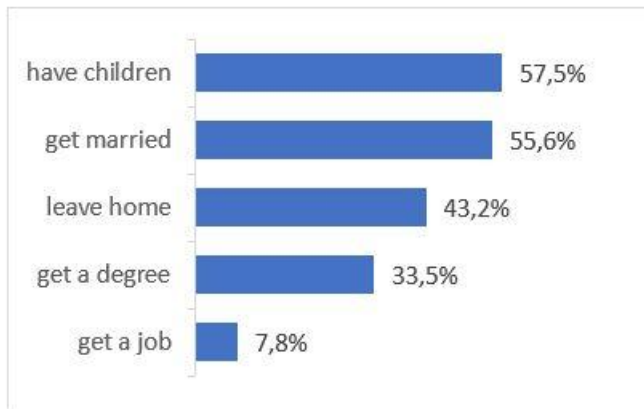


Imagine that you are doing a project on **what life events are important for people in Zetland**. You have found some data on the subject (see the diagram below). **Comment on the data in the diagram and give your personal opinion on the subject of the project.**



Use the following plan:

- make an opening statement on the subject of the project work;
- select and report 2–3 main facts;
- make 1–2 comparisons where relevant;
- outline a problem that can arise with life events and suggest the way of solving it;
- draw a conclusion giving your personal opinion on the importance of life events in people's life.

\* It goes without saying that people have many important events during their lives. While doing a project on life events, I have found some data showing life moments which are considered to be the most essential for (by) people living in Zetland. I am going to analyze the data and express my point of view (вот здесь бы добавить точности - для значимости темы проекта).

\* +

\* **Making an opening statement**

\* As can be seen in (from) the chart (opinion poll) , having children and getting married are supposed to be the most vital events for most respondents (people) in Zetland -57,5% and 55,6% respectively. It is also clear that getting a job is the least crucial with even less than tenth of people (respondents) choosing.

\* Crucial - extremely important - the least crucial - есть ли смысл снижать его значение?

\* **Reporting facts +**

- \* Looking more closely at the figures of the chart, we can see that leaving home is almost 10% more popular than getting a degree. Meanwhile, getting a degree is around four times as many as the figure for getting a job, which is quite surprising as many people strive to graduate from the university and start their career immediately.
- \* 10% more popular не встречала сравнения в процентах - на 10 процентов меньше в популярности (популярность в процентах?) если number of responses to не завершена мысль
- \* as many as - сочетается с object во мн числе

## \* Making comparisons+

\* There are now over 11 million shareholders, **three times as many as** in 1979.

\* And there are **three times as many** non-religious right voters in the Republican party compared with the religious right

\* About **three times as many** people complained about high food prices as about high drink prices.

**\*twice/three times etc  
as many**

- \* **Consequently**, having examined the data of the chart, I can outline one of the possible problems: most graduates have difficulty in finding a job and applying their knowledge in real life. I believe that the best solution is to learn the employment trends and get more work experience while studying.
- \* Consequently - as a result то есть выше должна быть информация - в результате чего
- \* по условию - problems with life events- в работе представлен как отрицательное событие - сужение на problems related to finding a job
- \*

**\*Outline a problem -**



## **LIFE EVENTS AND STRESS**

*Life events* are defined as discrete experiences that disrupt an individual's usual activities, causing a substantial change and readjustment. Examples of life events include marriage, divorce, illness or injury, and changing or losing a job. In the literature on stress, life events have been traditionally considered as one type of stressor, along with chronic strains (ongoing stressful circumstances such as living with disability or poverty). Since the pioneering work of Tom Holmes and Richard Rahe in 1967, an enormous body of literature has developed on the topic of life events and illness.

\*In conclusion, I think the importance of any life event depends on the life stage we are living on. Therefore, some events can seem less crucial with time whereas the others can be realized as really important.

\***Conclusion +**



\* Life events research has evolved from early models viewing life changes as inherently stressful and having similar effects on all who experience them to more complex models emphasizing individual differences in both reactions and vulnerability to life events. In addition, there have been a number of conceptual and methodological critiques that have led to more sophisticated models and methods of assessing life events. Recent studies demonstrate that, even with careful attention to methodological issues, life events can have important effects on health and psychological well-being.

## \* Life events research