

## Unit 3 My field of study. Occupation and employment

### Task 1 Discussion

Why did you choose to study sports science?

What do you expect of your studies?

Would you like to study abroad?

Which qualities do you think sports may help you develop?

### Task 2 Lectures and Seminars

#### Discuss in pairs:

- What are the pros and cons of each style of teaching and learning?
- Which type of class is more common at university in your country?
- Which type of class have you experienced and expect to experience here?
- Which do you prefer? Why?

### Task 3 Read the five texts below on studying abroad written by real international students.

#### Work with your partner and answer these questions.

1. Which student does not entirely agree with an aspect of the university system in the country where they are studying? What do they not agree with?
2. Which two students mention the same difference between the educational system in their own countries and the system in the countries they are studying in? What is the difference they mention?
3. Which student offers advice on how to overcome cultural differences when studying abroad? What advice do they give?
4. Which two students mention difficulties they have overcome? What were the difficulties and how did the students overcome them?
5. Which student feels that they are getting practice at useful skills not taught in their home country? What are the skills?
6. Which student implies that students have to learn more independently in the country they are studying in? What do they say to make you think this?
7. Which student now feels the opposite of how they did previously?
8. Which text do you relate to most?

#### The global student

1. What surprised me the most was the fact that in the MA course I am on there are no exams. In Poland we have a lot of exams! There were both written and oral exams which checked our knowledge gained during the semesters. When I arrived in the UK and started studying at university, I found that there are no exams after each module; instead we have to write assignments dealing with some aspects of knowledge gained while studying particular modules. I cannot say this is an unpleasant surprise; however I think that some modules should consider checking our knowledge in a more detailed way. (Justyna, Poland)
2. For me the biggest difference between studying in Poland and England is the number of class hours while doing an MA. In Poland we have classes almost all week. In England the classes are only once a week for a couple of hours. The difference is that at university in England the students do lots of preparation at home and then discuss the problems in the classroom, while in Poland there is less reading at home and more practice in the classroom. The other main difference between studying in Poland and England is the contact that the students have with their teachers. In Poland the only contact that we have with our tutors is during the classes and during the meetings we have to discuss our MA proposal. In England this contact is more often and much more friendly. The teachers in England are very supportive and open for help and advice. (Karolina, Poland)

3. The hardest part of life at a Canadian university was adjusting to all the rules. Canada is very organised and follows rules for most situations. For example, not returning a book to the library on time leads to a high fine. Also, it was really hard for me to make friends with Canadian students but they were friendly once they realised that I wanted to know about their culture. You have to force yourself to cope with the differences between individuals and put effort into learning about new environments. Participating in activities such as sports really helped me to meet people and improve my English. Finally, patience would be another point to emphasise, since it requires time to learn about Canadians by experiencing Canadian university life. Attending university has taught me a lot of things about life and I am learning more every day. Nothing is gained without will. (Thamer, Saudi Arabia)
  
4. There are many differences between university in Russia and in Canada. Russian students are more likely to focus on memorizing information rather than trying to understand the material. –for example, a professor expects to hear an exact definition of some theory from the students, so the students memorize theoretical material rather than explaining it in their own words as it happens in Canada. Also, presentations and team work are not practiced in Russian universities, so students do not learn and practice these skills which could be needed in the future. In terms of support, Russian students do not usually ask for support beyond lectures. In Canada, professors are more open to students than Russians professors are. (Viktor, Russia)
  
5. The hardest aspect of university life in Canada for me to adjust to has been participating in the discussions in class. In most of my classes, there are a lot of discussions, and the teachers always ask the opinions of the students. Most of the students are really active, and they have strong opinions. At first, I could not say anything and I always listened to others because I was afraid of saying my opinions and making mistakes in using English. Also, when I could not explain my ideas well, I gave up. It was hard for me to have discussions with native speakers, but if I did not try, nobody would understand what I really wanted to say. After I tried to participate actively, I became used to having discussions with Canadians. Now, I really enjoy that. (Chika, Japan)  
(adapted from Lane, S. *Instant Academic Skills*. CUP 2011.)

#### **Task 4 After you read**

##### **Complete the gaps with suitable prepositions**

You will quickly **adjust** yourself \_\_\_\_\_ student life.

We encourage students to **participate** \_\_\_\_\_ the running of the college.

You should **put** more **effort** \_\_\_\_\_ your work.

He wasn't able to **cope** \_\_\_\_\_ the stresses of the job.

I am writing to **ask** \_\_\_\_\_ some information about courses.

#### **Task 5 Culture shock**

Have you ever experienced culture shock? What was it like?

In the text below order the stages of culture shock as they happen.

