QUESTIONS FOR CREDIT

Course: Foreign Language
Year of Study: 1st Year
Term: 1st term

Module 1. MEETING PEOPLE

Relationships, Communication, Lifestyles & Healthy Living

Relationships. Importance of Relationships

1. How do relationships influence people's happiness, emotional well-being and quality of life?
2. What are the main types of relationships people develop throughout their lives?
3. What qualities are important for building strong and lasting relationships?
4. Why are trust, honesty and mutual respect essential in relationships?
5. How do family relationships influence a person's character and behaviour?
6. What role do friends play in people's personal development and everyday lives?
7. How have relationships between parents and children changed over the last few decades?
8. What are the main causes of misunderstandings and conflicts in relationships?
9. How can people maintain healthy relationships despite differences in opinions and lifestyles?
10. Why is effective communication important for resolving conflicts?
11. How can social media influence friendships and romantic relationships?
12. What are the advantages and disadvantages of making friends online?
13. Why is it important to respect other people's personal boundaries?
14. How can people support their friends and family members in difficult situations?
15. What are the main characteristics of toxic relationships, and how can people recognise them?
16. How can people balance personal relationships, studies and professional responsibilities?
17. Why do some friendships last for many years while others gradually disappear?
18. How can cultural differences influence relationships between people?
19. What can people learn about themselves through their relationships with others?
20. What can individuals do to build stronger relationships and develop meaningful connections with people?

Communication. Evolution of Communication

1. Why is communication essential in people's personal, social and professional lives?
2. What are the main forms of human communication?
3. How do verbal and non-verbal communication differ?
4. What role does body language play in face-to-face communication?
5. How can facial expressions, gestures and eye contact influence the way people communicate?
6. What are the main barriers to effective communication?
7. How can people improve their listening and speaking skills?
8. How did people communicate before the invention of modern technologies?

9. What methods of long-distance communication were used in the past?
10. How did letters, messengers and carrier pigeons contribute to communication in earlier times?
11. How did the invention of the telephone change people's lives?
12. How have radio and television influenced the way people receive information?
13. How has the development of the Internet transformed communication?
14. What are the main differences between traditional and modern forms of communication?
15. What are the advantages and disadvantages of communicating through social media and messaging applications?
16. How have smartphones changed people's communication habits?
17. Why is email still important in education and professional communication?
18. What are the advantages and disadvantages of online communication compared with face-to-face interaction?
19. How can digital communication technologies help people overcome geographical and cultural barriers?
20. How do you think communication will develop in the future, and what technologies may influence it?

Lifestyles. Habits of Healthy People. How to Live Longer

1. What factors influence people's lifestyles and everyday habits?
2. What are the main characteristics of a healthy lifestyle?
3. Why is it important to maintain a balanced diet?
4. What foods should people include in their daily diet to stay healthy?
5. What are the consequences of eating too much fast food and processed food?
6. How does regular physical activity contribute to people's health and well-being?
7. What types of exercise are suitable for people with different lifestyles and fitness levels?
8. Why is getting enough sleep essential for maintaining good health?
9. How can stress and emotional pressure affect people's physical and mental health?
10. What are the most effective ways to manage stress in everyday life?
11. How do smoking, alcohol consumption and other unhealthy habits affect life expectancy?
12. Why is it important to drink enough water and maintain proper hydration?
13. How can people develop healthy habits and make them part of their daily routine?
14. What are the advantages and disadvantages of following a strict diet or fitness programme?
15. How does spending too much time using digital devices affect people's health?
16. What role do regular medical check-ups and preventive healthcare play in maintaining good health?
17. What lifestyle changes can help people reduce the risk of serious diseases?
18. What factors contribute to a longer and healthier life?
19. How can social relationships, hobbies and a positive attitude contribute to longevity?
20. What advice would you give to young people who want to stay healthy, active and live longer?

Module 2. STUDENT'S LIFE
Higher Education, Our University & Young People's Problems

Higher Education

1. Why is higher education important for young people's personal and professional development?
2. What are the main advantages of obtaining a university degree?
3. What factors should school graduates consider when choosing a university and a future profession?
4. What are the main differences between secondary and higher education?
5. What degree programmes and academic qualifications can students obtain at university?
6. What are the main responsibilities of university students?
7. What qualities and skills are necessary to become a successful university student?
8. How can students organise their time effectively and balance studying with personal activities?
9. What are the advantages and disadvantages of full-time and part-time forms of study?
10. What are the main differences between traditional classroom learning and online education?
11. How can modern technologies improve the quality of higher education?
12. What role does independent study play in students' academic development?
13. Why are critical thinking, creativity and problem-solving skills important in higher education?
14. What opportunities do universities offer for international academic mobility and student exchange programmes?
15. What are the benefits and challenges of studying abroad?
16. Why is practical experience important alongside theoretical knowledge?
17. How can internships and work placements help students prepare for their future careers?
18. What challenges do university students face when preparing for examinations and academic assessments?
19. How can artificial intelligence influence the future of higher education?
20. What changes would you suggest to make higher education more effective and relevant to the needs of modern society?

