PSYCHLINGO

EXPLORING ENGLISH THROUGH PSYCHOLOGY

JUNE-SEPTEMBER
5.2025
ISSUE NO. 12

GLOTTODIDACTIC EDITION

Akademia Pedagogiki Specjalnej
im. Marii Grzegorzewskiej
rok założenia 1922

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We extend our gratitude to
Rector of the Maria Grzegorzewska University Professor Barbara Marcinkowska
for her support and contribution towards subsidising the printing of this magazine.

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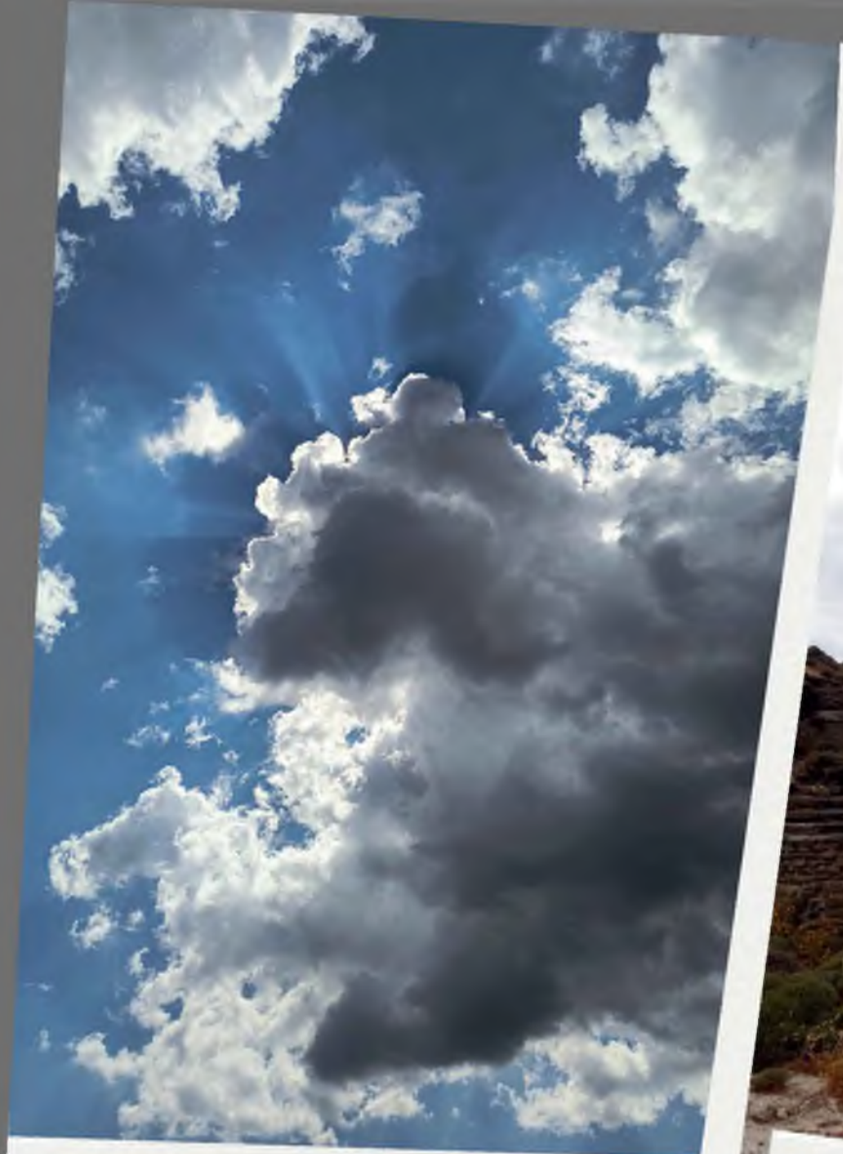


Postcard from the Editor

Dear Readers,

As we welcome the next academic year in our journey through the winding paths of psychology, we bring to you an issue that may be a wee bit different from those that you have already read or will hopefully read. As one of our main objectives is to present professional psychological vocabulary and make it available and easy to learn, we want to challenge you a little. In this issue, we have prepared a variety of language exercises designed to test you. I hope your psych-English hasn't gotten rusty. Either way, you can check.

Here you will find exercises with vocabulary from behavioural, psychoanalytic, cognitive, and other branches of psychology. They, of course, vary in form, which we hope is an advantage. In my experience, having a safe and judgment-free way to test one's knowledge is a truly pleasant experience, so I strongly encourage you to give it a try. And if anything seems a bit harder than expected, then it is a phenomenal opportunity to fill that gap. Hopefully, with Psychlingo, in the next issues, we will return with good old-fashioned pages of text with your unrusted, ready-to-be-broadened English.

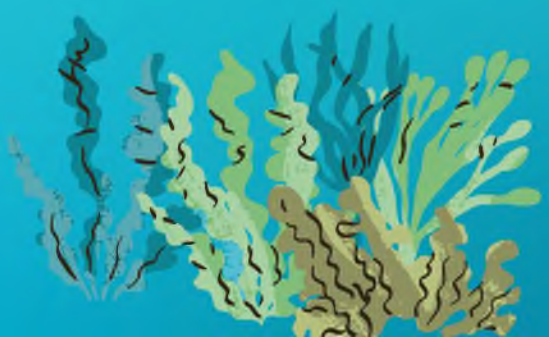
Last but certainly not least, I would like to thank all the people who have put their energy into creating this issue.

Enjoy!

Jan Jolicki

Editor-in-chief

Dear PsychLingo readers
The Maria Grzegorzewska University
Warsaw, Poland



PROPRIOCEPTION
our sixth sense

By Daria Fruń

Senses accompany us practically through all of our lives. They allow us to detect and process stimuli from our surroundings. Proprioception, sometimes also referred to as deep sensibility, has a similar role, the main difference being that while other senses gather input mainly from the outside, proprioception is all about our body itself. It consists of three aspects: agility – controlling the body parts during rapid movements; balance – maintaining equilibrium, by shifting the position to align the line of gravity of the body with the base of support; and coordination – smoothness of the movement achieved by combining appropriate intensity and the timing of muscles working together. To put it simply: proprioception is the ability to perceive the current position of our body parts and their movements, without relying on other senses.

How does it work exactly?

