

前言

《新编大学英语》（第一版）首次将“以学生为中心”的主题教学模式引入大学英语课堂，自1999年出版以来，在全国范围内广泛使用，受到普遍好评。

2004年，我们以教育部大学英语教学改革精神为指导，依据新的社会需求与高校的教学发展，开发了《新编大学英语》（第二版），完善了教材结构，充实了教材内容，实现了教材的立体化建设。

随着时代的进步与社会的发展，以及外语教学理论的不断更新与高校教学改革的不断深入，我们在前两版教材的基础上又一次对教材进行了全面的修订和完善，开发了《新编大学英语》（第三版），以满足新形势下大学英语教学的需要以及新时期国家人才培养的需求。

教材特色

《新编大学英语》（第三版）延续前两版的特色与优势，在总体框架基本不变的情况下，从语言材料的筛选、级别的设置、练习和活动的设计等方面进行完善，更体现时代性，更贴近当前大学英语教学情况，更突出对思维能力及文化交流与传播能力的培养。

教学理念突出，特点鲜明：继续采用“以学生为中心”的主题教学模式，并随着教学的发展不断丰富和创新这一理念：

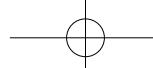
- 关注学生的学习信念、条件、兴趣和策略，强调教与学的互动性以及课堂教学与自主学习的结合。
- 提倡接近真实语境、贴近学生学习生活的语言教学，使学生能充分参与语言学习。
- 实现各分册相应单元围绕同一主题，彼此呼应，相辅相成，从不同侧面展开语言训练及实践，培养语言综合应用能力。

选篇语言精良，内涵丰富：选篇主题广泛，题材丰富，语言规范，兼具时代特色与人文内涵，引导学生观察世界，深入思考，寓文化素养的熏陶于语言能力训练之中，帮助学生提高双向的文化理解与沟通能力。

活动设计灵活，启发思考：结合主题与课文，设计符合学生兴趣特点及知识情感的练习与活动，形式灵活，趣味性强，激发学生的智慧与参与精神，实现从语言知识到语言能力的转化。

难易设置合理，循序渐进：调整后的教材级别与难易度更加符合目前大学英语教学的实际情况，选篇与练习整体难易适度，循序渐进。

提供立体化的教学资源：同步提供课本、光盘、网络课程等学习资源，为学生创造个性化、自主化的学习环境，为教师提供全面便捷的教学资源与教学管理平台。



教材体系

《新编大学英语》(第三版)针对大学英语“一般要求”进行设计,包含1—4级,供两个学年使用。每一级别由以下分册构成:《综合教程》(配教师用书)、《视听说教程》(配教师用书)和《快速阅读》。与教材配套的还有学习光盘、教学光盘、网络教学管理平台、配套测试题等教学资源,全面辅助学生自学及教师教学。

教材	级别	配套资源				
		教师用书	MP3光盘	助教课件	配套测试题	网络教学 管理平台
综合教程	1—4级	教师用书	MP3光盘	助教课件		
视听说教程	1—4级	教师用书	DVD-ROM光盘	助教课件		
快速阅读	1—4级					

分册介绍

《综合教程》

围绕与校园、社会生活相关的主题,选取思想性强、语言精良的文章,展开读、写、说、译技能的综合训练,注重教学双方的互动性,强调语言技能的融会贯通以及语言应用能力与文化素养的综合培养。

每册10个单元,每单元分为四个板块:

Preparation: 形式多样的课前活动,便于教师展开课堂教学,激发学生学习兴趣。

Reading-Centered Activities: 围绕主题提供两篇不同角度的阅读文章,配有详细的词汇释义、丰富的例句及多样的读、写、说、译练习。

Further Development: 巩固词汇及语法等相关知识,并通过丰富多样的扩展活动帮助学生学以致用,提高语言综合应用能力,拓宽视野,提高能力。

Translation and Writing: 包含翻译技巧讲解、翻译实践和写作三个部分,互为补充,相辅相成。

《综合教程教师用书》

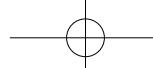
针对单元话题提供相关文化背景的介绍,帮助教师拓宽教学内容。就文章的语言、词汇难点进行详细讲解,为学生扫清阅读障碍。提供客观题的全部答案以及课内和课外阅读文章的参考译文。针对主观题及作文提供不同视角的参考答案,便于教师开阔学生思路、展开课堂活动。此外,书中还提供了额外的课堂活动,供教师根据教学对象选择使用。附录中的作文评分原则和方法便于教师进行作文教学和评估。

《视听说教程》

通过鲜活生动的原版视频、专门拍摄的录像短剧、内容丰富的听力材料以及多层次的口语活动,从不同角度帮助学生提高听说技能,培养交际能力。

每册10个单元,每单元分为四个板块:

Listening, Understanding and Speaking: 提供结合主题的听力练习,训练听力技能,并展开相关口语活动。



Viewing, Understanding and Speaking: 围绕录像短剧展开听说训练，培养学生有效理解、捕捉重要信息点、进行有效得体交流的能力。

Video Appreciation and Singing for Fun: 通过形式多样、内容生动的原版视频为学生提供真实的语境和鲜活的语言，并展开相应的听说活动。相关主题的英文歌曲帮助活跃课堂气氛，展现英语魅力。

Further Speaking and Listening: 综合性的口语活动着重培养学生积极思考、表达观点的语言应用能力；扩展性听力训练为学生自主学习提供更多资源。

《视听说教程教师用书》

提供全部听力、视频材料的脚本和练习答案。针对口语活动提供不同角度的参考答案。补充词汇注释和例句，供教师选择使用。此外，对各类课堂活动提供有针对性的教学建议和指导，辅助教师更好地展开课堂活动，发挥教材特色。

《快速阅读》

通过有针对性的系统训练，帮助学生掌握重要阅读技能，培养良好阅读习惯，提高阅读效率。

每册分为两大部分：

快速阅读常用技能：系统介绍快速阅读九项常用技能，内容深入浅出，易于掌握。

快速阅读综合技能训练：

- 选篇主题与主教材呼应，在题材、长度、难易递进方面充分体现快速阅读的特点。
- 练习形式丰富多样，既注重寻读、略读、猜词悟意、写摘要等快速阅读基本技能训练，又与大学英语四、六级考试快速阅读题型相结合。

《新编大学英语》网络教学管理平台

《新编大学英语》网络教学管理平台集教学资源、测试资源以及教学管理等功能于一体，提供自主学习、教学管理、教学资源、评估测试、服务支持等板块，功能完善，操作方便，充分体现交互式、个性化、自主化学习的理念。

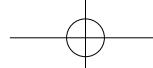
网络教学管理平台为学生提供与教材主题紧密相关的自主学习内容及经典电影片断、英文歌曲、阅读素材等丰富的拓展资源，并为学生在线自主学习提供各种学习工具，充分发挥在线课程交互式、自主化的优势，使英语学习成为个性化的愉悦体验。

同时，网络教学管理平台为教师提供全面便捷的教学管理功能，方便教师对学生的学习进程进行设置、监督，并对学习成果进行有效评估。教师还可借助平台与学生进行交流答疑，在线布置与批改作业等。

编写团队

《新编大学英语》（第三版）系列教程由应惠兰任总主编。

本册主编：何莲珍。编者：丁展平、方富民、顾晔、何莲珍、黄小扬、李敏、马以容、闻人行、章红新、周星（按姓氏拼音排序）。审稿：邵永真，Don Huffman（美）。参加本册编写工作的还有：傅莹、傅政、蒋景阳、李航、庞继贤、邵永真、王元春、熊海虹、徐慧芳、杨敏、应惠兰、袁婧、周颂波（按姓氏拼音排序）。



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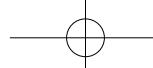
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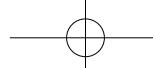
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Unit 1

Love

PART 1

Listening, Understanding and Speaking

Listening I

SCRIPT

A Mother's Love

You can see it in her eyes—
in her gaze and in her sighs.
It is a mother's love.

You can feel it in her touch—
in her tender hugs and such.
It is a mother's love.

You can hear it in her words—
in her praises and bywords.
It is a mother's love.

She cares. She understands.
She lends an ear and holds our hands.
She gives us a mother's love.

Word tips

gaze 凝视；注视

tender 温柔的；慈爱的

byword 口头禅

lend an ear 听，(尤指同情地)倾听

1 Listen to a poem about mother's love and complete the following sentences with the information you get.

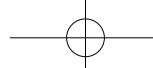
A Mother's Love

You can see it in her eyes—
in her 1) gaze and in her 2) sighs.
It is a mother's love.

You can feel it in her 3) touch—
in her tender 4) hugs and 5) such.
It is a mother's love.

You can hear it in her 6) words—
in her 7) praises and bywords.
It is a mother's love.

She cares. She 8) understands.
She 9) lends an ear and 10) holds our hands.
She gives us a mother's love.



2 Listen to the poem again and discuss the following questions.

- 1 What is a mother's love?
- 2 What is your mother like? Describe to the class your own mother.

SAMPLE

- 1 A mother's love is a shelter protecting us from the storm; an island in life's ocean, vast and wide. A mother's love is a blessing, unconditional true love, never asking for return. A mother's love is like the air; you cannot see it but you can feel it anytime and anywhere.
- 2 As the third child in her big, not wealthy family, my mother learned to be independent from an early age, taking care of herself and her younger brothers and sisters as well. That makes her very hard-working, tolerant and considerate. To my brother and me, she is a shelter, protecting us from the storm. She cares about us and understands us. She lends an ear, listening to whatever we say and holds our hands whenever we feel weak and insecure.

Listening II

For more than four decades, John Adams has fought to defend the environment and empowered individuals in the U.S. and around the world to join the cause. Adams is cofounder of the Natural Resources Defense Council, the NRDC, the nation's first law firm for the environment.

"Defending the environment," John Adams says, "is personal."

"When you care about something, like the environment, it does become a passion," he says. "It becomes your life. I grew up on a small-town farm in the Catskill Mountains of New York. It was a wonderful place to grow up. I loved it."

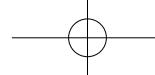
But by the 1960s, he didn't love what he saw happening to the environment.

"We were a major industrial force with no pollution controls. So if you were in Pittsburgh or New York or the factory areas of New Jersey or California, you would be hit with air pollution that had virtually no pollution controls," says Adams. "In New York, we burned a lot of our garbage right in the buildings. Fly ash would come up and it was really all over the city. The Hudson River was filled with raw sewage and it smelled because there were no requirements for sewage control."