Our University

1. What do you know about the history and development of our university?
2. What are the main faculties and departments of our university?
3. What degree programmes and specialities can students choose at our university?
4. What makes our university attractive to prospective students?
5. What facilities and resources does our university provide for students?
6. What role do lectures, seminars and practical classes play in the educational process?
7. How do teachers and academic advisers support students during their studies?
8. What opportunities does our university offer for students' scientific and research activities?
9. How can students participate in conferences, competitions and academic projects?

10. What international cooperation and academic mobility opportunities are available at our university?
11. How do extracurricular activities contribute to students' personal development?
12. What student organisations, clubs and events are available at our university?
13. How does our university use digital technologies and online platforms in the teaching process?
14. What opportunities do students have to develop their foreign language and communication skills?
15. How can university education prepare students for the demands of the modern labour market?
16. What career guidance and employment opportunities does our university offer?
17. How can students contribute to improving the academic and social life of the university?
18. What are the main advantages and challenges of being a student at our university?
19. What improvements would you suggest to make our university a better place to study?
20. Why would you recommend our university to prospective students?

Young People's Problems

1. What are the most common problems young people face in modern society?
2. What difficulties do young people experience when adapting to university life?
3. Why do many young people feel stressed or anxious about their academic performance and future careers?
4. What are the main causes of stress and emotional pressure among university students?
5. How can academic workload and examination pressure affect students' mental and physical health?
6. Why do some young people experience a lack of motivation and difficulties with self-discipline?
7. What are the main causes and consequences of procrastination among students?
8. How can young people balance their studies, part-time jobs and personal lives?
9. What financial problems do university students commonly face?
10. Why is finding affordable accommodation and becoming financially independent difficult for many young people?
11. How can unemployment and a lack of work experience influence young people's future prospects?
12. What challenges do young people face when choosing a career and entering the labour market?
13. How can social media and unrealistic online images influence young people's self-esteem?
14. What is peer pressure, and how can it affect young people's decisions and behaviour?
15. Why is bullying, including cyberbullying, a serious problem among young people?
16. What are the causes and possible consequences of loneliness and social isolation among students?
17. How can unhealthy lifestyles, sleep deprivation and excessive screen time affect young people's well-being?

18. What strategies can young people use to cope with stress, overcome difficulties and develop resilience?
19. What role should parents, teachers, universities and society play in supporting young people?
20. What advice would you give to young people who are facing personal, academic or professional challenges?

PRACTICAL TASKS

1. ***Relationship Advice.*** Your friend is having difficulties maintaining relationships with family members and friends. Identify possible causes of the problem and suggest practical ways to improve communication and rebuild trust.
2. ***Communication: Then and Now.*** Compare traditional and modern methods of communication in terms of speed, accessibility, cost, reliability and their influence on personal relationships.
3. ***Communication Breakdown.*** Imagine that two university students have misunderstood each other because of a message in a group chat. Explain what might have caused the misunderstanding and suggest ways to resolve the conflict.
4. ***Healthy Lifestyle Plan.*** Prepare a one-week healthy lifestyle plan for a university student. Include recommendations concerning nutrition, physical activity, sleep, stress management and daily routines.
5. ***How to Live Longer.*** Imagine that you are preparing a presentation entitled The Secrets of a Long and Healthy Life. Identify five important lifestyle habits that contribute to longevity and explain their benefits.
6. ***Choosing a University.*** A school graduate is deciding which university to attend. Explain what factors should influence their decision and recommend the most important criteria for choosing a higher education institution.
7. ***University Promotion.*** Imagine that you are a university ambassador participating in an educational exhibition. Prepare a short presentation promoting our university to prospective students. Include information about academic programmes, facilities, student life and international opportunities.
8. ***The Ideal University.*** Imagine that you have an opportunity to improve the educational process at our university. Suggest three changes that would make studying more effective, interesting and student-centred.
9. ***Student Life Challenges.*** A first-year student finds it difficult to adapt to university life, organise their time and complete academic assignments. Identify the main problems and recommend practical solutions.
10. ***Young People's Well-Being.*** Imagine that your university is organising a campaign to support students' mental and physical well-being. Suggest activities and initiatives that could help students manage stress, overcome loneliness, develop healthy habits and improve their quality of life.