Located in skeletal muscles, tendons, ligaments, and joints are specialised receptors, called proprioceptors. They react to changes in internal pressure following deformation of the tissue: stretching, shortening, or squeezing. Received stimuli are converted into neural signals, and the spinal cord relays them to the cerebellum and the dorsal column. From there, signals are projected through the thalamus onto the primary somatosensory cortex, and then further to the secondary somatosensory cortex and other areas where they are integrated with other sensory inputs.

Like with all other senses, there are some people whose sense of proprioception is impaired – and to be honest, it is a fairly common condition. It might occur as a result of various medical conditions, such as:

- stroke,
- brain injuries,
- polio,
- multiple sclerosis,
- damage to the spinal cord,
- conditions manifested by hyper- or hypotonia,
- joint replacement surgery,
- amyotrophic lateral sclerosis,
- sensory processing disorder,
- autism spectrum disorder,
- arthritis.

Symptoms of weakened proprioception include:

- impaired postural stability – difficulty maintaining correct, balanced posture;
- difficulty keeping balance with eyes closed;
- poor spatial awareness – often bumping into objects such as doors or furniture, a tendency to misjudge the distance, for example, when reaching for something;
- overly tense muscles, sometimes resulting in pain;
- light, superficial touch being unpleasant;
- poor motor coordination;
- often stumbling when walking across uneven surfaces;
- difficulty gauging the force used, especially for fine motor skills.

It's important to remember that proprioception might also naturally deteriorate with age. The good news is, however, that it is possible to improve or restore one's proprioception through physiotherapy.

One of the methods commonly used is Proprioceptive Neuromuscular Facilitation (PNF). It was first developed by Dr Herman Kabat and physiotherapist Maggie Knott in the 1940s, who were later joined by Dorothy Voss. The method is used mainly in work with patients after injuries that resulted in decreased functional motor skills, be it due to brain or musculoskeletal system damage.

PNF is based on knowledge about biomechanical and behavioural processes essential for motor control. All interventions are oriented towards functional goals, determined after a thorough assessment of the patient's functioning and relative to the environment in which they are to be achieved – most of the PNF patterns are sequences of movement used by patients repeatedly and automatically every day. Its aim is for patients to either create or re-create the most efficient strategies of said movement through progressive motor learning. During therapy, the physiotherapist explains to a patient the correct pattern and manually facilitates them – usually through applying pressure of appropriate intensity and direction against the patient's body or by doing stretching movements, which stimulate proprioceptors.

Possibly beneficial in cases of impaired proprioceptive processing technique is Sensory Integration Therapy. It aims to help individuals process and organise received sensory inputs more effectively, and thus manage and develop adaptive responses to various stimuli. It is mainly targeted at children.

Beyond physiotherapy, a person with weakened proprioception may benefit from using external pressure to stimulate proprioceptors, such as through the use of heavy clothing or a weighted blanket.

While researching proprioception, you might come across the term kinesthesia. Kinesthesia, or kinesthetic sense, is the awareness of the movements of the body, gained from receptors located in the muscles themselves and through other sensory organs, such as cutaneous receptors found in the skin, that signal contact with other objects or sight.

It's a key component in hand-eye coordination. Moreover, it's essential for learning and modifying sequences of movements – after all, to do something we must first know how, and to change something, we must first understand how it is currently. This makes it an inherent part of developing muscle memory. Additionally, it's particularly useful in physiotherapy, and especially when a patient experiences a complete or partial loss of proprioception, as kinesthesia allows for controlling movement by sight, even without really feeling it.

The terms kinesthesia and proprioception are sometimes used interchangeably, but this is incorrect. While they are certainly intertwined and share some receptors, proprioception encompasses more than just movement and is technically independent from other senses.

If the topic of proprioception or its therapy piqued your curiosity, I encourage you to familiarise yourself with the sources listed below.

Glossary

proprioceptors – specialised sensory receptors in muscles, tendons, ligaments, and joints that detect changes in tension, pressure, or movement
convert – to change received stimuli into neural signals
neural signals – electrical impulses transmitted by nerves to communicate sensory or motor information
cerebellum – a brain region involved in movement control, coordination, and balance
dorsal column – a pathway in the spinal cord carrying sensory information to the brain
thalamus – a brain structure that acts as a relay station, directing sensory information to the appropriate areas
impaired – weakened or damaged
facilitate – to assist or make easier
cutaneous receptors – sensory receptors in the skin that detect touch and pressure
muscle memory – the process of learning and retaining motor skills through repeated practice
adaptive responses – adjustments made by the body or behaviour in response to sensory input
gauge – to estimate or measure
intertwined – closely connected or linked
interchangeably – used as if they were identical

proprioception and touch, and how they intertwine

neurology of proprioception and muscle memory

information about SI Therapy framework in Polish

scientific overview of SI Therapy

information about PNF in Polish

International PNF Association – recommended literature

Reading comprehension

Decide if the following statements are True or False based onthe previous text.

1.	Proprioception enables awareness of body position and movement without relying on vision.	
2.	Proprioceptive signals reach the motor cortex without passing through the thalamus.	
3.	Neurological and musculoskeletal disorders can impair proprioception.	
4.	Fine motor inaccuracy is unrelated to proprioceptive deficits.	
5.	PNF therapy restores motor skills through functional movement patterns.	
6.	Sensory Integration Therapy mainly addresses sensory issues in children.	
7.	Weighted blankets provide additional proprioceptive input.	
8.	Kinesthesia concerns static posture, not body movement.	
9.	Proprioception covers more than kinesthesia and is not dependent on other senses.	
10.	Ageing has no impact on proprioceptive ability.	

Language Exercises

Exercise 1

Fill the gaps 1–7 with a word which you think fits best. There may be more than one correct answer.

Supermemory

Would you like to have a perfect memory and be able to (1) _____ anything you want, anytime you want, without struggle? Think twice before you answer, because while effortless access to memory can be a blessing, it can also be truly agonising. What is it like to have perfect recall of every single day? Nadia, a fictional character from a *House MD* episode called *You Must Remember This*, has an outstanding memory. She is a waitress in a busy restaurant, and one day, when a woman calls for her, she is able to (2) _____ with astonishing accuracy having served her before. She remembers every detail of the encounter: how the woman looked that day, what she was wearing, what food she ordered. There are practically no gaps in her memory, and it's killing her. Nadia may be fictional, but her condition is very real. People with hyperthymesia, the technical name for superior autobiographical memory, are able to (3) _____ almost every day of their lives in vivid detail. Everything they see or hear is (4) _____ their memories forever – including the bad moments. Every harsh word and thought, every failure, every missed opportunity, and every moment of pain goes (5) _____. They are constantly haunted by fragments of memories. Sounds, images, and scents are (6) _____ by external stimuli, but often they return spontaneously. Some people consider hyperthymesia a gift, but not all see it that way. Sometimes (7) _____ is a blessing.

