

## Модульний контроль

### Модульна контрольна робота з дисципліни «іноземна мова» №5

#### 1. Read the text and answer the questions:

Becoming more assertive in day-today life isn't as easy as following an external formula. "it's more sustainable to change from within," explains Miles. "There are areas in our life where we find it easy to be assertive. For example, we wouldn't let strangers into our homes when we don't want to. Changing from within allows you to tap in to your natural assertiveness."

A good starting point is to ask yourself, "How realistic is my fear of the consequences?" By exposing your fears you can challenge them – making it easier to assert your own needs. For example, a friend invites you round for pizza, even though you know it's the New Year and you're unhappy with your weight and on a diet. Rather than just go along, eat the pizza, feel guilty and blame your friend, or, stay at home and wallow in self-pity, the assertive alternative would be to say, "Pizza sounds great, however I'm on a diet, so would it be ok for me to bring my own low fat Pizza/ or a Salad instead"

By doing this, you're not expecting your friend to take pity on you, or take care of you. You're being true to your needs, whilst respecting others.

Is it difficult for you to be assertive?

When is it easy for you to be assertive?

When is it not?

#### 2. Make into present perfect, past perfect or present perfect continuous:

1. Karla \_\_\_\_\_ (leave) by the time we arrived.
2. They \_\_\_\_\_ (talk) for more than an hour.
3. She \_\_\_\_\_ (return) my book at last
4. Karla \_\_\_\_\_ (leave) by the time we arrived.
5. The police reported that they finally \_\_\_\_\_ (capture) the robber.
6. I met them before I \_\_\_\_\_ (go) 100 meters.

7. I saw that we \_\_\_\_\_(take) the wrong road.
8. He asked me why I \_\_\_\_\_(leave) the party so early.

**2. Complete the sentences with the words in the box:**

aggressive   block   congestion   culture   global   intentionally rush   self-discipline   sense   transport
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1. Martial arts need a lot of \_\_\_\_\_.
2. I did not do it \_\_\_\_\_; it was an accident.
3. You should learn about the \_\_\_\_\_of countries.
4. I like people with a good \_\_\_\_\_ of humour.
5. This part of the city has excellent \_\_\_\_\_connections- you can get a bus anywhere.
6. \_\_\_\_\_ warming is one of the most serious problems facing the modern world.
7. We live on the third floor of the apartment.
8. Michael Schumacher was possibly the most \_\_\_\_\_ racing driver. He was so determined to win.
9. I avoid the traffic \_\_\_\_\_by cycling everywhere.
10. Trains are very crowded during the \_\_\_\_\_hour.