

LISTENING – TAPESCRIPT

TRACY PULLMAN

You will hear an interview with Tracy Pullman, a psychologist from Missouri and also the creator of the blog "Facticity", who will talk about her professional career.

What led you to begin a career in psychology?

I was working as a correspondent for a newspaper after college and I interviewed some psychologists for a story I was involved in. The experience reminded me how much I had enjoyed my psychology classes in high school and college and it inspired me to pursue my post-graduate education in psychology.

What are some challenges you have faced in your career in psychology and the steps you took to overcome them?

Going to graduate school was a challenge because nobody in my immediate family and none of my close friends or neighbours at the time had done such a thing. It was a whole new world and involved quite the learning curve. I did a lot of research and worked up the courage to consult professionals in the field. This early experience was invaluable because I did it again when I was considering going into private practice.

What is your best advice for those about to embark on the field of psychology?

Be humble and open to new experiences, and ask a lot of questions. Don't be afraid to seek out information and advice from those who have gone before you.

What is one of the most interesting things that has happened in your career so far?

Because of client confidentiality, I cannot discuss cases, but I can say that my job is always interesting and there have been more fulfilling experiences than I can count, both in my early training and in my professional life. I feel very grateful to have a job in which I can be of assistance to others and do something meaningful to me. I think I have grown more from my work with clients than I have from anything else in my life.

Could you suggest three guidelines for an individual who is entering the field of psychology?

It is helpful if you are non-judgmental and patient. Don't worry – these characteristics can be cultivated with practice. Graduate school is competitive, so work hard at getting good grades and building a network of professionals who know your work. Understand that this career requires you to be a lifelong learner, so be prepared to be a student far into the future. Realize that if you are motivated by helping others, this career can be very rewarding.

As an accomplished author of a blog related to psychology, what advice would you offer an individual entering the field of psychology concerning the role of social media?

Social media is a great forum for getting the word out about psychology. However, like any tool, social media must be used wisely. Psychologists are required to protect the privacy and confidentiality of our clients, so we must never divulge information that might identify a client. We must also be mindful about personal information we share about ourselves because it can impact the therapeutic relationship we have with our clients. Just like physicians, our first ethical responsibility is to "do no harm".

Which of the strengths that you bring to the table is most important in your job?

I believe that my natural interest in people's life stories (and human behaviour in general) makes me a good listener and observer. Good listeners are actually pretty rare outside of the therapy office, in my opinion. If you can cultivate the ability to slow down and really attend to others with an open mind, this may be an advantage to you in many different careers.

ROLE – PLAY

STUDENT:

You have applied for the position of public relations manager for a company which deals with selling English language courses in Slovakia and abroad. You would be responsible for external communication and growing the company's reputation. You would also be building the company's online presence (Facebook, Twitter), and you would help create and develop the company's website.

You are going to be interviewed by your future employer. Think of some skills and abilities which might be suitable for the job. Introduce yourself appropriately. Describe your skills and abilities in line with what the interviewer asks. Try to persuade him/her that you are the best candidate for the advertised position.

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ROLE – PLAY

TEACHER:

You are the owner of a company which deals with selling English language courses in Slovakia and abroad. You are going to interview a candidate for the position of public relations manager. He/she will be responsible for external communication and growing the company's reputation, building the company's online presence (Facebook, Twitter), and will help create and develop the company's website.

The candidate will introduce himself/herself and should describe his/her skills and abilities in line with your questions. During the interview focus on his/her communication skills and experience with the media. Find out if he/she could help with the new website. It would be interesting to know whether he/she could come up with some unique ideas, e.g., how to promote the company more effectively.

ANSWER KEY

READING (1 point is awarded only if all completed words within a statement are correct):

- | | |
|-------------------------|----------------------------|
| 1. commercial companies | 6. telescopes |
| 2. ethical | 7. reach Mars |
| 3. literal meaning | 8. law of physics |
| 4. directive | 9. stepping stone |
| 5. deter | 10. foreseeable technology |

10 points

VOCABULARY:

- | | |
|------------------------------|-----------------|
| 1. C | 6. unassailable |
| 2. B | 7. prestigious |
| 3. minimalist / minimalistic | 8. publicity |
| 4. decoratively | 9. downloadable |
| 5. phenomenally | 10. openness |

10 points

GRAMMAR:

- | | | |
|-----------------|-------------------------------------|------------------------------|
| 1. being | 6. back | 11. these |
| 2. may / might | 7. Another (<i>accept</i> another) | 12. them |
| 3. more | 8. around | 13. for |
| 4. into | 9. into | 14. him / his being promoted |
| 5. that / which | 10. so | 15. him stealing |

15 points

LISTENING (half a point is awarded if the words are also correctly spelled)

- | | |
|--|--|
| 1. postgraduate/post-graduate | 6. lifelong learner |
| 2. invaluable experience | 7. rewarding |
| 3. humble | 8. privacy, confidentiality (<i>in either order</i>) |
| 4. grateful (<i>accept</i> gratefulness, gratitude) | 9. therapeutic relationship(s) |
| 5. non-judgmental/non-judgemental | 10. observer |

5 points

40 points

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