

**ИНОСТРАННЫЕ ЯЗЫКИ И МЕЖКУЛЬТУРНАЯ КОММУНИКАЦИЯ
(Английский язык) /
FOREIGN LANGUAGES AND INTERCULTURAL COMMUNICATION
(English Language)**

10-11 классы / 10th and 11th Grades

Вариант 6 / Version 6

**The test consists of 2 parts: Language and Culture Studies and Analytical Writing.
Duration – 80 minutes. Maximum score – 100 points.**

PART 1. LANGUAGE AND CULTURE STUDIES (50 points)

Task 1. For questions 1-6, read the text below and answer the questions (24 points).

Cultural Differences in Coping with Interpersonal Tensions

Stressors, such as getting into arguments or disagreements with others, have a negative influence on physical and mental health. Research has shown that how a person emotionally reacts to stressful events can predict future health outcomes. These include chronic health conditions, anxiety, and even mortality risk.

Gloria Luong, Colorado State University assistant professor, found that culture helps to shape what people value in different situations and their social relationships. "Even though we may not be able to control all stressful situations in our lives, we can work on controlling how we choose to cope with those stressors and how we emotionally respond to those events," said Luong, who found that coping preferences differed by cultural groups.

Chinese Americans were more likely to choose strategies that made them feel better at the moment by seeking supportive responses from their conflict partner or asking for help. In contrast, European Americans were more likely to confront their conflict partners and have a heated debate. And this was associated with feeling less positive during the discussion. By opting for this coping strategy, however, European Americans were more likely to look back on the event in a more positive light one week later than Chinese Americans. These findings suggest that people may prefer to use different strategies to cope with emotions that pay off immediately or in the long term. And these choices may have consequences for longer-term health and well-being.

According to Luong, stressors can exert a negative effect on physical health equivalent to smoking five cigarettes a day. More than that, they can increase the risk of coronary heart disease by 50 percent. "If we are not able to find ways to effectively cope with everyday stressors to mitigate their negative effects on our health and well-being, we may be putting ourselves at risk," said Luong. "The more reactive we become in response to stressors in terms of emotional and physiological arousal, the riskier our health profiles become."

Culture helps to shape what people value in different situations and their social relationships. Individualistic contexts like European American cultural contexts in the United States are more likely to view themselves as unique individuals. They are independent and have freedom in decision making.

In contrast, in more collectivistic contexts, such as in East Asians and Asian American cultural contexts, people view their identities more as being part of a larger social fabric, so that there is a recognition that the choices they make are more likely to affect others around them. In collectivistic contexts, people may care more about maintaining social harmony and conformity.

"We believed we would find some of the largest cultural group differences when looking at how European Americans and Chinese Americans choose to cope with an interpersonal stressor, in which they discuss emotionally-charged moral and ethical dilemmas with another person and that person challenges them and tells them they are wrong," said Luong.

The study found that this was indeed the case. European Americans were more likely to stand up to their study partner when the study partner disagreed with them. In contrast, Chinese Americans were more likely to seek out emotional support from their study partners. That, in turn, was related to smaller decreases in their positive emotions.

by Maria Farias, Colorado State University

1. According to the author, there is a correlation between quarrels/contentions and a poorer well-being of an individual.
 - a) True
 - b) False
2. According to the text, it has been found that culture influences
 - a) what people disrespect.
 - b) people's social relationships.
 - c) how people control stress.
 - d) what diseases people have.
3. What ways to cope with stress will Chinese Americans **HARDLY** choose? Check all that apply.
 - a) trying to start a dispute with colleagues
 - b) looking for encouragement from colleagues
 - c) seeking assistance
 - d) engaging colleagues in a quarrel
4. According to the text, stress can have negative effects on people's mental health such as memory and concentration decline.
 - a) True
 - b) False
 - c) Not stated

5. Match the individualistic-collectivistic cultural contexts with the descriptions given in the text.
- a) People are concerned with upholding social peace and norms.
INDIVIDUALISTIC/COLLECTIVISTIC
 - b) People belonging to this cultural context see uniqueness in themselves.
INDIVIDUALISTIC/COLLECTIVISTIC
 - c) People are empowered to make their own decisions.
INDIVIDUALISTIC/COLLECTIVISTIC
 - d) People are not autonomous agents. INDIVIDUALISTIC/COLLECTIVISTIC
6. Find the word from the text that means the following: 'lessen' = _____ (*type it in small letters*).