He also worried about the disappearing farmland around the big cities which became suburban sprawl with very little planning.

Adams turned his love for nature into action, leaving his job with the U.S. Attorney's Office in New York in 1970 to help establish the Natural Resources

SCRIPT



Defense Council. The 33-year-old lawyer became its first director.

In their new book, *A Force for Nature*, John Adams and his wife, Patricia, also an environmental activist, chronicle the evolution of the NRDC from a homegrown advocacy group to a 1.3-million-member organization with international reach.

Adams led the NRDC for 36 years, and remains on its Board of Trustees. Today, he is chairman of the Open Space Institute, working to purchase scenic and natural land in New England to protect it from development.

Word tips

empower 使能够

Natural Resources

Defense Council (美国)

自然资源保护委员会

Catskill Mountains 卡茨基尔山 (位于美国纽约州)

Pittsburgh 匹兹堡 (美国宾夕法尼亚州西南部城市)

New Jersey 新泽西州 (美国州名)

Hudson River 哈得孙河 (位于美国东北部)

raw sewage 未经处理的污水

smell 发出臭气; 气味难闻

suburban 郊区的

sprawl 杂乱无章地扩展的大型建筑群

U.S. Attorney's Office 美国联邦检察官办公室

Patricia 帕特丽夏 (人名)

chronicle 记述

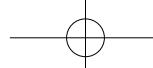
advocacy 主张; 提倡; 拥护

trustee (公司、学院等的)理事, 董事会成员

Open Space Institute 开放空间研究所

1 Listen to a passage about John Adams and choose the best answer to each of the following questions.

- 1 John Adams has been engaged in protecting the environment for more than _____. **B**
A 50 years
B 40 years
C 30 years
D 20 years
- 2 John Adams is cofounder of Natural Resources Defense Council, which is ____ in the U.S. **B**
A a national research institute on environment
B the first law firm for the environment
C the first charity organization for the environment
D an organization responsible for environment supervision
- 3 What does John Adams think led to the pollution in the U.S. in 1960s? **A**
A Industrial growth without pollution control.
B Rapid development of population.
C Bad habits of people burning garbage.
D Sewage and bad smell from the rivers.
- 4 The book *A Force for Nature* is mainly about how _____. **D**
A John Adams' wife became an environmental activist
B John Adams lost his career as a lawyer
C NRDC attracted international funding
D NRDC has developed in the past years
- 5 The purpose of Open Space Institute purchasing scenic and natural land is to _____. **C**
A do research in open area
B promote tourism and real estate
C preserve it from being developed
D upgrade the scenic spots to state level



2 Listen to the passage again and complete the following table with the information you get.

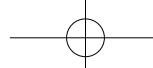
Facts	Details
In 1960s, the place where John Adams grew up was severely polluted.	<ul style="list-style-type: none">• People burned <u>a lot of garbage</u> right in the buildings.• Fly ash <u>came up all over the city</u>.• Hudson River was filled with <u>raw sewage and it smelled</u>.• Farmland around the cities <u>became suburban sprawl with very little planning</u>.
John Adams has fought to defend the environment for many years.	<ul style="list-style-type: none">• He left his job with the U.S. Attorney's Office in New York.• He was cofounder of the NRDC, the nation's first law firm for the environment.• He led <u>the NRDC</u> for 36 years and remained on its <u>Board of Trustees</u>.• He is chairman of the Open Space Institute, working to purchase scenic and natural land in <u>New England</u> to protect it from development.• He empowered others in the U.S. and around the world to <u>join the cause of protecting the environment</u>.

3 Work in groups to discuss the following questions.

- 1 What has happened and is happening to the environment in your city?
- 2 What should we do to turn our love for nature into action?

SAMPLE

- 1 My city was once developed at the cost of the environment. At that time, farmland around the city was replaced by factories. Trees were cut down to make space for buildings. Litter piled up on the streets. Although the economy seemed to have grown, we realized it wasn't the right way to develop the city. Now keeping a clean and healthy environment is a top priority to people in my city. Factories improve their technology, aiming to be environment-friendly. People are educated to preserve fresh air and clean water by planting more trees and not dumping garbage into rivers and lakes. Now again we see the blue sky, hear birds singing on the branches in the early morning and feel the softness of the cool breeze.
- 2 Turning our love for nature into action, we should not only enjoy the beauty of nature, but always keep in mind that we are responsible for our actions and their impacts on the environment. We should do something, simple but effective, to improve the situation for ourselves and for our future generations. In daily lives, we should use water-saving and energy efficient appliances, reuse and recycle whatever we can, reduce waste and put garbage in different containers as required.



Listening III

SCRIPT

I grew up in a family with six sisters. In my lifetime I have seen all of them abused by the various men in their lives. Even my mother has the scars from two unsuccessful marriages.

When I was a teenager, my mother shared some insights into all of their failed relationships. She explained that they really weren't expecting to be treated as queens, but they did desire two things from the men in their lives: to be told frequently that they are loved and to be shown often that they are special. It was at that point I decided I would be the sort of husband my mom and sisters had dreamed of but never had.

When I was dating my wife-to-be I remembered those two points my mother shared with me years earlier. I admit that I struggled trying to be able to express my love in words and in action. For most men, it isn't natural for us to be romantics. But then again, it isn't natural for us to be millionaires or sports superstars. It does take effort, practice and diligence. But the rewards are there.

Now we've been married for nine years. I really, truly, deeply love my wife and let her know it every day by what I say and what I do. Our friends and family members all admire us and want to know our secret.

Word tips

abuse 虐待, 伤害

scar 伤疤

insight 深刻见解

romantic 富于浪漫气息的人

millionaire 百万富翁

diligence 勤奋

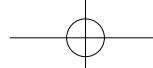
1 Listen to a passage and choose the best answer to the following question.

Which of the following is the best title for the passage you have just heard? D

- A My Self-Introduction
- B My Mother's Failures
- C Pain and Suffering of Women in My Family
- D How I Became an Ideal Husband

2 Listen to the passage again and complete the following sentences with the information you get.

- 1 I can still see the scars my mother has from two unsuccessful marriages.
- 2 When I was a teenager, my mother shared some insights into all of their failed relationships.
- 3 I wanted to be the sort of husband my mom and sisters had dreamed of but never had.
- 4 When I was dating my wife-to-be I tried to be able to express my love in words and in action.
- 5 For most men, it isn't natural to be romantics, millionaires or sports superstars.



3 Work in groups to discuss the following questions.

- 1 What are the secrets to a successful marriage?
- 2 In a culture where people seldom express their emotions in words, are there any other ways to show their affections?

SAMPLE

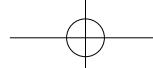
- 1 The secrets to a successful marriage can be outlined as follows:
 - Trust—the basis for any happy and successful relations;
 - Communication—the effective way to avoid misunderstanding;
 - Compromise—the softener to ease a tense situation;
 - Giving space—the good practice to prevent suffocating or being suffocated;
 - Being encouraging—the supportive way to endure and handle the troubles in a marriage easily;
 - Expressing love in words—the glue for your relationship by conveying the definite information that you love them.
- 2 One of the best ways to show your affections is to write letters to the one you love. Sometimes it is hard to express your emotions face to face, therefore writing a letter is a more desirable way. The second is to buy gifts. Gifts are not measured by how much you spend. A carefully selected gift is a valuable memory of the time you spend with each other. Caring about their family may be considered an indirect way to express your love. When they feel down and are in urgent need of support, a warm hug can help them turn the coldness away.

Listening IV

In past generations, the challenge of dating was different. Men and women wanted a partner who could fulfill their basic needs for security and survival. Women looked for a strong man who would be a good breadwinner; men searched for a nurturing woman to make a home. This practice that worked for thousands of years has suddenly changed.

The new challenge of dating is to find a partner who not only will be supportive of our physical needs for security and survival but will support our emotional and spiritual needs. Today we want more from our relationships. Millions of men and women around the world are searching for a soul mate to experience lasting love, happiness, and romance.

It is no longer enough to just find someone who is willing to marry us. We want partners who will love us more as they get to know us: We want to live



happily ever after. To find and recognize partners who can fulfill our new needs for increased closeness, good communication, and a great love life, we need to update our dating skills.

Word tips

survival 生存
breadwinner 挣钱养家的人
nurture 养育；培育
emotional 情感上的
spiritual 精神上的
soul mate 心心相印的伙伴（尤指异性伙伴）；知己

1 Listen to a passage and choose the best answer to the following question.

Which of the following is the best title for the passage you have just heard? B

- A Dating Skills to Find an Ideal Partner
- B Differences in Dating, Past and Present
- C Change of Family Roles, Past and Present
- D Updating Your Dating Skills to Find a Soul Mate

2 Listen to the passage again and complete the following passage with the information you get.

In past generations, 1) the challenge of dating was different. Men and women wanted a partner who could fulfill their basic needs for 2) security and survival. Women looked for a strong man who would be 3) a good breadwinner; men searched for 4) a nurturing woman to make a home. This 5) practice that worked for thousands of years has suddenly changed.

The new challenge of dating is to find a partner who not only will be 6) supportive of our physical needs for security and survival but will support our 7) emotional and spiritual needs. Today we want more from our relationships. Millions of men and women around the world are searching for 8) a soul mate to experience lasting love, happiness, and romance.

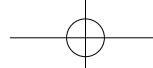
It is 9) no longer enough to just find someone who is willing to marry us. We want partners who will love us more as they get to know us: We want to live happily ever after. To find and recognize partners who can fulfill our new needs for 10) increased closeness, good communication, and a great love life, we need to update our dating skills.

3 Work in groups to discuss the following questions.

- 1 What kind of partner did men and women of the past generations want?
- 2 What kind of partner do men and women now search for?
- 3 What kind of person would be your ideal husband or wife? Describe them to your group members.

SAMPLE

- 1 They wanted a partner who could fulfill their basic needs for security and survival. Women looked for a strong man who could support the family; men searched for a nurturing woman to make a home.



2 Now they want to find a soul mate to experience lasting love, happiness, and romance.

3 • My ideal husband would be someone who is handsome, strong, well-educated, intelligent and thoughtful. He loves and understands me, and shares my emotions and interests. He knows how to listen to and talk with others and has a good sense of humor. He would support me when I need help and comfort me when I'm in low spirits. He should be successful in his career and earn enough money so that we can live a comfortable life and travel around the world.

