilience, and emotional triggers can be identified in real time, providing therapists with precise data for adapting therapeutic techniques. AI-integrated apps are already contributing to advances in psychoneuroimmunology, where physiological states inform personalized mental health care.

By 2050, psychotherapy sessions might include virtual reality (VR), augmented reality (AR), and AI-driven avatars interacting with patients in sensory-rich environments. Such immersive technologies engage the mind

and body, utilizing real-time feedback to enhance the experience. For instance, supported by AI monitoring, virtual dance movement therapy has already demonstrated potential in reducing anxiety and integrating mind-body responses. Such a multisensory approach will be especially valuable in trauma therapy, mindfulness-based interventions, and cognitive-behavioral techniques.

Neurotechnology will play a central role in the psychotherapeutic model of 2050. Functional neuroimaging, EEG headsets, and non-invasive brain-computer interfaces (BCIs) will offer continuous insights into the interplay between cognition, emotion, and bodily states. Additionally, real-time brain monitoring will enable therapists to identify dissociation, hyperarousal, or executive dysfunction, facilitating immediate grounding techniques or cognitive reframing. Such a data-rich environment will foster a more collaborative model in which patients actively monitor and interpret their mental and physical patterns.

Despite the promises of AI and technology-enhanced therapy, the therapeutic alliance remains the foundation of effective treatment. Machines can measure, but they cannot empathize. The future model must find a delicate balance between human connection and technological progress.

Therapists will serve as interpreters of emotion and curators of biodata, aiding clients in gaining insight from their physiological states. Ethical frameworks will be necessary to address data privacy, algorithmic bias, and informed consent, primarily as the technologies collect intimate physiological and psychological information. In 2050, psychotherapy will be a sophisticated convergence of neuroscience, wearable technology, AI, and immersive environments. The integration of mind and body will no longer be metaphorical but literal, with synchronized tracking of psychological and physiological variables enabling holistic healing.

Adapted from Psychology Today, an online magazine

a) Decide whether the following statements are True or False. (10 points)

1. In the mid-21st century, psychotherapy will partly rely on real-time monitoring of patients' bodily functions. [True]
2. Wearable technology to collect data from the ANS needs to be created from scratch. [False]
3. The current trajectory of psychoneuroimmunology suggests that AI-integrated apps will become less relevant in personalized mental health care by 2050. [False]
4. The integration of AI and immersive technologies like VR and AR will enable therapy sessions that engage both cognitive and physical responses simultaneously. [True]
5. Virtual dance movement therapy is an example of a multisensory approach to neurotechnology. [False]
6. Functional neuroimaging and brain-computer interfaces will be used in real time during sessions to detect psychological states like dissociation or executive dysfunction. [True]
7. According to the text, patients will be able to analyze their own biodata. [True]
8. The term therapeutic alliance means the combined benefits of AI and therapies based on technology. [False]
9. Appropriate regulations for handling biodata already exist. [False]
10. According to the text, the new approach to psychotherapy will be truly holistic. [True]

b) For each word or phrase below, find a synonym in the text. Write ONE word in each space. (20 points)

1. move, change positions – [shift]
2. happening at the same time – [simultaneous]
3. evaluation – [assessment]
4. resistance, toughness – [resilience]
5. improve, make better – [enhance]
6. a feeling of fear and uneasiness – [anxiety]
7. instant, happening at once – [immediate]
8. to show compassion and understanding of other people's feelings – [empathise|empathize]

9. helping, assisting – [aiding]
10. 1 agreement – [consent]

IV. Fill in the gaps with the words listed below. There is one word you will not need. Place it in the space provided. (6 points)

APPROACH STUDIES URBANIZING FOSTER INFLUENCE REVEAL

This study examines civic engagement in 1) [urbanizing] areas, exploring how digital media intersects with traditional community participation. Despite new digital avenues for civic action, their 2) [influence] on offline collective efficacy remains a key debate. Using a mixed-methods 3) [approach] (survey of 500 residents, 30 interviews in Lodz), this research analyzes how online discourse translates into community outcomes. Findings 4) [reveal] that digital engagement primarily aids information sharing and weak-tie mobilization. In contrast, strong community building and sustained collective action largely depend on face-to-face interactions. The study emphasizes the necessity of integrated strategies, combining digital and traditional approaches, to 5) [foster] robust civic participation and social cohesion in contemporary urban environments.