Exercise 2

Fill in the blanks with the correct term that best completes the sentence. There may be more than one correct answer.

1. _____, in crude terms, is a process of recovering information stored in memory.
2. A good night's sleep helps the brain _____ short-term memories into long-term storage.
3. Paying close attention to details helps us better _____ information into memory.
4. Short-term memory has a limited capacity and _____ only seven plus or minus two elements at a time.
5. Although _____ is a good way to strengthen memories, sometimes it's not enough to move the information into permanent memory.
6. Most events _____ in episodic memory fade away within a relatively short time unless they are emotionally significant.
7. We often need to _____ relevant facts and past experiences when trying to solve a problem.
8. Certain cues, such as familiar smells, music, or visual reminders, can help us _____ memories that were previously forgotten.

Exercise 3

Match each defence mechanism (1–10) with the correct definition. Write the name of the defence mechanism in the blank space provided.

	Defence Mechanism	Definition
1	_____	Attributing unacceptable thoughts or impulses to other people.
2	_____	Justifying controversial behaviour or feelings in a seemingly logical way to avoid discomfort.
3	_____	Pushing distressing feelings or thoughts into the unconscious.
4	_____	Retreating to an earlier stage of development rather than handling unpleasant situations maturely.
5	_____	Refusing to accept or acknowledging certain aspects of reality because they are too painful.
6	_____	Transforming unacceptable impulses into socially acceptable actions or behaviour.
7	_____	Redirecting negative emotions from their original object to a substitute target to relieve tension.
8	_____	Behaving in a way that is exactly the opposite of one's true feelings.
9	_____	Detaching oneself from painful feelings or thoughts to avoid them.
10	_____	Making up for weaknesses or feelings of inadequacy in one area by excelling in other areas.

Exercise 4

a) Match the verbs in column A with the correct phrases in column B.

A	B
1. deny	a) one's decision
2. repress	b) the smallest problems
3. rationalise	c) negative emotions on
4. channel	d) one's stress into work
5. project	e) one's rage towards
6. direct	f) one's anger onto
7. catastrophise	g) painful memories
8. vent	h) the truth

b) Use the verbs from part a in their correct form to complete the sentences.

1. Tracy _____ to drop out of school as an opportunity to travel and get to know the world.
2. He often _____, imagining the worst-case scenario at every turn.
3. After a stressful day, she sometimes _____ those who happen to be around.
4. When I feel tense, which tends to happen often, I _____ until I have no energy left to think about my problems.
5. After the unfair referee's decision, the athlete _____ onto his teammates in the locker room.
6. Lin _____ onto her fiancée, saying that his ill temper put a strain on their relationship.
7. She tends to _____ from awareness, thus avoiding painful emotions.
8. Tony _____ about his health but refuses to accept it, saying he has never been any better.

Exercise 5

Choose the correct option in italics in each of the following sentences.

1. Don't *repress/vent* your anger by driving recklessly in a way that is a menace to everyone on the road.
2. Instead of *lashing/taking out* on his friends, he turned his energy into a long session of physical exercise.
3. The man blocked *out/released* his traumatic memories of the war, but they reappeared after some time, triggered by a series of terrorist attacks on television.
4. Furious at his boss, Steve *displaced/redirected* his anger towards one of his co-workers, even though the co-worker had done nothing wrong.
5. He was unable to *deny/acknowledge* that he had a serious drinking problem and kept insisting that having a shot or two occasionally was harmless.
6. By driving expensive cars, the man tried to *overcompensate/justify* for his small stature and low self-esteem.
7. The boy *channelled/redirected* his violent tendencies into playing hockey, using it as a safe outlet for his aggression.
8. Unable to cope with her loneliness, the girl *distanced/retreated* into a vivid fantasy world, where her imaginary friends kept her company.
9. He wanted to *make/take* it up to his wife for whatever went wrong the previous night by cooking her favourite dish.
10. The student tried to *reason/rationalise* his failure to pass the exam by claiming that the questions were unfairly difficult.
11. Instead of facing his own fears, he tends to *project/attribute* them onto others, blaming them for what he feels.
12. The ego may protect itself by *repressing/regressing* to an earlier stage of development and behaving like a child when stressed.
13. The woman *distanced/retreated* herself from painful emotions by standing back, focusing only on the facts, and avoiding any discussion of her feelings.

Exercise 6

Read the following scenarios and label the components of classical conditioning: UCS (unconditioned stimulus), UCR (unconditioned response), CS (conditioned stimulus), and CR (conditioned response).

1. Young Andrew used to enjoy playing on the swings at the park, but one day, a bee stung him on the arm while he was there. Now, whenever he sees a swing, he feels uneasy and a bit apprehensive.

UCS:
UCR:
CS:
CR:

2. Greg has a vivid memory of his first ride on a Ferris wheel. He was a little scared initially, but eventually had a great time. Even today, just looking at a picture of a Ferris wheel makes his heart beat a little faster, even though he is not afraid anymore.

UCS:
UCR:
CS:
CR:

3. After accidentally burning her hand a couple of times from grabbing coffee on the go in a paper cup, Mary felt a sharp pain in her hand. Now, whenever she sees a paper cup, even in a picture, she starts feeling anxious and uneasy.

CS:
UCR:
CS:
CR:

4. Megan consistently leaves a mess behind after cooking, which annoys her roommate, Vivian, who has to clean up after her. While she cooks, Megan plays songs from a specific band, and whenever Vivian hears these songs on the radio or TV, she starts feeling irritated, even if Megan isn't cooking at the moment.

UCS:
UCR:
CS:
CR:

5. Late at night, the old clock's chime would send shivers down Emily's spine. It had become associated with the eerie tales her grandfather used to tell during late nights, leaving her feeling spooked every time.

UCS:
UCR:
CS:
CR:

Exercise 7

Fill in the blanks with the correct term from the pairs provided in each section (A–F).

A. vague / vivid dreams

1. Some people have _____ that fade away the moment they wake up.
2. I usually have _____ that I can recall in detail, almost scene by scene.