Task 2. For questions 7-12, think of one word which can be used appropriately in all three idioms, proverbs, or expressions from around the world. Type the word in small letters (12 points).

7. Joyfulness is half your _____. (Czech proverb)
_____ flows from the happiness of the heart. (Sicilian proverb)
He who has _____, has hope; and he who has hope, has everything. (Arabic proverb)
8. There is never _____ without loss. (Basque proverb)
Don't _____ the smile of your opponent. (Babylonian proverb)
Never _____ the man who tells you all his troubles but keeps from you all his joys. (Jewish proverb)
9. A single beam cannot _____ a great house. (Chinese proverb)
It is a wretched position to be dependent on others for _____. (Latin proverb)
Every man should _____ himself, and not hang upon another. (Spanish proverb)
10. Cheerful _____ shortens the journey. (German proverb)
In the _____ of good we become good. (Dutch proverb)
Learning makes people fit _____ for themselves. (English proverb)
11. Keep your tents apart and your hearts _____. (Tuareg proverb)
If the family is _____, the soul is in the right place. (Russian proverb)
The teeth often bite the tongue, still the two stay _____. (Danish proverb)
12. _____ produces envy. (Latin proverb)
Truthfulness ensures a lasting _____. (Filipino proverb)
A hoe made small from loving work came to visit and together we cultivated our _____ – when united, everything is possible. (Rwandese proverb)

Task 3. For questions 13-19, match the sociocultural facts with their countries of origin. There are more countries than you will need (14 points).

A	USA	D	Portugal	G	France
B	Japan	E	South Korea	H	Italy
C	Uzbekistan	F	Canada	I	Brazil

13. People living in this country tend to find part of their identity in the place that they work, it becomes their tribe.
14. Citizens of this country love debates but it often makes others feel tense and uncomfortable.
15. People in this country may smile frequently, which is sometimes seen as a sign of shallowness and leads to misunderstanding or even tension.
16. People in this country tend to emphasize their internal states in the experiences, for instance, 'I feel nervous or tired'.
17. Highlighting physical states and social relations, for example, 'I feel close to my family' is really important for people in this country.
18. In this populous country people are independent and at the same time put much value on expressing their emotions.
19. Residents of this country are eager to connect with other people, usually in the form of extravagant hospitality which is often based on food.

PART 2. ANALYTICAL WRITING (50 points)

Task 4. Now you have learned about the cultural differences in coping with interpersonal tensions. Write an essay analysing the ways of dealing with emotions and establishing relationships from the perspective of your cultural experience and background. Your essay should have an introduction, two/three body paragraphs, and a conclusion.

You must:

- define the cultural phenomenon using your own words;
- explain how this cultural phenomenon impacts your life;
- analyse the ways this cultural phenomenon is coped with in your culture providing examples.

You can receive a maximum of 50 points for this task.

ANSWER KEY

TASK 1

- 1) A
- 2) B
- 3) A, D
- 4) C

- 5) a - COLLECTIVISTIC; b - INDIVIDUALISTIC; c - INDIVIDUALISTIC; d - COLLECTIVISTIC
- 6) mitigate

TASK 2

- 7) health
- 8) trust
- 9) support
- 10) company
- 11) together
- 12) relationship

TASK 3

- 13) B
- 14) G
- 15) A
- 16) F
- 17) E
- 18) I
- 19) H