• My ideal wife would be a lady who is beautiful, lovely, gentle, caring, and romantic. She is well-educated, sensitive and cheerful and has a good sense of humor. She loves me and can provide a cosy atmosphere when at home. She is a good cook and knows how to prepare nutritious meals. She is supportive and capable of handling various tasks in life so that I can focus on my work. She can give me suggestions when I need her ideas. She would be my lifelong partner and a good mother of our children.

PART 2

Viewing, Understanding and Speaking

Episode 1

Topic

An American Way of Dating

Characters

Kevin (boy)
Heather (girl)

Setting

In a pizza restaurant
(*Two young people, both freshmen in a small Midwestern college of the United States, are sitting in a pizza restaurant. They have ordered something to eat and are talking while they wait for the food.*)

Episode 2

Topic

A Chinese Way of Dating

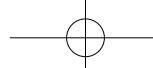
Characters

Xiaomei (girl)
Daming (boy)

Setting

In a garden
(*Twenty years ago, Xiaomei was waiting for Daming in a garden. Daming hurried in out of breath.*)





SCRIPT

Episode 1

Kevin: Hey, girl, come on. Good to see you.

Heather: How are you?

Kevin: What happened today?

...

Kevin: That's fine. So what do you want to order? You like the pepperoni, yeah? ... *(to the waitress)* OK. So two Greek islands, one egg torte and one chilled juice and a milk. Thank you.

Heather: Do you realize that we've been together for two months now? Who would have thought that when we happened to sit next to each other in Asian History class it would lead to this!

Kevin: Yeah, and this is a real change for me.

Heather: Oh? You didn't date anyone steadily in high school?

Kevin: No, I didn't. I was too busy with sports. My high school was so small that any of us who liked to play and wanted to could be on almost all of the teams. I played football in the fall, basketball in the winter, and baseball in the spring.

Heather: But you're not playing football this fall.

Kevin: No, I'm going to try out for baseball in the spring. That's what I like the best. So, when a very interesting and intelligent girl happened to sit next to me in Asian History, I decided it was time to date some if she was interested too. (*He smiles broadly.*)

Heather: I'm glad you did. (*She returns a smile.*)

Kevin: Er, mm, did you date much in high school?

Heather: Yes, I did. In fact, I had a steady boyfriend for almost two years.

Kevin: What happened to him?

Heather: During our senior year we both decided that since we were going to attend college in different parts of the country we should stop dating. I guess we realized that we were really quite different from each other. He wanted to get away from home, so he's in a large university out East. I wanted a small college near home, so here I am.

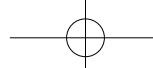
Kevin: Lucky me! So, er, were your parents happy with your steady boyfriend?

Heather: They liked him OK, but I know they thought we spent too much time together. I think they were happy when we broke up. They really didn't say much though. They usually trust my judgment.

Kevin: Had you dated much before that?

Heather: A little, for school parties, movies, etc., nothing serious. I usually spent more time with the girl friends. My parents didn't think I should date until I was 16.

Kevin: Yes, I think some kids do start dating too young these days. My sister, she's 14 and thinks she has a boyfriend. My parents tell her she's really too young to date, but they think it's OK if she goes out in a group where he's included.



Heather: I guess you were around guys most of the time with all your sports activities, but you seem comfortable being with me.

Kevin: Well, I did date occasionally, but I didn't find anyone really interesting until now. (*He laughs meaningfully.*) Besides, I usually have to spend most of my money keeping my old car running.

Heather: Would it help if we go Dutch tonight?

Kevin: No, after all I invited you. Besides, I had a really good job at the gasoline station near my home last summer and was able to save up quite a bit for nights like this. So, it's my treat!

Heather: OK. That's nice of you.

Kevin: Hey, after we eat, are you willing to drive around the lake with me, just talk some more? Or would you rather go to a movie?

Heather: It's a beautiful night, so let's go for a drive. I don't think we'd like the movies that are on anyway. They're just too silly.

Kevin: Fine with me. Oh, here comes the pizza, so let's eat. (*to the waitress*) Thank you. Thank you.

Episode 2

Xiaomei: You are late. You've never been late before. What happened to you today?

Daming: Oh, Xiaomei. It's so nice to see you. I can tell you that I would not be here at all if I hadn't jumped down from the second-floor window.

Xiaomei: You jumped from the window? Tell me exactly what happened? Did you hurt yourself?

Daming: No, I'm fine. I'm fine. Mum shut me up in the room. She wants me to meet her friend's daughter, the girl I mentioned to you before. She is coming and I'm supposed to see her. Mum probably thinks I am still in my room.

Xiaomei: Your mum wants you to make friends with her, then marry her, doesn't she?

Daming: Yes, I'm afraid so, but I'm interested only in you. I think about you all the time. I will never agree to meet any other girl. I would rather die than leave you.

Xiaomei: I love you too, Daming. I can't imagine what my life would be like without you.

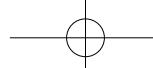
Daming: But I don't have a cent. My family is poor and I'm penniless. I have nothing with me except for a poem I wrote for you.

Xiaomei: You wrote a poem for me? How sweet!

Daming: Would you like me to read it to you?

Xiaomei: Of course. Please.

Daming: It's called "Love Is..." Listen:
Love is the greatest feeling;
Love is like a play;



Love is what I feel for you
Each and every day;
Love is like a smile;
Love is like a song;
Love is a great emotion
That keeps us going strong.
I love you with my heart,
My body and my soul.
I love the way I keep loving,
Like a love I can't control.
So remember when your eyes meet mine,
I love you with all my heart,
And I have poured my entire soul into you,
Right from the very start.

Daming: Do you like it, Xiaomei?

Xiaomei: Yes, I like it very much. I don't need anything else as long as you keep writing poems for me.

Daming: I will write you poems as long as I live.

Xiaomei: Now we have nothing but each other...

Daming: But we have love. Isn't that enough?

Xiaomei: As long as we have love we'll manage somehow.

Word tips

pepperoni *n.* an Italian spicy dry sausage 意大利辣味干香肠

e.g. *She would peel off the pepperonis from her pizza.*

torte *n.* a rich cake made with eggs, ground nuts, and usually no flour 德国大蛋糕；果子奶油蛋糕

e.g. *I'm torn between the Black Forest cake and the hazelnut torte.*

date sb. have a romantic relationship with sb. 与某人约会

e.g. *How long have you been dating Nicky?*

try out for sth. try to be chosen as a member of a team, for a part in a play, etc. 参加……的选拔，争取成为（团队等的一员）

e.g. *Why did you decide to try out for the Olympics?*

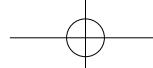
steady boyfriend / girlfriend *n.* sb. that you have been dating, usually exclusively, for a long time 关系确定的男 / 女朋友

e.g. *I) Life is much too enjoyable to think about steady boyfriends.*

II) Now at 16, Steven has a steady girlfriend of 15, who he has been going out with for several months.

happy with sb. satisfied that sth. or sb. is good, and therefore not worried about 对……感到满意

e.g. *Is your mother happy with your girlfriend?*



break up (people in a marriage, group or relationship) separate or do not live or work together anymore 关系破裂

e.g. *He lost his job and his marriage broke up.*

shut sb. up keep sb. in a small area for a specific purpose 把……关起来

e.g. Many students shut themselves up in their rooms to study.

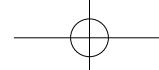
1 Watch two videos about different ways of dating and pay attention to the speakers' views on dating. Choose the best answer to each of the following questions.

Episode 1

Episode 2

6 Why was Daming late that day? C

- A He was hurt on the way.
- B He had to repair the second-floor window.
- C He was prevented from going out.
- D He had to meet someone else first.



7 What did Daming's mother expect him to do that day? **B**
A To visit her friend.
B To meet her friend's daughter.
C To stay in his room.
D To finish writing his poem.

8 Which of the following words can best describe the character of Daming in the video? **D**
A Penniless. **B** Cheerful.
C Obedient. **D** Determined.

2 Watch the videos again and complete the following sentences with the information you get.

Episode 1

- I played football in the fall, basketball in the winter, and baseball in the spring.
- In fact, I had a steady boyfriend for almost two years.
- I guess we realized that we were really quite different from each other.
- I think they were happy when we broke up.
- My parents tell her she's really too young to date, but they think it's OK if she goes out in a group where he's included.
- I had a really good job at the gasoline station near my home last summer and was able to save up quite a bit for nights like this.
- Oh, here comes the pizza, so let's eat.

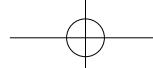
Episode 2

- You've never been late before. What happened to you today?
- I would not be here at all if I hadn't jumped down from the second-floor window.
- I have nothing with me except for a poem I wrote for you.

3 Repeat a few important lines and try to imitate the speakers' pronunciation and intonation.

Episode 1

- You didn't date anyone steadily in high school?
– No, I didn't. I was too busy with sports.
- Lucky me! So, er, were your parents happy with your steady boyfriend?
– They liked him OK, but I know they thought we spent too much time together.
- Had you dated much before that?
– A little, for school parties, movies, etc., nothing serious.
- ... but you seem comfortable being with me.
– Well, I did date occasionally, but I didn't find anyone really interesting until now.



Episode 2

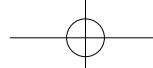
- 5 – Your mum wants you to make friends with her, then marry her, doesn't she?
– Yes, I'm afraid so, but I'm interested only in you. I think about you all the time.
- 6 – I will never agree to meet any other girl. I would rather die than leave you.
– I love you too, Daming. I can't imagine what my life would be like without you.

4 Work in groups to discuss the following questions.

- 1 How do you like the poem written by Daming? Have you ever written letters or poems to someone you like? Do you think it is a good way to express your emotions? Why or Why not?
- 2 In Episode 2, Daming dated Xiaomei while his mother wanted him to date someone else. If you were in that kind of dilemma, what would be your choice?
- 3 There's a Chinese saying that you should marry someone who is well-matched (门当户对的). Do you agree with the saying? What is your opinion of a well-matched marriage?

SAMPLE

- 1 I like the poem written by Daming. It's romantic. Although I never wrote letters or poems to other people, I think writing letters and poems is a very good way to express one's emotions especially for those who are shy and dare not speak out their love face to face. Above all, with careful choice of words and beautiful rhythms, language written down from the bottom of the heart can be the most treasured gift to brighten someone's day.
- 2
 - I have never imagined that I'd be in that kind of dilemma since I know my parents will respect my choice. But if I were, I'd listen to my parents since I believe what they do is always out of best wishes for me.
 - If I were Daming, I'd listen to my heart. My parents may not be able to understand for a while, but I believe they would respect my choice in a long run because they love me and hope I can lead a happy life. People all know that you cannot be happy if you live with someone you don't love.
- 3 I'm a strong supporter of this saying. But in my opinion, what contributes to a well-matched marriage is not wealth, nor social status, though many people consider both of them important. I believe a man and a woman with similar educational background and similar interests find it easier to communicate, therefore they are more likely to make a well-matched marriage.