B. recurrent / disturbing dreams

1. After the accident, he started having _____ that repeated the same events.
2. Many children experience _____ that make them wake up in fear.

C. latent / manifest content

1. According to Freud, the _____ of a dream is the storyline we remember.
2. The _____ refers to the hidden meaning behind the dream.

D. waking / sleeping brain

1. The _____ is concerned with taking in and processing information in real time.
2. The _____ is highly active during REM sleep, even without external input.

E. sleep paralysis / deprivation

1. During _____, the body remains immobile while the mind is awake.
2. Long-term _____ can seriously affect concentration and memory.

F. nocturnal hours/ enuresis

1. Because he was working during _____, he felt exhausted the next morning.
2. 8-year-old Mike experiences _____, much to his embarrassment, especially when he has to sleep away from home.

G. REM/ delta-wave sleep

1. Since _____ is the deepest stage of sleep, it plays a crucial role in physical recovery and memory consolidation.
2. Because most dreaming occurs during _____, people often wake up recalling intense dreams.

Exercise 8

Complete the sentences by filling in the correct word related to the senses.

1. As they grow, children explore the world around them through _____ sensations. For example, they learn about objects by putting them in their mouths.
2. If a person experiences _____ hallucinations, his/her food may taste as if it was rotten or poisoned.
3. Marthy has a great _____ memory for song lyrics.
4. _____ illusions fool our brains into seeing something that's not really there, e.g. an animation instead of a still image.
5. People with damaged _____ receptors are not able to detect dangerous odours such as those from gas leaks or fires.
6. Laura finds charts and graphs useful because she's a _____ learner.

Exercise 9

Match words from Box A and Box B to form the names of symptoms of mental disorders (e.g., excessive worry) and complete the texts below with them. Then, identify which disorder these people most likely suffer from.

Box A

excessive, auditory, emotional, restrictive, ritualistic, partial, pounding, suicidal, intrusive, mood

Box B

eating, paralysis, thoughts (×2), hallucinations, worry, swings, behaviours, numbness, heart

1. I've always been a worrywart, but my worrying nature never interfered with my daily life until recently. Even the thought of getting through the day can be overwhelming and debilitating. Because of my _____, I can't sleep well at night, so during the day I'm totally drained and struggle to focus on work.

2. Christie was a chubby and happy child, but her happiness ended when she started school. Her classmates taunted her, calling her 'fat' and 'ugly' almost every day. She became self-conscious almost overnight, but it wasn't until her mid-teens that she decided to change her eating habits to lose weight. What started as a reasonable diet plan turned into _____ and persistent thoughts about weight. She wouldn't eat anything but low-calorie foods, such as rice cakes, and refused to admit she had a problem.

3. The first symptoms of Paul's disorder appeared when he was about 17. At the time, he had a paralysing fear that his house would be burgled or burnt down. He couldn't leave without checking that the doors were locked and the stove was turned off. Soon, his condition spread to other areas, making normal life impossible. He involuntarily engaged in _____, such as excessive hand washing or repeating a series of actions several times. He even began experiencing _____ of harming others, which was completely out of character for him.

4. Michael has suffered from this disorder for most of his adult life, though his problems didn't surface until after college, when he got a job in a secondary school library. One day, he began to have _____ with voices threatening him and commenting on his actions. He later became convinced that his boss wanted to poison him. Initially, his colleagues were unaware of his condition, but when he started mumbling to himself and speaking strangely, they became alarmed and called his parents.

5. I have been suffering from severe _____ for some time. They can send me into a manic frenzy, making me extremely energetic and disinhibited, and then plunge me into a depression pit deeper than most people can imagine. When I'm there, I don't feel like getting out of bed or facing the day. I don't understand why I feel this way, but I've reached the point where I even get _____. On one occasion, I tried to cut my wrists with a razor blade, but I lost my resolve at the last moment. My disorder is now in remission, and I'm doing really well.

6. Susanna is in her mid-20s and suffers from some kind of disorder. She generally feels highly uncomfortable and nervous in front of other people. In these situations, she has an excessive fear that she's being watched and will embarrass herself. All of a sudden, she experiences a _____ that feels like it's going to beat out of her chest, and she breaks out in a sweat. Since meeting people has become her worst nightmare, she goes to great lengths to avoid social events, even with close friends. Deep down, she knows her fears are unreasonable, but she can't overcome them.

7. Adam was involved in a serious car accident. He emerged unscathed, unlike his wife, who was killed instantly. A few days later, Adam woke up unable to move his legs. His parents took him to hospital, but doctors could not initially explain his _____ and found no evidence of physical injury or infection. After a thorough review, he was told his immobility was psychosomatic.

8. After returning home from the war in Syria, John struggles to get his life back on track. Unlike many other soldiers, he sustained no lasting physical damage, yet he is haunted by distressing flashbacks of his military service. As a result, he suffers from _____, anxiety, and poor sleep. His wife urges him to see a therapist, but he refuses, insisting he has no problems.

Listening

Listen to the exercise here

A Comprehension. Choose right option.

1. What does Emily Esfahani Smith argue is often the result of chasing happiness?

a) People find true joy.
b) People become more fulfilled.
c) People often make themselves miserable.
d) People always succeed.

2. What are the four pillars of a meaningful life according to Smith?

a) Wealth, happiness, love, storytelling
b) Belonging, purpose, transcendence, storytelling
c) Family, success, friendship, faith
d) Work, love, goals, narrative

3. Why does Smith describe some types of belonging as "cheap"?

a) They are based only on temporary fun.
b) They value people for who they are, not for what they believe.
c) They value people only for what they believe or who they hate, not for who they are.
d) They cost very little effort.

4. How did Emeka's story demonstrate the power of storytelling?

a) He chose to forget about his injury.
b) He created a new life story that gave meaning and purpose after his accident.
c) He became a famous football player again.
d) Emeka went back to living the way he did before his injury.

5. When Smith's father faced death, what gave him the will to live?

a) His career as a carpenter.
b) His meditation practice alone.
c) His sense of belonging, love for his family, and his purpose as a father.
d) His desire to achieve success.

B Vocabulary. Match the word to its meaning.