##### **Culture Shock and Adaptation**

Many people will have some initial difficulties in adapting to a new environment even if they have travelled to that country many times before. The effects can vary from mild uneasiness and homesickness to panic and loss of perspective. Everyone reacts differently to the abrupt loss of the familiar, but there are some common phases of adjustment. Although these reactions may not happen in this order and can be experienced multiple times, it is helpful to understand the following stages and recognize them as part of the normal adjustment process:

\_\_\_ **Adaptation and biculturalism** You feel even more comfortable with the host culture, more a part of it. The differences you once judged as ridiculous now make sense to you and you realize that the strand of "bad luck" was actually what made you grow stronger and more aware of how the society you live in really functions.

\_\_\_ **Initial euphoria** This stage, usually called the "honeymoon", begins with your arrival. You are curious and willing to learn. This stage ends when the initial excitement wears off.

\_\_\_ **Preliminary stage** You have yet to embark on your journey and can only prepare yourself as much as possible for what is still unknown to you.

\_\_\_ **Re-entry phase** Re-entry is, of course, the process of re-adaptation when you are back home and can be the hardest of all for some people. You are expected to reunite with your friends, your family, and your way of life as if you had never left. You may be expected to talk about your trip, but not too much, and to gradually become the person who you once were, which is impossible. This phase can last the longest, as you learn to teach others who you were, who you are, and how this experience has made you a better person not just in your habits but in your world view.

\_\_\_ **Irritability** During this stage, you will be taking an active part in life abroad, and will encounter many differences between your home and your host culture. This stage can be painful. You start to negatively judge differences and experiences and it may seem like "everything bad is happening at once."

Although adapting can sometimes be painful, it provides a valuable opportunity for personal growth. It is a mind-stretching process that will leave you with a broader perspective and wider tolerance for others and others' ways of life. It will teach you about your limitations, your strengths, and how you handle change. (<http://www.brandeis.edu/acserv/abroad/accepted/culture/cultureshock.html>)

### Task 6 Video

(<https://www.youtube.com/watch?v=tPfB6GJjM9Q>)

**Watch the presentation for international students and tick the stages from the text above that he mentions.**

**What tips does he give to overcome culture shock?**

### Task 7 Grammar *Used to and be/get used to*

**Study the structures:**

***used to* + infinitive:** to talk about things that happened in the past – actions or states – that no longer happen now

***be used to* + -ing:** to talk about things you are accustomed to - you don't find them unusual

***get used to* + -ing:** to become accustomed to sth. – it was strange, now it's not so strange

**Note: Be/get used to** can be used with past, present and future tenses.

*E.g. You might find it strange at first but you'll soon get used to it.*

*He wasn't used to the heat and he caught sunstroke.*

**Complete the sentences with *used to/ get used to (be getting used to)/ be used to***

1. She \_\_\_\_\_ be a long distance runner when she was younger.
2. I \_\_\_\_\_ driving on the right.
3. I \_\_\_\_\_ eat meat but I became a vegetarian 5 years ago.
4. I can't \_\_\_\_\_ to getting up so early. I'm tired all the time.
5. He \_\_\_\_\_ the weather here yet. He's finding it very cold.
6. Since we had the baby I \_\_\_\_\_ not getting enough sleep.  
(<http://learnenglish.britishcouncil.org/en/grammar-reference>)

**Think about things you used to do, things you are getting used to and things you are used to. Tell your partner.**

**D) Vocabulary connected with work**

**Collocations of words connected with work**

Get Find Look for Do

**Collocations connected with a living:**

Make Earn Do for

**Collocations with a job:**

Take on Have Look for Get Find Offer Do

**Expressions connected with work:**

To work shift –work

To be on flexi-time

To work nine-to-five

To get the sack, to be fired, to be made redundant, to be dismissed, to be laid off

To give up work

To be on/take maternity leave

To be on/take sick leave

To be a workaholic

To be promoted

To apply for a job

**Exercise:**

**Fill in the collocations:**

I'd love to..... a job in journalism, but it's not easy without qualifications. Since I have to earn a ..... somehow, I will have to get ..... wherever I can find it. I have been ..... some part-time work editing a typescript for a book, but I am not sure I want to..... it .....

**Using the expressions connected with work, say what you think has happened/is happening:**

1. I am not working now, my baby is 3 months old.
2. I lost my job.
3. One week I work from 6 to 2, the next it's nights.
4. They have made her the General Manager!
5. I get in at nine o'clock and go home at five.
6. Your trouble is you are obsessed with work!
7. I am a translator, so I can work any time I feel like working.
8. I am down with flu.
9. I have sent my CV and the application form and now I am waiting for their reply.