PART 3

Video Appreciation and Singing for Fun

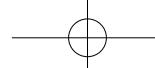
Video Appreciation



■ About the movie:

Ronnie is the leading character of the movie *The Last Song*. She remains angry and rebellious after her parents divorced and her father, Steve Miller, a former concert pianist and teacher, moved from New York City to Tybee Island, Georgia three years ago. Once a piano prodigy (神童), Ronnie now rejects it. While Juilliard School (茱莉亚音乐学院) has been interested in her since she was young, Ronnie refuses to attend. Her mother, Kim Miller, decides to send Ronnie and her younger brother Jonah to spend the summer with her father.

Upon arrival at Tybee Island, Ronnie is miserable, hostile and defensive toward all those around her, including a handsome, popular beach volleyball player, Will Blakelee, who aspires (渴望, 有志于) to attend a top university. Their first few meetings are full of awkward fun which involves Will's crashing into



Ronnie during a volleyball match, and accidentally spilling Ronnie's strawberry shake on her. Later on, Ronnie discovers a turtle nest at the beach by her house and, while protecting it, she meets Will again on his volunteer work for the aquarium (水族馆). After a night of staying up to protect the turtles with Will, she discovers he is deeper than she believed, and begins to have feelings for him.

As Ronnie falls in love with Will, she also manages to form a better, stronger bond with her father. Later Ronnie gets to know that Steve had been diagnosed with cancer long before her summer visit and decides to spend more time with him. Ronnie and Will's relationship doesn't go very smoothly. It is because Will's mom doesn't think Ronnie is good enough for her son and also because some jealous people create troubles and misunderstanding between them. With Will now leaving for college, there seems no time to patch things up.

A couple of months later, Steve dies while listening to Ronnie playing the piece of music, titled "For Ronnie", which he himself had been working on and is finally completed by her daughter. At his funeral Ronnie plays the song again. Ronnie runs into Will who comes to the funeral. Will apologizes to her for everything that happened and Ronnie forgives him. The two make up (和好). At the end of the movie, Ronnie tells Will that she will be attending Juilliard for the second semester. Will surprises Ronnie by revealing that he will be transferring to Columbia University in order to be with her and they share a kiss.

Main characters



Ronnie Miller

an angry, rebellious teenager forced to spend a summer with her father



Will Blakelee

a popular and skilled beach volleyball player, Ronnie's boyfriend



Susan Blakelee

Will's mother

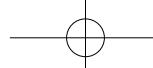
■ About the video clips:

Episode 1

After Ronnie gets to know something about Will, she leaves him immediately. Will comes to explain it to her. When she sees him staying outside her house, she's angry.

Episode 2

Will wants to take Ronnie to his home but he doesn't tell her. There Ronnie gets to know something surprising and they meet someone unexpectedly.



SCRIPT

Episode 1

Ronnie: You need to leave, Will. You're freaking out my little brother.

Will: Not until you tell me what happened. Is it Ashley? I saw you talking to her. What did she say?

Ronnie: Just leave, all right, Will?

Will: Just tell me what she said to you.

Ronnie: Will, I did not come here for some stupid summer romance with some stupid local boy that has done this with a thousand other girls.

Will: What?

Ronnie: Ashley told me about all the girls you've been with. So I don't want to be just the next girl in your little parade of girls, Will. Going on the same date, doing the exact same thing. I think that's why it would just be better if we just end it.

Will: End it? End what? Ronnie, yes, OK, I went out with other girls before I met you. But that's the point. It was before I met you! How can you be mad about that?

Ronnie: Will, don't you dare make this about me. You and I both know this is not my fault... (*the two kissing each other*)

Will: You're not like the other girls.

Episode 2

Ronnie: Will, I'm serious. Will, I am not meeting your family for the first time looking like this.

Will: It's fine. They're not home. Besides, I'm not taking you to the movies like that. Got a reputation to maintain.

Ronnie: Wow.

Will: Haha...

George: Hello?

Will: Hey, George.

George: Hello, Will.

Ronnie: What are we doing? Who's George? Will, where are we? Graceland? Wait. Do you work here too? This is your house? You live here? You're rich? Will, you told me that your dad owned a brake shop!

Will: He does. He just happens to own 300 more just like it.

Ronnie: No, no, no, no, no, no. I'm not going in there.

Will: Yes, you are.

Ronnie: Not looking like this! What if somebody sees me?

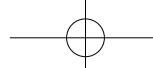
Will: Let go.

Ronnie: Nope.

Will: Let go.

Ronnie: You let go! Why didn't you tell me?

Will: What difference does it make? Huh?



Susan: Hello.
Will: Mom. I, I thought you and Dad were going out.
Susan: We decided to come back early.
Will: This is Ronnie.
Ronnie: Hi.
Susan: Perhaps you should hose off in back.

Teaching tips

Spoken texts are often context dependent and personal, and assuming shared background knowledge. Therefore ellipsis occurs very often in spoken language. When you listen, you have to be aware of the lexical and grammatical units that are missed. For example, in Video Appreciation:

Episode 1

Ronnie: You need to leave, Will. You're freaking out my little brother.
Will: *Not until you tell me what happened.* (Complete sentence: *I'm not leaving until you tell me what happened.*) Is it Ashley? I saw you talking to her. What did she say?
...

Ronnie: Ashley told me about all the girls you've been with. So I don't want to be just the next girl in your little parade of girls, Will. *Going on the same date, doing the exact same thing.* (Complete sentence: *I don't want to be going on the same date, doing the exact same thing.*) I think that's why it would just be better if we just end it.

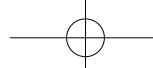
Episode 2

Will: It's fine. They're not home. Besides, I'm not taking you to the movies like that. *Got a reputation to maintain.* (Complete sentence: *I've got a reputation to maintain.*)
...

Ronnie: What are we doing? Who's George? Will, where are we? *Graceland?* (Complete sentence: *Are we in Graceland?*) Wait. Do you work here too? This is your house? You live here? You're rich? Will, you told me that your dad owned a brake shop!

Ronnie: No, no, no, no, no, no. I'm not going in there.
Will: Yes, you are.

Ronnie: *Not looking like this!* (Complete sentence: *I'm not going in there looking like this!*)



Word tips

freak out *make sb. very anxious, upset or frightened (使) 心烦意乱*
e.g. It freaked me out to see him so depressed.

romance *n. an exciting and often short relationship between two people who love each other 爱情, 恋情*
e.g. After a whirlwind romance the couple announced their engagement in July.

parade of *a line or a series of people or things 一长队的, 一系列的*
e.g. She had a constant parade of young men coming to visit her.

reputation *n. the opinion people have about how good or bad sb. or sth. is 名声, 名誉*
e.g. She had already begun to establish a reputation as a writer.

maintain *vt. make sth. stay the same 保持*
e.g. It's sometimes hard to maintain the right balance between your work and your home life.

brake shop *n. car repair shop 汽车修理店*
e.g. There is a brake shop near the gas station, into which coaches are continually coming for repair.

let go *stop holding sth. or sb. 放手, 松开*
e.g. Let go! You're hurting me.

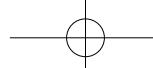
nope *adv. (spoken) used for saying “no” when sb. asks you a question (口) 不, 不是*
e.g. Nope, it doesn't light my candle!

hose *vt. direct water on sth. using a hose 用软管冲洗*
e.g. Would you hose off the car for me?

1 Watch Episode 1 and complete the following paragraph with the words and expressions from the box.

a thousand date end girls happened next
point romance talking went out

At the beginning of Episode 1, Ronnie asks Will to leave but the latter wants to know what 1) happened. Since he saw Ronnie 2) talking with Ashley before, he wants to know what Ashley told her. According to Ronnie, Ashley told her about all the 3) girls he's been with. So Ronnie tells Will, “I don't want to be just the 4) next girl in your little parade of girls. Going on the same 5) date, doing the exact same thing.” She also says, “I didn't come here for some stupid summer 6) romance with some stupid local boy that has done this with 7) a thousand other girls.” So she decides that “it would just be better if we just 8) end it (the relationship).” Then Will explains, “Ronnie, yes, OK, I 9) went out with other girls before I met you. But that's the 10) point. It was before I met you! How can you be mad about that?” To Will, Ronnie is not like the other girls.



2 Watch Episode 2 and answer the following questions.

1 Why is Ronnie unwilling to meet Will's family?

She feels it inappropriate and awkward to meet her boyfriend's family when she looks so dirty and clumsy.

2 How does Ronnie feel when she sees Will's house?

Very surprised. At first she cannot believe he lives here.

3 What did Will tell Ronnie about his family?

His father owned a brake shop.

4 What does Will's father own actually?

His father actually owns hundreds of brake shops.

5 Will thinks his parents are going out, but why is his mother at home?

She comes back early.

3 Work in groups to discuss the following questions.

1 What's happening between Ronnie and Will? Why?

2 If you were Ronnie, what would you do when you heard of the romance about your boyfriend?

3 From the movie clips we can see that Will is from a very rich family while Ronnie isn't. Do you think they're well-matched? Why or why not?

4 What is Susan's attitude toward Ronnie? How do you think Will and Ronnie's relationship will develop?

SAMPLE

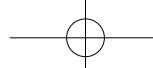
1 In the video, Ronnie is angry with Will and wants to end their relationship because she was told that Will has been with many girls (each for a short while), which means he isn't serious about relationships with girls.

When Will learns what Ashley said about him, he admits that he did go out with many girls, but it was before he met Ronnie. And he thinks Ronnie is different from any other girls he dated before.

2 If I were Ronnie, I wouldn't believe what others say about him. I only trust my own eyes and feelings. But maybe I would ask him myself to see what answers he would give and then decide if I should break up with him.

3

- I think they're well-matched. Both are young and energetic. Both look very nice. And I guess they have a lot in common.
- I don't think they're well-matched because they seem to have different family backgrounds. A rich family usually hopes to find a daughter-in-law or son-in-law with similar family background who can support their own family business.