1. transcendence
2. intrinsic
3. redemptive
4. cultivate
5. adrift
6. mantra
7. resilient
8. disillusioned
9. rein in
10. hustle and bustle

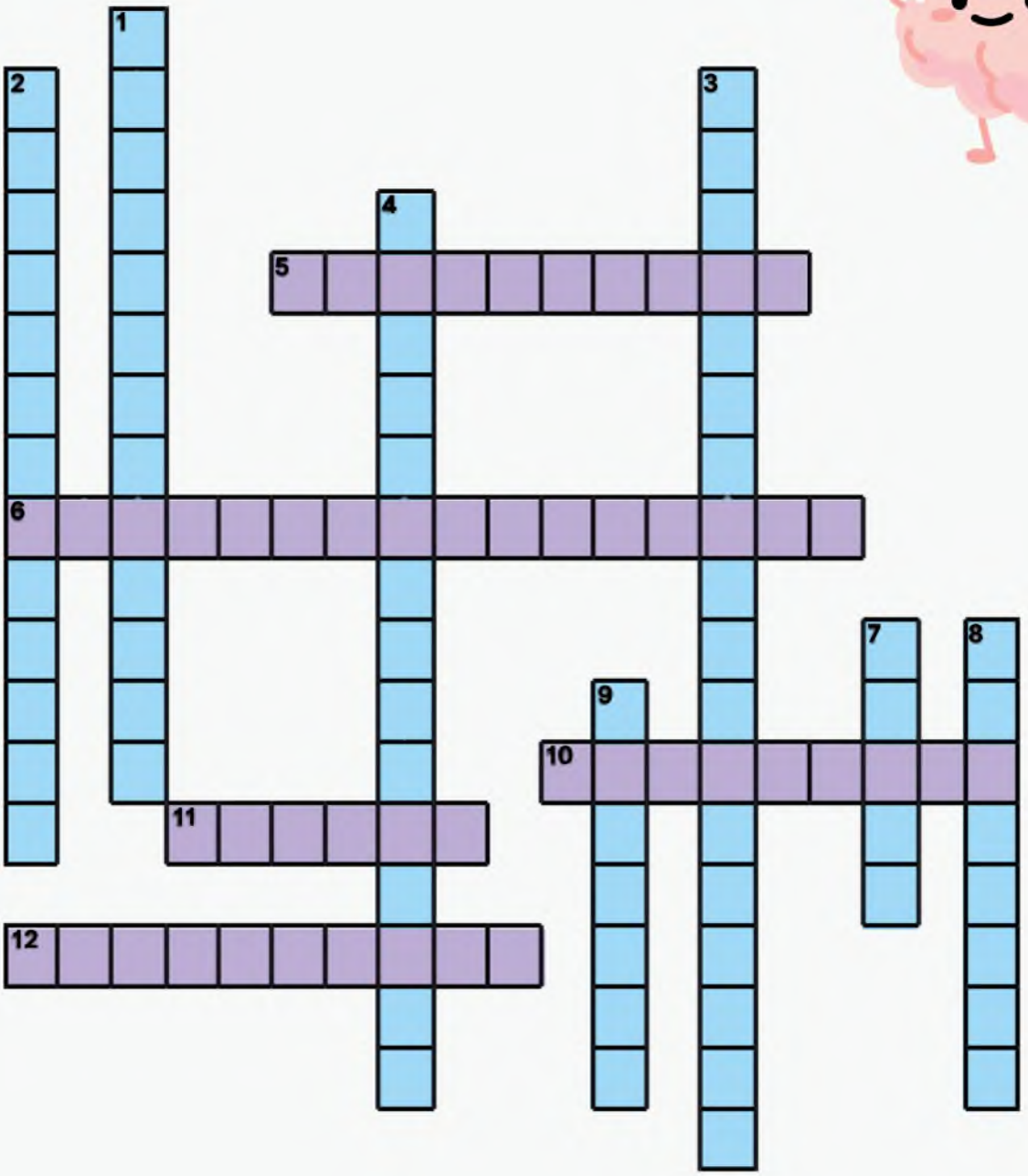
a) to grow, develop, or nurture something intentionally
b) a word or phrase that is believed to have a special spiritual power
c) strong, able to recover quickly from difficulties
d) losing trust or faith because reality does not meet expectations
e) to control or limit something, especially emotions or desires
f) inherent, natural, or essential to someone's being
g) noise and activity
h) disconnected, without direction or purpose
i) something that turns negative experiences into positive outcomes
j) an experience that lifts you beyond ordinary daily life

C Reflection.

1. Which of the four pillars (belonging, purpose, transcendence, storytelling) seems to be the strongest in your own life?
2. Do you agree that pursuing happiness may make people unhappy?
3. Can you think of a situation where a person turned painful experiences into something positive, like Emeka did?

Crossword Puzzle

Complete the crossword puzzle using the provided clues.



1. inability to control an inappropriate or unwanted behaviour
2. talking unclearly, distorted articulation of words
3. an episode where a person loses contact with reality, often experiencing hallucinations or delusions
4. staying in one position for a long time after being placed in it
5. showing little or no emotion on the face
6. thinking about ending one's own life
7. a condition of unusually high energy or mood, often leading to risky or impulsive behaviour
8. a range of symptoms that cause cognitive impairment, such as mental fatigue and slowed thinking
9. a feeling of worry, nervousness, or unease, about something that might happen
10. an inability to experience pleasure
11. very limited speech
12. a strong urge to do something that is difficult to resist

Revision

Choose the correct answer.

1. Adam stands outside a small restaurant, cheerfully inviting passersbys in. Most people ignore him, but occasionally someone stops and enters. Those rare successes keep Jamie calling out, even though most attempts go unrewarded. Adam is reinforced on a:

a) fixed interval
b) variable ratio
c) variable interval
d) fixed ratio

2. In the evening, Betty stepped into the garden and was instantly overwhelmed by a beautiful floral scent. In a split second, she recognised it as the fragrance of gillyflowers. Identifying the scent is an example of:

a) perception
b) habituation
c) sensation
d) transduction

3. Dennis takes his medication every morning after breakfast. He does this consistently because he knows that if he skips it, his blood results could worsen, and he might have to go to hospital. Taking the medication to avoid health problems is an example of:

a) positive reinforcement
b) vicarious reinforcement
c) positive punishment
d) negative reinforcement

4. You wash your new jeans in the washing machine. They fade slightly, but the change is too subtle for you to notice. Not noticing the slight fade shows that the change is below your:

a) difference threshold
b) absolute threshold
c) sensory adaptation
d) subliminal perception