Unnecessary word: [studies]

Va. Language elements. Choose the correct option. (10 points)

1) Could you tell me how much [a]?

- a) this book cost
- b) this book costed
- c) did the book cost
- d) this books cost

2) They are exhausted as [c] .

- a) they were working hard
- b) they always work hard
- c) they have been working hard
- d) they working hard now

3) This is [b] that I can't buy it.

- a) so an expensive book
- b) such an expensive book
- c) a very expensive book
- d) a really expensive book

4) He is believed [a] the experiment soon.

- a) to finish
- b) to have finished
- c) he finish
- d) he finished

5) This time tomorrow I [a] the museum.

- a) will be visiting
- b) am gonna to visit
- c) may visiting
- d) should have visited

6) Watch [d] ! You could have broken it.

- a) in
- b) on
- c) up
- d) out

7) They look as [a] they are sleeping.

- a) though
- b) now
- c) like
- d) currently

8) The supervisor suggested the student [c] .

- a) to do it
- b) doing it
- c) should do it
- d) will have done it

9) The students can [b] write an essay nor prepare a poster. They have to give a presentation.

- a) either
- b) neither
- c) or
- d) not

10) They do a lot of sport, [a] is healthy.

- a) which
- b) that
- c) what
- d) but

Vb. Word formation. Complete each sentence with the correct word derived from the words in capitals. (9 points)

1. Her [ability] to quickly grasp complex concepts made her an invaluable asset to the team. **ABLE**
2. We made an [assumption] that everyone would arrive on time, but traffic caused significant delays. **ASSUME**
3. As a [knowledgeable] guide, he effortlessly answered every question about the ancient ruins. **KNOW**
4. His [perception] of the situation differed significantly from mine, leading to a misunderstanding. **PERCEIVE**
5. Each department sent a [representative] to the inter-company meeting. **REPRESENT**

6. [Traditionally], this festival features vibrant folk dances and music. **TRADITION**
7. To [strengthen] our community, we need to encourage more volunteer participation. **STRONG**
8. The company's [progressive] policies on remote work attracted a diverse pool of talent. **PROGRESS**
9. [Increasingly], consumers are prioritizing eco-friendly products in their purchasing decisions.
INCREASE

VI. Complete the letter by choosing the correct word or phrase. Write your answers in the spaces provided. (15 points)

Dear Prof. Wildig,

I am writing to express my interest (1) [in] **in/of** the internship position at Leeds University, as advertised on your website. As a doctoral student in social sciences at Lodz University, I am (2) [eager] **interested/eager** to apply my academic knowledge and research skills in a practical setting, and I believe that your organization's commitment to (3) [scientific] **scientific/scientist** research in behavioral psychology aligns perfectly with my (4) [career] **career/career** aspirations.

Through my studies, I have developed a strong foundation in behavioral psychology, and I have (5) [gained] **reached/gained** valuable experience in research design, data analysis, and qualitative methodologies. My recent project on ADHD children (6) [allowed] **allowed/let** me to develop critical analytical skills and a deep understanding of this topic, (7) [which] **that/which** I am excited to bring to your team.

I am particularly drawn to Leeds University (8) [due] **due/owning** to its focus on behavioral psychology projects. I am enthusiastic (9) [about] **in/about** the opportunity to contribute to (10) [ongoing] **ongoing/moving** projects and to learn from the esteemed professionals in your organization. I am confident that my background in social sciences and my passion for that field of study (11) [make] **bring/make** me a suitable candidate (12) [for] **in/for** this internship.

I would be grateful for the opportunity to (13) [further] **further/farther** discuss how my skills and experiences align with the needs of your team. Thank you for considering my application. I look forward (14) [to] **for/to** the possibility of contributing to Leeds University and gaining invaluable experience in the process.

Yours (15) [sincerely] **truly/sincerely**,
Robert Kim