4 As we can see, Susan gives a cold shoulder to Ronnie. She doesn't like her because the first time they meet, Ronnie looks very dirty and funny. Ronnie is not ladylike, as Susan herself is. They don't have anything in common.

Since there's objection from Will's mother, we can imagine their relationship will not go on very smoothly. However, like many other Hollywood movies, *The Last Song* must have a happy ending.

Singing for Fun

■ About the song:



The song "Let's Talk About Love" is from the album by the same title. The album also contains Celine Dion's Grammy and Academy Award winning song "My Heart Will Go On", the theme song to the 1997 blockbuster (轰动一时的电影) *Titanic* (《泰坦尼克号》). "Let's Talk About Love" is a song which you'll find extremely touching and inspiring. Celine is joined by a children's choir in this heart-warming piece, telling people with her music that love is the most essential quality of humankind and should be treasured by everyone.

Listen to the song "Let's Talk About Love" and learn to sing it.

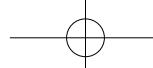
LYRICS

Let's Talk About Love

Everywhere I go
All the places that I've been
Every smile's a new horizon
On a land I've never seen
There are people around the world—different faces different names
But there's one true emotion that reminds me we're the same
Let's talk about love

From the laughter of a child
To the tears of a grown man
There's a thread that runs right through us
And helps us understand
As subtle as a breeze—that fans a flicker to a flame
From the very first sweet melody to the very last refrain

Let's talk about love
Let's talk about us
Let's talk about life
Let's talk about trust
Let's talk about love



It's the king of all who live
And the queen of all good hearts
It's the ace you may keep up your sleeve—till the name is all but lost
As deep as any sea with the rage of any storm
But as gentle as a falling leaf on any autumn morn

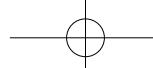
Let's talk about love
Let's talk about us
Let's talk about life
Let's talk about trust
Let's talk about love

Let's talk about love—it's all we're needin'
Let's talk about us—the air we're breathin'
Let's talk about life—I wanna know you
Let's talk about trust—and I wanna show you

Everywhere I go
All the places that I've been
Every smile's a new horizon
On a land I've never seen
There are people around the world—different faces different names
But there's one true emotion that reminds me we're the same

Ooh! Let's talk about love
Let's talk about us
Let's talk about life
Let's talk about trust
Let's talk about love

It's all we're needin'
The air we're breathin'
It's all we're needin'
The air we're breathin'
Baby
It's the air we're breathin'
Let's talk about love



PART 4

Further Speaking and Listening

Further Speaking

Work in groups to do the following activities.

Step ONE

In this unit we have listened to and viewed so much about different types of love. For example, love for parents, love for spouse or sweetheart, love for kids, love for nature, etc. Choose one type of love from the following list.

love for parents	love for children	love for nature
love for spouse	love for country	love for life
love for music	love for fashion	love for work
love for animals		

Step TWO

Describe the type of love you choose to your group members and discuss why that is important to you.

Words and expressions you may use

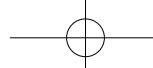
care for	value	protection	independent	patriotism
contribution to	hopeful	considerate	tolerant	
compromise	devoted to	sympathetic	treasure	
keen on	universal	peace of mind		

Step THREE

Present what your group has discussed to the class.

SAMPLE

- I hold very strong love for my parents, who are the most important persons in my life. Both of them have retired and are enjoying a more relaxing way of living. In my opinion, love should not be expressed and measured by how much money you give to them and how many gifts you buy for them. It is rather your understanding of and caring for them that they value much more. Most of us are busy with our work and life, often forgetting to send regards and concern to our parents. But please do remember, simply making a phone call or writing down a few lines to let them know you're thinking of them will give them more happiness than anything else. The love for parents is important to me not only because I truly love them, but also because the commitment to making them feel proud of me gives me enormous impetus for the relentless pursuit in my life and career. I remain strong even when I'm in big trouble because they are always behind me.



- My love for animals started when I was six years old. My parents gave me a puppy as a birthday gift. It was a cute black Labrador (拉布拉多犬) with expressive hazel eyes, powerful jaws and short dense coat. I loved it very much and named it Dingding, the tinkle of a bell. Dingding had an outgoing and tractable (驯良的) nature. Every day he waited at the door to welcome me back from school. On weekends we took a walk, played catch and retrieve games. We became good companions. Dingding even saved my life when I was almost drowned in a river. He jumped into the water, bit my sweater and pulled me to the riverside. Dingding stayed with me until I went to college. He died at the age of 17, an age similar to 85 for human beings. From the relationship with Dingding, I know animals can be close friends of people and indispensable to human society. They, though unable to speak, are intelligent and emotional. From time to time they teach us trust, faithfulness, patience and unconditional love. I feel I learn to be a responsible and caring person with love for animals like Dingding.

Further Listening

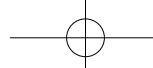
Listening I

My son's primary school celebrates Valentine's Day in a wonderful way. Each day throughout the month of February, the school honors each student in informal ceremonies. At the ceremony, classmates, teachers and parents get together to deliver compliments to that particular child. They believe that a child's emotional and social skills should be developed alongside their intellectual skills. Learning to acknowledge qualities and strengths in others—and receiving that acknowledgment gracefully—is a very important learning lesson.

I know I compliment my son frequently, and certainly try to make sure he knows he is loved. But I realize that I have never actually pointed out, one by one, specific qualities that make him unique and so special to me. And how infrequently we really point out what is special in others. Sure, we say "I love you" or "thanks" regularly, but when do we take the opportunity to really and truly examine what makes a person special? What is unique and different about them?

This year, the time was scheduled for my son to receive more than 40 compliments from his peers, teachers, parents, and himself. Each child had their day at the center of the circle, their friends coming up one by one to give a gift of powerful words. This year, my son heard that his thoughtfulness was appreciated, his ideas important, and his expressions inspiring. He was also expected to write and deliver a compliment to each of his classmates.

SCRIPT



Word tips

intellectual 智力的

peer 同龄人

inspiring 鼓舞人心的；

启发灵感的

Listen to a passage about a special way of celebrating Valentine's Day and decide whether the following statements are true (T) or false (F).

- 1 My son's school celebrates Valentine's Day every day in February. T
- 2 During the celebration the school honors students, teachers and parents. F
- 3 According to the school, learning to recognize other people's qualities is very important to students. T
- 4 I often compliment my son but I have never actually pointed out his specific qualities. T
- 5 It seems difficult for parents to say "I love you" and "thanks" regularly. F
- 6 People seldom point out special qualities of others. T
- 7 My son was complimented for his thoughtfulness and bright ideas he came up with. T
- 8 My son was expected to compliment his teachers this year during the celebration. F

Listening II

SCRIPT

In the end, I had to ask my husband to read my valentine compliment to our son. I was simply crying too hard to get the words out. Witnessing the tenderness of school-age children saying what they thought was special about my little boy proved too much for me. But I was not alone. When I warned my son I might get emotional, he said, "That's OK. Lots of parents cry." He was right.

This is what my husband read to our son on my behalf:

Dear Cole,

Your love of language and information has always amazed me. I love learning from you and with you. I admire how new words are so easily incorporated into your vocabulary. I think you are fresh and eager and loving.

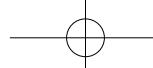
I admire that relationships are important to you. I like to listen to the connections you make with past experiences. I think you are good at remembering.

I love how you are proud of yourself when you try something new. I feel proud, too.

I like how your whole body tells a story, and your expressions make me feel good. I am proud of your willingness to express your fears and appreciate the reminder that you will grow at the pace that suits you best. I love your jokes and your fondness for telling them over and over—so I will laugh. I think you are fun to be with.

I love that you are my son.

I am really grateful to this school for creating a learning environment. These exercises benefit the parents as well as the kids. That, to me, is a valentine worth giving.



Listen to a talk and complete the following letter with the information you get.

Dear Cole,

Your love of language and information has always amazed me. I love

1) learning from you and with you. I 2) admire how new words are so easily incorporated into your 3) vocabulary. I think you are fresh and eager and 4) loving.

I admire that 5) relationships are important to you. I like to listen to the 6) connections you make with past 7) experiences. I think you are good at 8) remembering.

I love how you are 9) proud of yourself when you 10) try something new. I feel proud, too.

I like how your whole 11) body tells a story, and your 12) expressions make me feel good. I am proud of your 13) willingness to express your 14) fears and appreciate the reminder that you will grow at the 15) pace that suits you 16) best. I love your 17) jokes and your 18) fondness for telling them over and over—so I will 19) laugh. I think you are fun to be 20) with.

I love that you are my son.

Word tips

Cole 科尔 (人名)

incorporate 吸收

reminder 提示物

Listening III

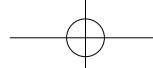
Hisham and I will have been married for 20 years this February. Everybody said it would not work. He is Jordanian, Muslim, and I am Italian, Catholic. We met in Florida 22 years ago. What we had in common was nothing except youth. He could barely speak the English language, and I thought Arabs were from India. Within a year I found out where Jordan was exactly and he could say “I love you” in broken English.

When we got married people actually placed bets at our small wedding in my family's dining room. They thought our relationship would not last a year. Hisham did not tell his parents he was married for almost five years. He felt that if he failed at school his family would blame the marriage. Of course everybody, from Arabs to Americans, thought he married me to get a green card. I knew he didn't.

I lived in his country for six years after graduation and had a son there. Through Hisham's eyes I saw the beauty of his culture and religion and the simple ways of his people. Being from New York and living in Amman, Jordan, I still had my Christmas tree each year, my Easter eggs and even a Halloween pumpkin in the window. I also took some of their ways—cooking, methods of mothering, socializing—and it enhanced my own character in the long run.

Throughout the years, I was not the Italian girl from New York, not the American married to the Arab; I was a beautiful blended person with two children and a man who loves me.

SCRIPT



Word tips

Hisham 希沙姆 (人名)

Jordanian 约旦人; 约旦的

Catholic 天主教徒

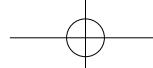
Jordan 约旦 (西南亚国家)

Amman 安曼 (约旦首都)

enhance 改进

Listen to a passage about mixed marriage and choose the best answer to each of the following questions.