5. During an international football match, supporters wave their national flags in the stands. One group displays the Romanian flag, the other the flag of Chad. Mike looks at them and assumes they are all the same, but you can spot the slight distinction in the shades of blue. It seems that your ... is lower than Mike's.

a) absolute threshold
b) difference threshold
c) sensation
d) subliminal perception

6. When you went to the hospital, you brought your favourite blanket with you. Two weeks later, after leaving the hospital, you no longer want to use the blanket at home because it reminds you of the hospital. It seems that the blanket has become a(n):

a) unconditioned stimulus
b) conditioned stimulus
c) neutral stimulus
d) appetitive stimulus

7. An abusive manager was demoted after the staff reported his behaviour to the disciplinary board. The manager's demotion, following staff reports of his improper conduct, is a clear example of:

a) active avoidance
b) extinction
c) negative punishment
d) positive punishment

8. Grace had a stressful day at work. When she gets home, she channels her frustration into cleaning the house thoroughly, scrubbing every corner to calm herself and regain a sense of control. Clearly, Grace is using ... to feel better.

a) sublimation
b) displacement
c) reaction formation
d) projection

9. Uncle Harry enjoys eating milk-based soups. Since he needs more protein, his wife decided to add protein powder to the soup. When Uncle Harry eats it, he notices that the taste is slightly different and the texture a bit thicker, while his wife tastes it and says it tastes the same as always. Detecting the soup's slight change shows Uncle Henry's:

a) difference threshold
b) absolute threshold
c) jnd
d) subliminal perception

10. After years of playing tennis, Andrew takes up squash. He struggles because his tennis habits, like swinging too wide, get in the way of learning the new game. This is an example of ... where old learning makes it harder to acquire new skills.

a) procedural memory failure
b) retroactive interference
c) proactive interference
d) motor impairment

11. Young Tommy has to take a medicine with a light yellow colour. Since the medicine tastes unpleasant, he now dislikes any yellow drink, even lemonade. Avoiding yellow drinks after the medicine shows:

a) stimulus generalisation
b) vicarious punishment
c) positive punishment
d) negative reinforcement

12. Katy enjoys going mushroom picking with her parents. One day, after seeing her dad pick a green mushroom, she starts picking all the green mushrooms she finds, even the inedible ones. Her dad then explains why some mushrooms are unsafe to eat, pointing out features like gills and tubes. Now Katy understands that not every green mushroom should be picked. Katy's ability to tell safe from unsafe green mushrooms illustrates:

a) conditioned response
b) observational learning
c) stimulus generalisation
d) stimulus discrimination

13. Steve is an incompetent manager who delegates work poorly and often fails to complete his own tasks. When he sees that his department is underperforming, he harshly criticises all the employees for being lazy and incompetent. It is clear that Steve is using:

a) rationalisation
b) projection
c) displacement
d) reaction formation

14. Bobby goes to the library with his grandmother to return a book. On the way, he sees a man holding a book and, assuming everyone with a book must be going to the library, he asks, "Are you going to the library too?" In Piagetian terms, Bobby's assumption is an example of:

a) egocentrism
b) object permanence
c) irreversibility
d) centration

15. One day, Meggy asks her mum to buy her an orange juice from a vending machine. She believes that a little person lives inside the machine who, after receiving the money, personally hands out the drink. Meggy even talks to the machine politely, thanking the little person in advance. Meggy's belief that a little person lives inside the vending machine illustrates:

a) artificialism
b) animism
c) decentration
d) egocentrism

16. Chris loves watching movies about dragons. He doesn't question their existence and believes that they truly exist just as they do in the films. He even imagines what it would be like to ride a dragon when he meets one. In all likelihood, Chris is in the ... stage of cognitive development.

a) sensorimotor
b) preoperational
c) concrete operational
d) formal operational

17. You are standing in a meadow, gazing at the daisies, your favourite flowers. As you shift your focus between the nearby and distant flowers, your eyes adjust to keep both in clear view. This ability to focus on objects at different distances demonstrates the process of the eye known as:

a) sensory adaptation
b) pupillary dilation
c) eye accommodation
d) focal adjustment

18. Bob loves picking mushrooms. In the autumn, he goes to the forest several times a week and feels disappointed during dry spells, when no mushrooms grow. He eagerly waits for rain and gets excited whenever it starts to pour. Unlike most people, Bob's heart jumps with joy at the sight of rain, even in seasons when there are no mushrooms in the forest. This makes rain a(n) ... for Bob.

a) unconditioned
b) aversive
c) neutral
d) conditioned

19. Philip is lying in bed after a long day, slowly drifting off to sleep. Just as he begins to doze, he suddenly feels as if he is falling and his body gives a sharp twitch that startles him awake. This sudden, involuntary movement as he transitions into sleep is known as a:

a) sleep spindle
b) hypnic jerk
c) muscle twitch
d) hypnagogic reflex

20. Little Jerry likes playing with a deck of cards. He can put them in order, starting with the twos, then going through the numbers, then the Jack, Queen, King, and finally the Ace. Jerry's ability to arrange the cards in a meaningful sequence is proof that he has mastered:

a) classification
b) transitivity
c) seriation
d) centration

21. Beth hears voices and believes people mean her harm. At the same time, she experiences deep sadness and a loss of interest in things she used to enjoy. This combination of psychotic and mood symptoms leads to a diagnosis of:

a) schizoaffective disorder
b) schizophrenia
delusional disorder
d) cyclothymia

22. Michael has trouble feeling rested despite getting enough sleep at night. He experiences excessive daytime sleepiness and often takes long, unrefreshing naps. His ongoing fatigue, which interferes with his ability to concentrate and stay alert, is most likely caused by:

a) parasomnia
b) circadian rhythm sleep disorder

c) narcolepsy
d) hypersomnia

23. Despite his dense amnesia, the patient was able to develop a(n) ... memory of the hospital layout through repeated exposure and practice.

a) explicit
b) implicit
c) iconic
d) short-term

24. As Jack entered the refrigerated section of the supermarket, he immediately felt a chill and shivered. But after spending a few minutes picking out frozen vegetables and dairy, the cold sensation seemed to fade, and he hardly noticed it anymore. It happened due to:

a) Weber's law
b) subliminal perception
c) sensory adaptation
d) observational learning

