

Autonomy - word formation

Levels A2, B1, B2, C1

Autonomy (noun – rzeczownik) – autonomia, samodzielność

Autonomous (adjective – przymiotnik) – autonomiczny, samodzielny

Autonomously (adverb – przysłówek) – automatycznie, samodzielnie

Non-autonomous (adjective – przymiotnik) – zależny

Non-autonomously (adverb – przysłówek) – w zależny sposób

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A2 LEVEL

Exercise 1. Match the English word to its meaning in Polish.

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| 1. Autonomy | A. W zależny sposób |
| 2. Autonomous | B. Autonomia, samodzielność |
| 3. Autonomously | C. Autonomiczny, samodzielny |
| 4. Non-autonomous | D. Zależny |
| 5. Non-autonomously | E. Samodzielnie |

Exercise 2. Read the sentence and decide if it is true (T) or false (F).

1. **Autonomy** means always doing what other people tell you. ()
2. An **autonomous** person can make decisions without being told. ()
3. If you do something **non-autonomously**, you do it in a dependent way. ()

Exercise 3. Choose the correct word: *autonomy, autonomous, autonomously, non-autonomous, non-autonomously*.

1. In therapy, a client may act _____ at first, always asking the therapist what to do.
2. In psychology, _____ means that a person can make their own choices about life.
3. Some students can study _____ but others need help from teachers.
4. People who are _____ often depend on others to solve their problems.
5. A child becomes more _____ when they start making decisions without asking parents.

B1 LEVEL

Exercise 1. Select the option that best fits the situation.

1. A student chooses his own topics for a school project and organises his time.
This is an example of:
a) non-autonomously
b) autonomy
c) non-autonomous
2. A patient follows the doctor's instructions step-by-step, without making any decisions alone. This is an example of:
a) autonomous
b) non-autonomous
c) autonomy

Exercise 2. Finish the given sentences. Use the correct word: *autonomy*, *autonomous*, *autonomously*, *non-autonomous*, *non-autonomously*.

1. A _____ person may find it difficult to solve problems without guidance which _____.
2. I don't want to be dependent anymore. I need to become _____, because _____.
3. In psychology, _____ is an important factor in building self-confidence and motivation, but _____.

B2 LEVEL

Exercise 1. Fill in the gap. Use the correct form of AUTONOMY.

1. In clinical psychology, the development of personal _____ is often linked to increased self-efficacy and resilience in the face of challenges.
2. In the organizational study, teams that worked _____ showed lower levels of innovation and adaptability.
3. Researchers found that patients in the study who were given control over their treatment decisions reported feeling more _____ and engaged in their recovery process.
4. Individuals from highly collectivist cultures may be perceived as _____ in decision-making, yet still demonstrate strong community-based problem-solving skills.
5. Some participants continued to practise mindfulness _____, while others required regular guidance from a therapist to maintain the habit.

Exercise 2. Choose the option that best explains the meaning in context.

1. "The intervention aimed to increase the learners' autonomy." In this sentence, *autonomy* most closely means:
 - a) Freedom to make their own learning choices
 - b) Ability to memorise vocabulary faster
 - c) Lack of interest in teacher feedback
2. "The program was designed to make students more autonomous." In this context, *autonomous* means:
 - a) Dependent on detailed instructions
 - b) Capable of directing their own learning process
 - c) Focused only on individual work without collaboration

C1 LEVEL

Exercise 1. Rewrite the sentences using the target words, maintaining the meaning but changing the grammatical structure if necessary.

The employees worked without supervision and made their own strategic choices.

→ _____

Due to the manager's strict control, the department lost much of its ability to self-manage.

→ _____

The students continued to work independently after the training program ended.

→ _____

Exercise 2. Answer the following questions in writing or speaking.

1. In what ways can promoting autonomy in education improve mental well-being?
2. Can a non-autonomous decision still lead to positive results? Why or why not?

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