- 1 Hisham and I have been married for _____. C
 - A 22 years
 - B 20 years
 - C almost 20 years
 - D 30 years
- 2 At the beginning we had nothing in common except that _____. B
 - A we both spoke English
 - B we both were young
 - C we both worked in Florida
 - D we had both been to India
- 3 When we got married, people were afraid that _____. A
 - A our relationship wouldn't last long
 - B both families would be unhappy about the marriage
 - C Hisham would fail at school because of the marriage
 - D our marriage would end in divorce within five years
- 4 Everybody, from Arabs to Americans, thought he married me _____. B
 - A for my agreeable characters
 - B for a green card
 - C for his education
 - D for improving his English
- 5 I lived in ____ for six years after graduation and had a son there. D
 - A India
 - B Florida
 - C Italy
 - D Jordan
- 6 My marriage to Hisham enabled me to _____. B
 - A enjoy Islamic festivals and holidays
 - B appreciate his culture and people
 - C know more about his family
 - D enjoy simple ways of living
- 7 It seems important to their successful marriage that the husband and wife _____. C
 - A enhance their characters
 - B have stayed in both countries
 - C respect each other's culture
 - D learn to speak the other's language



Listening IV

Traditionally the heart is the part of the body where emotions come from. If you are a warm-hearted person, for example, you are kind and thoughtful toward others. If you have a heart of gold, you are a very generous person. But if you are heartless, you are cruel and unfeeling.

Of all the emotions, it is love that is most associated with the heart. In love songs all over the world, love almost always goes together with the heart. As the song from the movie *Titanic* says: "You are here in my heart and my heart will go on and on... Love can touch us one time and last for a lifetime, and never let go till we're gone."

Perhaps the role of the heart in love comes from what happens to it when you feel really attracted to someone. The strong feelings of attraction make your breathing speed up and your heart beat faster.

SCRIPT

Listen to a passage about the role of heart in love and complete the following passage with the information you get.

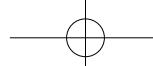
Traditionally the heart is the part of the body where emotions come from. If you are a warm-hearted person, for example, you are 1) kind and thoughtful toward others. If you have a heart of 2) gold, you are a very generous person. But if you are 3) heartless, you are cruel and unfeeling.

Of all the emotions, it is 4) love that is most associated with the heart. In love 5) songs all over the world, love almost always goes together with the heart. As the song from the movie *Titanic* 6) says: "You are here in my heart and my heart will go on and on... Love can 7) touch us one time and last for a 8) lifetime, and never let go till we're 9) gone."

Perhaps the role of the heart in love comes from what 10) happens to it when you feel really attracted to someone. The strong 11) feelings of attraction make your breathing 12) speed up and your heart beat faster.

Word tips

unfeeling 冷酷的
be associated with
(与……)有关



Unit 2

Communication Problems

PART 1

Listening, Understanding and Speaking

Listening I

SCRIPT

Mrs. Black was having a lot of trouble with her skin, so she went to her doctor. However, he could not find anything wrong with her. So he sent her to the local hospital for some tests. The hospital, of course, sent the results of the tests directly to Mrs. Black's doctor. The next morning, he telephoned her to give her a list of the things that he thought she should not eat, as any of them might be the cause of her skin trouble.

Mrs. Black carefully wrote all the things down on a piece of paper, which she then left beside the telephone while she went out to a meeting.

When she got back home two hours later, she found her husband waiting for her. He had a big basket full of packages beside him, and when he saw her, he said, "Hello, dear. I have done all your shopping for you."

"Done all my shopping?" she asked in surprise. "But how did you know what I wanted?"

"Well, when I got home, I found your shopping list beside the telephone," answered her husband, "so I went down to the shops and bought everything you had written down."

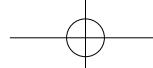
Of course, Mrs. Black had to tell him that he had bought all the things the doctor would not allow her to eat!

Word tips

shopping list 购物单

1 Listen to a story about Mr. and Mrs. Black and decide whether the following statements are true (T) or false (F).

- 1 Mrs. Black was having a lot of trouble with her stomach, so she went to her doctor. F
- 2 Though the doctor could find nothing wrong with her, he sent her for some tests. T
- 3 It's Mr. Black who always does shopping in the family. F
- 4 Mrs. Black made a shopping list and left it beside the telephone. F
- 5 Mr. Black went down to the shops and bought everything his wife had written. T



2 Listen to the story again and complete the following sentences with the information you get.

- 1 Mrs. Black was having a lot of trouble with her skin.
- 2 The doctor sent her to the local hospital for some tests.
- 3 The next morning, the doctor called to give her a list of things that he thought she should not eat because any of them might be the cause of her skin trouble.
- 4 When she got home, she saw her husband was waiting for her, with a big basket full of packages beside him.
- 5 He told her that he had done all her / the shopping for her because he thought the paper beside the telephone was her / a shopping list.

3 Work in pairs to role-play the conversation between Mr. and Mrs. Black.

SAMPLE

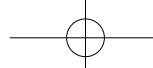
Mr. Black: Hello, dear. I have done all your shopping for you.
Mrs. Black: My shopping? How did you know what I wanted to buy?
Mr. Black: I saw the shopping list you left beside the telephone.
Mrs. Black: Oh dear, that's not a shopping list. It's a list of the things I am not supposed to eat.
Mr. Black: Because of your skin problem?
Mrs. Black: Yes. I went to my doctor yesterday and he sent me to a local hospital for tests. He called me today and gave me this list.
Mr. Black: I'm sorry, dear. I meant to help.
Mrs. Black: Well, no problem. I do appreciate what you did, and, of course, you can eat all those things.
Mr. Black: Sure I can.

Listening II

American and British people both speak English, of course, but sometimes it does not seem like the same language. In fact, there are some important differences between British English and American English.

First of all, they sound very different. Often, Americans don't say all the letters in each word. For example, Americans may say "I dunno" instead of "I don't know", or they may say "Whaddya say?" instead of "What do you say?"

Sound is not the only difference between British English and American English. The two languages have different words and expressions for some things. For example, some words for clothing are different. Americans use the word "sweater", but the British say "jumper". Americans wear "vests" over their shirts, but the British wear "vests" under their shirts. Americans talk about



“pants” or “slacks”, but the British talk about “trousers”. The British “chips” are American “French fries”. A British “chemist’s shop” is an American “pharmacy” or “drugstore”. In Britain, if you are going to telephone friends, you “ring them up”. In America, you “give them a call”.

There are also some differences in grammar. For example, Americans almost always use the helping verb “do” with the verb “have”. They might say, “Do you have an extra pen?” The British often ask the question in a different way. They might say, “Have you got an extra pen?”

These differences can be confusing when you are learning English. But when the same language is used in different places, it is understandable that it changes in each place.

Word tips

sweater (美) 羊毛衫

jumper (英) 羊毛衫

vest (美) 马甲; (英) 内衣背心, 汗衫

pants (美) 长裤

slacks (美) 宽松长裤

chip (英) 炸薯条

French fry (美) 炸薯条

chemist’s shop (英) 药店

pharmacy (美) 药店

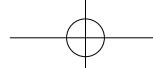
drugstore (美) 药店

1 Listen to a passage about language differences and complete the following sentences with the information you get.

- 1 The passage is mainly about the differences between British English and American English.
- 2 The three main differences are in sound, words and expressions, and grammar.
- 3 These differences can be confusing when you are learning English. But when the same language is used in different places, it is understandable that it changes in each place.

2 Listen to the passage again and complete the following table with the British equivalents of the American expressions.

	American English	British English
Sound	I dunno.	<u>I don't know.</u>
	Whaddya say?	<u>What do you say?</u>
Words and expressions	sweater	<u>jumper</u>
	pants / slacks	<u>trousers</u>
	French fries	<u>chips</u>
	pharmacy / drugstore	<u>chemist's shop</u>
	give them a call	<u>ring them up</u>
Grammar	Do you have an extra pen?	<u>Have you got an extra pen?</u>



3 Work in pairs to role-play a conversation between Susan and Tom. Your conversation should include at least three differences between American English and British English mentioned in the passage so that the other students can guess where Susan and Tom are from.

Student A

You are Susan. You are on the way to a shopping mall. You are going to shop for your trip to Southeast Asia.

Student B

You are Tom. You meet Student A and you are talking about the things she ought to buy.

SAMPLE

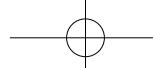
Tom: Hi, Susan. *How are you?*
Susan: Not Bad. Tom, *how are ya?*
Tom: I'm fine. Where are you going?
Susan: The shopping mall.
Tom: What are you shopping for?
Susan: Some *pants*, *sweaters*, and stuff like that. You know, I'll be away on a trip to Southeast Asia.
Tom: How wonderful! But I hear that there has been an epidemic of flu recently. You'd better take some medicine with you. The *chemist's shop* is not far from here.
Susan: Thank you for reminding me of that. I'll stop by the *drugstore* on my way back.
Tom: When are you leaving?
Susan: Sometime next month, I'm not quite sure. I'll *give you a call* before I go.
Tom: OK, you can *ring me up* in the evening. Bye for now.
Susan: Bye.

Teaching tips

Reduced Forms in Spoken American English

You may sometimes have trouble understanding the spoken English of native speakers. One reason why native American English speakers are difficult to understand is that they often use reduced speech forms when speaking in informal situations. When native speakers use reduced speech forms, the words seem to run together and this can make it very difficult to understand what they are speaking.

The following is a list of words or phrases that American English speakers commonly reduce in informal or rapid speech. In the left column there are some common expressions which American English speakers say in formal situations. In the right column there are the corresponding reduced forms which American English speakers say in informal situations.



It's not necessary for you to learn to pronounce all these reduced forms. But if you want to sound more natural, you could adopt the three most common reduced forms "wanna", "gonna" and "gotta" in daily conversations because these are almost like lexical items. They're very common.

Standard Form	Reduced Form
want to	wanna
going to	gonna
(have) got to; (have) got a	gotta
have to	hafta
has to	hasta
kind of	kinda
sort of	sordda
don't know	dunno
should have	shoulda
would have	woulda
could have	coulda
what do you	whaddya
how are you	howarya
bet you	betcha

Listening III

SCRIPT

Nick: Hi, Dieter. OK?

Dieter: Oh, hi, Nick. Yes, I'm fine, except that I had a big problem ordering my drink. I didn't think my English was so bad!

Nick: Your English is very good! What kind of problem?

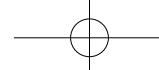
Dieter: Well, look at this beer I've got here—this warm, brown, English beer—it wasn't what I wanted!

Nick: Why, what did you ask for?

Dieter: Well, I just asked for a small beer. Then the barman asked what type of beer and said lots of names that I didn't understand—and something about a pie or a pine. I didn't understand anything!