25. During a science lesson, Connie insists that only living things can move. She is surprised when she sees a remote-controlled drone flying around the lab. As a result, she updates her understanding, realising that movement doesn't always mean something is alive. Connie's adjustment of her ideas about movement is an example of:

a) accommodation
b) adaptation
c) assimilation
d) disequilibrium

26. Julian constantly seeks attention by dressing flamboyantly and telling exaggerated stories. He feels uneasy when he's not the centre of attention and often behaves theatrically to ensure all eyes are on him. Julian's behaviour is characteristic of ... disorder.

a) schizoaffective
b) narcissistic personality
c) borderline personality
d) histrionic personality

27. Some people not only taste food and hear sounds. Because of a neuronal ... between their senses, they can also taste words and hear colours.

a) crosswiring
b) internalising
c) hardwiring
d) double-crossing

28. Stacey was born with a(n) ... error due to an irregular shape of her corneas. Now, she has to wear glasses to see distant objects clearly.

a) optic
b) refractive
c) visual
d) ocular

29. In his presentation, the teacher used ... aids such as icons and diagrams to make his lecture clearer to his students.

a) optic
b) optical
c) ocular
d) visual

30. Frank tries to quit smoking by listening to hypnosis tapes at night. He believes that by listening to these tapes, his brain will receive ... messages that will help him overcome his nicotine addiction.

a) hardwired
b) threshold
c) implicit
d) subliminal

31. Halfway through explaining the concept to the students, the teacher lost his ... of thought and had to look at his notes to continue.

a) train
b) track
c) trail
d) trace

32. Although Michael has been feeling frustrated in the relationship, he ... his own dissatisfaction onto his partner, accusing her of being emotionally distant.

a) projects
b) redirects
c) reverts
d) channels

33. Many students ... out when the teacher speaks too quickly or unclearly.

a) habituate
b) tune
c) make
d) switch

34. Although Sarah tries hard to ... facts to memory, she often forgets important details when under pressure.

a) store
b) encode
c) commit
d) memorise

35. George doesn't allow himself to be pushed around and ... at anyone who is treating him unjustly.

a) releases
b) takes
c) vents
d) lashes out

36. Frustrated by constant delays at work, Tim ... his irritation into developing a new project management system to improve efficiency.

a) projected
b) displaced
c) channelled
d) attributed

37. Maternity leave has completely ... Tina's sleep pattern. She often stays up all night and goes to bed early in the morning.

a) inhibited
b) disrupted
c) obscured
d) impeded

38. The woman presented to the ophthalmologist clinic complaining of ... pain and blurred vision in her left eye.

a) optic
b) optical
c) visual
d) ocular

39. Sometimes, I just call my old friends to ... about the good times we had.

a) rehearse
b) remind
c) reminisce
d) ruminate

40. Hearing that familiar song suddenly ... his memory of the summer he spent in Italy.

a) reminded
b) jogged
c) committed
d) encoded

41. Birds can ... the calls of their own species from those of others.

a) distort
b) discriminate
c) discern
d) differ

42. Mrs Broom's family know that her condition is irreversible, but they hope that the new medicine will ... the progression of her Alzheimer's disease.

a) decline
b) impair
c) inhibit
d) withhold

43. Lorraine's 10-year-old daughter has ... hallucinations. She can sometimes feel insects creeping down her limbs or under her skin.

a) tactile
b) olfactory
c) auditory
d) gustatory

44. Paige tends to ... imagining the worst possible outcomes even in everyday situations.

a) project
b) rationalise
c) catastrophise

d) intellectualise

45. Her constant fatigue was due to a(n) ... health issue that doctors hadn't discovered yet.

a) underlying
b) acute
c) misdiagnosed
d) inherent

46. During the stressful exam, Mia began to ... , breathing so quickly that she felt lightheaded and dizzy.

a) palpitate
b) hyperventilate
c) perspire
d) fluctuate

47. After a few days of rest and medication, the pain started to ... , and Percy was finally able to get back to his usual routine.

a) relapse
b) recur
c) remit
d) revert

48. The trainer decided to ... the treat for a while to see if the dog would still respond to the command.

a) cease
b) escape
c) withhold
d) extinguish

49. Because his ... weren't functioning properly, Jerry had a really hard time seeing in dim light or at night.

a) cones
b) ganglion cells
c) neurons
d) rods

50. My pupils ... to see better in the dark room, but I still couldn't see more than the contours of objects.

a) relaxed
b) contracted
c) dilated
d) constricted

51. When anxiety hits him, Tedd ... changes in mood, sleep, and behaviour.

a) exhibits
b) projects
c) struggles
d) expose

exercises by AT

Lifestyle Corner

Whimsical LANGUAGE

Idioms

Dog days of summer
The hottest period of summer.

Soak up the sun
Enjoy being in the sunshine.

Travel on a shoestring
Travel with a tight budget, spending as little money as possible.

On cloud nine
To be extremely happy.

Beat the heat
Find ways to stay cool or avoid the discomfort caused by hot weather.

Proverbs

Make hay while the sun shines
Take advantage of favourable conditions.

All work and no play makes Jack a dull boy
Constant work without rest affects a person's life and well-being.

Variety is the spice of life
Trying new experiences makes life more enjoyable.

No summer lasts forever
Good times don't last; enjoy them while you can.

"Silver Linings Playbook"

In 2012, David Russell gave us something unusual – a glimpse of mental illness in an American love story. The film tells the story of a man with bipolar disorder who returns home, goes to therapy, and tries to put his life together. It depicts family life and the struggles that may occur, but also highlights something often overlooked: that mental illness rarely exists apart from its environment, and those around someone with it often live with uncertainty.

While the movie is not a clinical description (for that, I recommend Morrison's diagnostic manual), it offers a slice of reality. More importantly, it does what movies do best — it gives us hope. And yes, the American happy ending is part of it. Don't treat it as material for a psychology class, but do see it as a contribution to breaking the silence and stigma around mental illness. Above all, remember — it is just a film.

"One Flew Over the Cuckoo's Nest"

It is a classic, and often associated with the darker face of psychiatry in the American context. And in part, it is. But I prefer to see it as an admonishment. We are – or will soon be – part of a system that is meant to protect and care for those who have been hurt or cannot cope on their own. Yet, as one spends enough time in that system, it is easy to become part of the machinery and lose sight of its mission or one's own individuality. We might begin to see those in need of care as little more than a duty – a sad duty. Eventually, we might even stop seeing them as people. That is the narrative that drives Ken Kesey's book.

