

SOLUTIONS

Task 14.3.1

Possible answers: boredom, lethargy, excessive or insufficient challenge, constant distractions, lack of self-confidence, despondency, stress in other areas, influence of peer group, associated wishes

Task 14.3.2

Possible answers:
Abilities and prerequisites for mental performance: concentration, good memory, spatial imagination, reaction speed and precision
Personality: strong motivation, resilience, confidence, ability to work in a team, stress resistance, constructive approach to failures
Skills and knowledge: English, mathematics, basic medical knowledge

Task 14.3.3

The retention span corresponds to the maximum number of information units (words in this case) that you can retain and reproduce immediately. Healthy adults have a maximum retention span of five to nine information units and most people have an attention span of five to seven units.

Task 14.4.1

Our body language – mirror of the personality

- a | Hunched shoulders – nervousness, tension
- b | Raised eyebrows – arrogance, statement of speaker is not accepted
- c | Sitting up straight, knees at right angles, hands on thighs – calm, attentiveness
- d | Upper body leaning back, legs crossed – security, wellbeing
- e | Upper body leaning far back, head back – disinterest, rejection
- f | Upper body bent slightly forwards, eye contact with speaker – openness, engagement
- g | Upper body bent well forwards, feet under the chair, no eye contact – “Get me out of here!”
- h | Upper body bent forwards, hands on chair – uncertainty, thoughts of fleeing
- i | Shoulders slumped, hands clasped and feet together, looking at the floor – resignation
- j | Index finger or pen pointed at the speaker – “Just watch out!” Aggressive threatening gesture

Task 14.4.2

Statements by students in this situation are to be treated as personal and in confidence.

Task 14.4.3

A description of the seven pillars of resilience can be found in Wirtschaftswoche No. 5, 26 January 2009, “Bloß nicht unterkriegen lassen” [Don’t let them get you down]. An abbreviated version is at: www.wiwo.de/bilder/trends-bin-ich-krisefest/4702490.html

Task 14.5.1

Physiological stress reactions:

Brain: the capacity to think and remember is increased, pain sensitivity decreases.
Eyes: the pupils widen to see the threat better.
Heart: blood pressure and pulse rate increase
Lungs: breathing gets more rapid so that the lungs take in more oxygen.
Muscles: Blood vessels dilate to increase energy supply.
Bladder / intestine: digestion slows down to save energy.
Liver, adrenal glands, spleen and blood also adjust to increase the state of alertness of the whole body.

Task 14.5.2

a | Examples of stress-related illness:

Cognitive: reduced performance, lack of concentration
Emotional: depression, “burnout syndrome”
Vegetative / hormonal: cardiovascular symptoms, high blood pressure, risk of heart attack, gastritis, sleep disorders, migraine
Muscles: muscular tension, head, back and neck problems

b | In addition to relaxation options, such as sport and other leisure activities (although these can also be stressful), the three best-known relaxation methods are:

- Progressive muscle relaxation
- Autogenic training
- Breath relaxation

Task 14.5.3

Examples: teacher’s impatience with students’ answers, arriving too late for exams, etc.