Nick: Oh, no! He probably said a *pint*! In English you don't ask for a big or a small beer. You ask for either a pint or a half. A pint is the big one.

Dieter: So this one I've got here is a half?



Nick: Yes, that's a half of bitter. Bitter is the name for that type of beer.
Dieter: Ah, that's what he said—bitter! Well, it's very different from the beer we drink in Germany, I must say.
Nick: Yes, I know. They call the German type of beer *lager*. So you have to ask for a half of lager, or a pint of lager.
Dieter: OK. I understand that now. My other problem was chips. I asked for a packet of chips, and the barman said something strange—that they don't have chips in the evening, only at lunchtime. What did he mean?
Nick: Yes, they have fish and chips, but I think you meant *crisps*. In England, chips are fried potatoes, you know, French fries. The ones you buy in a packet are crisps.
Dieter: Well, in the end I didn't get anything to eat. So you see, I did everything wrong!

1 Listen to a conversation between Nick and Dieter and decide whether the following statements are true (T) or false (F).

1 The conversation took place at an English pub.	T
2 Dieter had a big problem ordering his drink because he couldn't speak English.	F
3 Dieter ordered some English beer because there's no German beer.	F
4 Nick told Dieter that Englishmen only had chips in the evening.	F
5 At last, Dieter had nothing to eat except a pie.	F
6 It can be inferred that Nick's English is better than Dieter's.	T

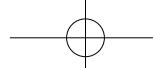
2 Listen to the conversation again and complete the following table with the information you get.

Misunderstandings Between Dieter and the Barman

Dieter's problems	Nick's explanations
I just asked for a 1) <u>small</u> beer, I didn't understand why the barman mentioned something about a 2) <u>pie</u> or a 3) <u>pine</u> .	In English you don't ask for a 4) <u>big</u> or a 5) <u>small</u> beer. You ask for either a 6) <u>pint</u> or a 7) <u>half</u> .
I wanted some 8) <u>German</u> beer but I only got the 9) <u>warm</u> , 10) <u>brown</u> English beer.	Bitter is the name for 11) <u>English</u> beer. They call the German style of beer <i>lager</i> .
I asked for 12) <u>a packet of</u> chips and the barman said that they didn't have chips 13) <u>in the evening</u> .	In England, chips are 14) <u>fried potatoes</u> . The ones you buy in a packet are 15) <u>crisps</u> .

Word tips

Dieter	迪特尔 (人名)
barman	酒吧男招待
pine	松树
pint	品脱 (美国和英国的液量单位)
half	(英) 半品脱
bitter	(英) 苦啤酒
lager	(英) 淡啤酒
crisp	(英) 油炸薯片



3 Work in groups to discuss the following question.

Have you had the experience of being misunderstood by your friend, your classmate, your teacher, or a stranger, because you two were speaking different dialects? If yes, describe your experience to your group members. If not, give some examples of misunderstanding that may result from dialectal differences.

SAMPLE

- East Zhejiang dialects do not distinguish between the two surnames “Huang” (黃) and “Wang” (王)—both are pronounced like “Wang”. In high school, I had one classmate named “Wang Ming” and another “Huang Ming”. Sometimes I said “Wang Ming” while actually what I meant was “Huang Ming”. You can imagine the embarrassing situation and I had to apologize from time to time.
- Sichuan dialect does not distinguish between the pronunciation of “haizi” (which means “child” in Mandarin) and the pronunciation of “xiezi” (which means “shoes” in Mandarin)—they say “haizi” for both. If you hear a Sichuanese say in a store “Oh my gosh! I cannot find my ‘haizi’”, don’t panic. He may very well mean that he cannot find his shoes.
- In Shanghai dialect, people say “datou” (汰头), which sounds like “hit on the heads” in Mandarin, when they actually mean “wash head / hair”. Customers from northern China may get confused or scared when a Shanghai barber shouts “datou” after the haircut. It sounds like someone is going to “hit them on the head”.

Listening IV

SCRIPT

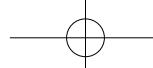
Mr. and Mrs. Jones are having a conversation one evening while Mrs. Jones happens to be looking at some of the textbooks her daughter, who is in the fifth grade, is using.

Mrs. Jones: Listen to what this book says. It really makes me angry! When talking about the settling of the western part of the U.S., it says, “MEN by the thousands headed west.” Then on the very same page it says, “The average citizen in the United States is proud of HIS heritage.”

Mr. Jones: What’s wrong with that? It’s true. I don’t understand why you are angry.

Mrs. Jones: Why? Because women are left out!

Mr. Jones: Everyone knows when the writer says “men” or “his” in those sentences, he means to include women.



Mrs. Jones: I think you are wrong. When young people read these sentences, they simply do not form a mental image which includes females.

Mr. Jones: Mm. Do you have other examples?

Mrs. Jones: Yes, I do! This book mentions "MAN-made improvements that have raised America's standard of living." It is gender biased and a child will not think that females as well as males have made contributions when reading this.

Mr. Jones: I still don't think it's very important.

Mrs. Jones: Of course you don't! You're a man. But don't you want our daughter and other little girls to have the idea that they can be important citizens in their country, just as other women have been in the past?

Mr. Jones: Well, I guess you're right. I hope not all textbooks are like that.

1 Listen to a conversation between Mr. and Mrs. Jones and decide whether the following statements are true (T) or false (F).

- 1 Mr. and Mrs. Jones' daughter is a high-school student. F
- 2 Sentences in a textbook led to the conversation between Mr. and Mrs. Jones. T
- 3 Mrs. Jones does not think that the details covered in the textbook are inclusive enough. T
- 4 Mr. Jones thinks the problems with the textbook are very serious. F
- 5 We can conclude from the conversation that Mrs. Jones is a feminist (女权主义者). T

2 Listen to the conversation again and complete the following sentences with the information you get.

Problem:

The words used in the textbooks exclude women.

Examples:

- 1 "MEN by the thousands headed west."
- 2 "The average citizen in the United States is proud of HIS heritage."
- 3 "MAN-made improvements that have raised America's standard of living."

Consequences:

- 1 When young people read these sentences, they simply do not form a mental image which includes females / women.
- 2 A child will not think that females / women as well as males / men have made contributions when reading this.
- 3 Little girls might not have the idea that they can be important citizens in their country.

Word tips

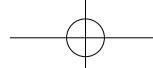
settle 定居

leave out 排除

mental image 在头脑中

勾画出的形象

standard of living 生活水平



Step ONE

3 Work in groups to do the following activities.

Discuss the following questions.

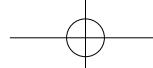
- 1 Why is Mrs. Jones angry?
- 2 Does she have good reasons to be angry? Why or why not?

Step TWO

Choose one person in your group to report your discussion to the class.

SAMPLE

- 1 Mrs. Jones is angry because the textbooks use gender biased language. By using only the word "men" or "his", the textbooks exclude women when talking about important things in American history which have been accomplished by both men and women.
- 2 • Yes, we all agree that Mrs. Jones has good reasons to be angry. The language in the textbooks shows gender bias. When young people read these sentences, they simply do not form a mental image which includes females. For instance, expressions such as "Men by the thousands headed west" and "Man-made improvements that have raised America's standard of living" may lead readers to assume that all the people mentioned were male, despite the fact that probably half of them were female. The fact is that women as well as men have contributed to making America a better place to live.
 - No, we don't think that Mrs. Jones has good reasons to be angry. The language in the textbooks doesn't show gender bias at all. Everyone knows when the author says "men" or "his" in those sentences he actually refers to both men and women. For thousands of years, "man" or "his" has been used as a general referent, which includes women. For example,
 - 1) Man is a rational animal.
 - 2) Everyone should use his democratic right to vote.If today we must use "humanity" or "human being" to refer to the original "man" to avoid gender bias, it only sounds awkward.



PART 2

Viewing, Understanding and Speaking

Topic

Speaking Different Languages

Characters

Julia (girl) Michael (boy)

Setting

- 1) In a public phone booth and a girl student's home
- 2) In front of Wanghu Hotel (望湖饭店)
- 3) In front of Huanhu Hotel (环湖饭店)

(It is in the 1980s. Michael and Julia have just graduated from university and love each other. Julia will stay in the same city, where she has found a good job. Michael will go back to his hometown. Before they part, they want to see each other again.)



(The telephone rings in Julia's home, and she picks up the phone.)

SCRIPT

Julia: Hello!

Michael: Hello, this is Michael.

Julia: Hi, Michael. How are you?

Michael: I'm fine. I miss you a lot though.

Julia: Me, too. Can we get together again before you leave?

Michael: Yes, sure! That's why I called you.

Julia: Where should we meet?

Michael: Mm, how about in front of Wanghu Hotel? That's not far from your home.

Julia: *(Some people are talking loudly in Julia's home.)* Which hotel?

I didn't hear you clearly.

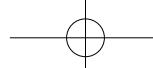
Michael: Wanghu Hotel.

Julia: OK! What time?

Michael: Mm, how about 12:30, tomorrow afternoon?

Julia: OK, see you then.

Michael: OK. OK, see you then.



(In front of Wanghu Hotel, Michael is waiting. But Julia is waiting in front of Huanhu Hotel.)

Michael: (He looks at his watch, talking to himself.) It's 1:35 now! What's wrong with her?

Julia: (She looks at everywhere, hoping to see Michael, then talking to herself.) He's always late!

Michael: (He looks at his watch again, talking to himself.) Maybe she doesn't want to see me again!

Julia: (She looks at her watch, talking to herself.) It's almost 1:45 now! Where is he? Can it be that he is waiting at Wanghu Hotel? (Julia quickly rushes to Wanghu Hotel. There she sees Michael, standing there waiting anxiously.)

(In front of Wanghu Hotel.)

Michael: Hi, Julia. You are so late. How come?

Julia: I'm late?! I'm not late! I was waiting somewhere else! Believe it or not, I was waiting in front of Huanhu Hotel!

Michael: Oh, my goodness! I've been waiting here for one hour. How come you went to Huanhu Hotel? I told you to come to Wanghu Hotel.

Julia: But it sounded like Huanhu Hotel to me! You should've pronounced it more clearly.

Michael: I'm sorry, but... but it never occurred to me you would have confused the two.

Julia: I wish I'd realized that sooner, then I wouldn't have waited there for so long. You know what? When you called yesterday, my mom had a group of friends over. They were so noisy I could hardly hear you.

Michael: That's why. Then how did you figure out that it might be here—Wanghu Hotel?