Although today's psychology and psychiatry are very different, I know such things still happen. This book should be a reminder of what humans can become when given power or isolation. We have seen it in real life, not only in the worst of times but even in psychology laboratories, such as Zimbardo's. Beyond that, the book reads as a manifesto against the higher orders imposed on us by incompetent authority – something society must reflect on, or we risk trouble. It invites us to question the order in which we live. The Scotsman once wrote, "If you haven't already read this book, do so. If you have, read it again." I must agree. So go on – enjoy this tragic yet beautiful story of psychiatric incapability within the system.

Reviews by Jan Wolicki

Last but not least...

See here!

Window Swap

Window Swap is a wonderful way to explore the world without leaving your home. It lets you look through other people's windows – whether they overlook bustling cities or peaceful countryside scenes. Some views even treat you to breathtaking skies.

No login is required just click "Open a window somewhere in the world" and enjoy. Want to see another view? Simply click again to be transported to a different place.

We'd love to see the world through your eyes. Share a photo of the view from your window, and the one we love most will win a bundle of past PsychLingo issues!

The winning view will also be featured in our next issue.

We are looking forward watching through your window!

The words **intense** and **intensive**, although closely related, have different meanings and uses, and they can't be used interchangeably.

- **Intense** means very strong in force, feeling, or quality.
- Examples: *The intense heat was unbearable. / She felt intense pain.*
- **Intensive**, on the other hand, means involving a lot of effort, focus, or activity in a short period of time.
- Examples: *The patient needs intensive care. / I had to attend an intensive training course.*

Did you know that...

through skychology – gazing at the sky, the clouds, the stars, or the moon – you can improve your mental well-being? It helps reduce stress, lift your mood, and strengthen your connection with the world around you.

I am lucky enough to have an excellent view of my neighbourhood, and half of that view is sky. Right now, as I am writing this, the sky isn't spectacular. It's cloudy, but it is still pleasant to look at the clouds, to try to interpret their shapes, and – most of all – to slow down and give my mind a break.

Answers

Reading comprehension

1.	2.	3.	4.	5.	6.	7.	8.	9.	10.
T	F	T	F	T	T	T	F	T	F

Language exercises

Exercise 1.

Suggested answers:
1. retrieve/recall
2. recall/remember/recollect
3. remeber/recollect/recall
4. retained/stored
5. unforgotten
6. triggered
7. forgetting

Exercise 2.

Suggested answers:
1. retrieval
2. consolidate/solidify
3. encode
4. holds/retains/stores
5. rehearsal
6. stored/held
7. retrieve/recall
8. recall/retrieve

Exercise 3.

1. projection
2. rationalisation
3. repression
4. regression
5. denial
6. sublimation
7. displacement
8. reaction formation
9. isolation of affect
10. overcompensation

Exercise 4a.

1. h
2. g
3. a
4. d
5. f
6. e
7. b
8. c

Exercise 4b.

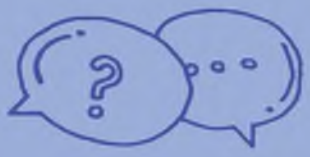
1. rationalised her decision
2. catastrophises the smallest problems
3. vents her negative emotions on
4. channel my stress into
5. directed his rage towards
6. projected her anger
7. repress painful memories
8. denies the truth

Exercise 5.

1. vent
2. taking out
3. blocked out
4. redirected
5. acknowledge
6. overcompensate
7. channelled
8. retreated
9. make
10. rationalise
11. project
12. regressing
13. distanced

Exercise 6.

1.
UCS: bee sting
UCR: anxiety and fear
CS: swing
CR: anxiety and fear
2.
UCS: riding the Ferris wheel
UCR: having a great time
CS: picture of Ferris wheel
CR: racing heart
3.
UCS: grabbing hot coffee
UCR: sharp pain
CS: paper cup
CR: anxiety and unease
4.
UCS: mess after cooking
UCR: irritation
CS: songs played while cooking
CR: irritation
5.
UCS: eerie tales
UCR: feeling spooked
CS: old clock's chime at night
CR: feeling spooked



Answers

Exercise 7.

1. vague dreams
2. vivid dreams
3. recurrent dreams
4. disturbing dreams
5. manifest content
6. latent content
7. waking brain
8. sleeping brain
9. sleep paralysis
10. sleep deprivation
11. nocturnal hours
12. nocturnal enuresis
13. delta-wave sleep
14. REM sleep

Exercise 8.

1. tactile
2. gustatory
3. auditory
4. optical
5. olfactory
6. visual

Exercise 9.

1. excessive worry
2. restrictive eating
3. ritualistic behaviours, intrusive thoughts
4. auditory hallucinations
5. mood swings, suicidal thoughts
6. pounding heart
7. partial paralysis
8. emotional numbness

Listening

A.

1. c
2. b
3. c
4. b
5. c

B.

1. transcendence
2. intrinsic
3. redemptive
4. cultivate
5. adrift
6. mantra
7. resilient
8. disillusioned
9. rein in
10. hustle and bustle

Crossword puzzle

1. disinhibition
2. slurred speech
3. psychotic breakdown
4. waxy flexibility
5. flat affect
6. suicidal thoughts
7. mania
8. brain fog
9. anxiety
10. anhedonia
11. alogia
12. compulsion

Revision

1. b
2. a
3. d
4. a
5. b
6. b
7. c
8. a
9. b
10. c
11. a
12. d
13. d
14. a
15. b
16. b
17. c
18. d
19. b
20. c
21. a
22. d
23. b
24. c
25. a
26. d
27. a
28. b
29. d
30. d
31. a
32. a
33. b
34. c
35. d
36. c
37. b
38. d
39. c
40. b
41. b
42. c
43. a
44. c
45. a
46. b
47. c
48. c
49. d
50. c
51. a

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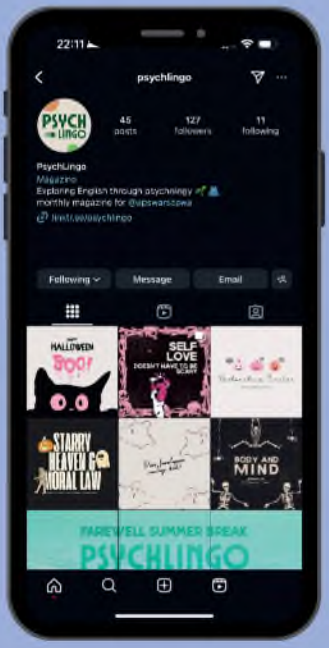

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