Julia: Did it ever occur to you that we might be waiting at two different hotels?

Michael: I guess not. I thought you were delayed by traffic or something.

Julia: No! You don't think. Whenever we meet, we'll always have one problem or another.

Michael: But last Saturday was all right. We had no trouble whatsoever seeing each other.

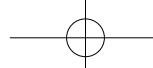
Julia: It's always me who is waiting for you.

Michael: That's not true! Wasn't I waiting for you today? And do you still remember the day when we went boating? I waited for you for about half an hour!

Julia: If you don't want to wait for me, then wait for someone else.

Michael: Julia, it's not that. You know what I mean.

Julia: You just don't love me anymore.



Michael: Of course I do. That's why I'm here. If I didn't love you, I wouldn't have waited here for an hour.

Julia: But you never say "I love you" anymore.

Michael: Do you think I have to repeat the same three words all the time? Actions speak louder than words.

Julia: But if you don't say it, how do I know?

Michael: Come on, Julia. Don't be childish. Are we speaking the same language? It seems to me you always get me wrong.

Julia: Well, if... if I hadn't realized what had happened we would still be waiting at two different places right now!

Michael: Are you saying I'm stupid? Then why did you fall in love with me, then?

Julia: Because I'm even more stupid than you are! (*Both laugh.*)

Michael: Now, let's forget it. Why don't we go for a walk in the park?

Julia: Sure! (*They walk away hand in hand.*)

Word tips

booth *n.* a small partly enclosed place where one person can do sth. privately, such as use the telephone 公用电话间

e.g. a public phone booth

how come used to ask why sth. has happened or why a particular situation exists, especially when you are surprised by it 怎么会……，为什么……

e.g. I) -I didn't even eat lunch today.

-Really? How come?

II) How come Mrs. Wallace knows my name?

figure out be able to understand sth. or solve a problem 想出

e.g. Can you figure out how to do it?

childish *adj.* behaving in an immature way 幼稚的

e.g. I'd like you to explain your childish behavior.

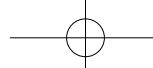
get sb. wrong not understand sb. 误解某人

e.g. I guess I got you wrong. I thought you meant Tuesday, not today.

1 Watch a video about the misunderstandings between Julia and Michael and pay attention to what is happening between the two speakers.

Decide whether the following statements are true (T) or false (F).

- 1 Before leaving, Michael is calling Julia to make a date. T
- 2 Julia can't find Michael in front of Huanhu Hotel because he's late. F
- 3 Julia is late for the date because she is delayed by traffic. F
- 4 The noise made by Michael's friends causes the misunderstanding about where to meet each other. F
- 5 Michael and Julia come from different countries, which leads to failure in their communication. F



6 After the argument, Michael and Julia happily go for a walk in the park. T

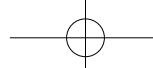
2 Watch the video again and complete the following table with the information you get.

Misunderstandings Between Julia and Michael

Julia	round	Michael
You don't think. Whenever we meet, we'll always have one problem 1) <u>or another</u> .	→	But last Saturday was all right. We had no trouble whatsoever 2) <u>seeing each other</u> .
If you don't want to wait for me, then wait for 5) <u>someone else</u> .	←	And do you still remember the day when we went 3) <u>boating</u> ? I waited for you for about 4) <u>half an hour</u> !
You just don't love me 6) <u>anymore</u> .	→	7) <u>Of course I do</u> . That's why I'm here. If I didn't love you, I wouldn't have waited here for an hour.
If I hadn't realized what had happened we would still be waiting at 8) <u>two different places</u> right now!	→	Are you saying I'm 9) <u>stupid</u> ? Then why did you fall in love with me, then?

3 Repeat a few important lines and try to imitate the speakers' pronunciation and intonation.

- 1 – Hi, Michael. How are you?
– I'm fine. I miss you a lot though.
- 2 – Me, too. Can we get together again before you leave?
– Yes, sure! That's why I called you.
- 3 – Where should we meet?
– Mm, how about in front of Wanghu Hotel? That's not far from your home.
- 4 – Mm, how about 12:30, tomorrow afternoon?
– OK, see you then.
- 5 – Hi, Julia. You are so late. How come?
– I'm late?! I'm not late! I was waiting somewhere else! Believe it or not, I was waiting in front of Huanhu Hotel!
– Oh, my goodness! I've been waiting here for one hour.
- 6 – Did it ever occur to you that we might be waiting at two different hotels?
– I guess not. I thought you were delayed by traffic or something.
- 7 – Do you think I have to repeat the same three words all the time?
Actions speak louder than words.
– But if you don't say it, how do I know?
- 8 – Now, let's forget it. Why don't we go for a walk in the park?
– Sure!



4 Work in groups to discuss the following question.

Why do Michael and Julia sometimes misunderstand each other? Give your reasons.

SAMPLE

Julia misunderstands Michael about their meeting place due to two factors: similar pronunciation of the two places “Wanghu” and “Huanhu”, and the noises in Julia’s home. So Julia has confused the two places.

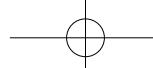
However, it seems that Michael and Julia have misunderstood each other more than once. For example, Julia complains that they have problems whenever they meet, and Michael doesn’t love her now because he no longer says “I love you” to her. But Michael believes “Actions speak louder than words” and it’s childish to repeat the three words all the time. The root of the problem may be that men and women feel different in their relationship. Women need to hear “I love you” to confirm men’s commitment in the relation, while men believe love means being together.

PART 3

Video Appreciation and Singing for Fun

Video Appreciation





■ About the video:

"How to Speak to People: Better Communication Skills" gives top tips for being a better communicator. When most of us find it difficult to communicate, it is important to learn the skills of improving our communication techniques and being comfortable speaking to people.

Main characters



Rebekah Fensome
a life coach



Tom
a man who demonstrates the communication skills mentioned by the life coach



Alice
a woman who demonstrates the communication skills mentioned by the life coach

SCRIPT

Hello, and welcome to Videojug. I'm Rebekah Fensome, and I'm a life coach. Being a great communicator is important in all areas of our life, whether we're talking to our partners, our friends, or our work colleagues. Being able to inspire other individuals through your communication will allow you to have a more fruitful and enriching life. Here are my top tips to being a good communicator.

Tip 1: Use open-ended questions.

In order to get a communication going, it's really useful to use open-ended questions. Open-ended questions often start with words such as "what", "when", "how" and "why". An example of an open-ended question is:

Tom: *So what do you like doing in your spare time?*

Alice: *I love cinema, theater and sports.*

It's best to avoid what we call "closed questions". An example of a closed question is:

Tom: *Do you like films?*

Alice: *Mm, yes, I do.*

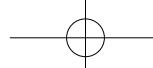
A closed question kills the conversation, because it can only be answered with a "yes" or "no" answer. Therefore using these open-ended questions will ensure that the conversation continues to flow.

Tip 2: Active listening.

This is a really useful technique as it tells the other person that you've really listened to what they've been saying, and also, more importantly, that you've understood.

Alice: *The hours are quite long. The work's really repetitive. My boss doesn't appreciate me.*

Tom: *Mm.*



If you've been listening actively, at this point you should now be able to summarize what the individual has just told you.

Tom: *It, it sounds like you aren't really satisfied in your job anymore.*

Tip 3: The cocoon.

Sometimes when people are talking to us, we find it hard to concentrate on what they're saying. It might be that there's lots of background noise or our mind is elsewhere. In order to help you with this, visualize a "cocoon" around the two of you. This will allow you to focus in on every word that they're saying to you.

Tip 4: Engage with the other person.

If someone is trying to engage you in conversation, your body language is really important.

Alice: *Tom, I need your advice.*

Tom: *Uh-huh.*

Don't continue with the task that you're already doing. Don't shout the answer over your shoulder.

Alice: *Tom? Tom, I need your advice.*

Tom: *Sorry, I...*

Alice: *Ah...*

Instead, what you need to do is stop what you're doing, turn around and face that individual and give them the time they deserve.

Alice: *Tom, I need your advice.*

Tom: *Of course. What is it?*

Good communication style is when you really engage with the other individual.

Tip 5: Don't make assumptions.

Don't jump to conclusions when you're having a conversation with someone.

Don't assume you know what they're thinking or feeling about a particular topic.

Tom: *I assumed you'd be all right with that.*

Instead, it is much better to ask them if they're OK with this, if they feel all right about that.

You're really then taking into consideration that person's thoughts and beliefs rather than projecting your own thoughts or feelings on them.

Tip 6: Avoid antagonistic sentences.

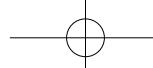
An example of an antagonistic sentence is:

Tom: *You're sitting in my chair.*

An antagonistic sentence can be seen as a form of attack. So it is much better, more constructive instead to use sentences such as:

Tom: *Eh-Excuse me, I think you've taken my seat.*

This is less confrontational which will mean your life is full of a lot less conflicts.



Word tips

Rebekah Fensome 丽贝卡·芬萨默 (人名)

life coach *n.* sb. who provides advice and support to people who want to improve their lives, helping them to make decisions, solve problems, and achieve their goals (帮助他人实现人生目标的) 生命教练

e.g. *My life has improved greatly through working with my life coach.*

inspire *vt.* encourage sb. by making them feel confident and eager to do sth. 鼓舞; 激励
e.g. *He inspired many young people to take up the sport.*

ensure *vt.* make certain that sth. happens or is done 确保, 保证

e.g. *The lifejacket had almost certainly ensured her survival.*

repetitive *adj.* done many times in the same way, and boring 重复的, 反复的

e.g. *A lot of the work we have to do is repetitive.*

cocoon *n.* a silk cover that young moths and other insects make to protect themselves while they are growing; sth. that wraps around you completely, especially to protect you 蛹, 蚕茧; 防护膜

e.g. I) *Silkworms make cocoons.*

II) *The baby peered out of its cocoon of blankets.*

concentrate *vi.* give all your attention to the thing you are doing 专注, 专心

e.g. *I was sleeping badly and finding it hard to concentrate.*

visualize *vt.* form a picture of sb. or sth. in your mind 想像, 设想

e.g. *I tried to visualize the house while he was describing it.*

engage sb. in conversation start having a conversation with sb. 与某人攀谈; 使某人加入谈话中

e.g. *Do you know how to engage a stranger in conversation?*

assumption *n.* sth. that you think is true although you have no definite proof 假定, 假设

e.g. *People tend to make assumptions about you based on your appearance.*

assume *vt.* believe that sth. is true, even though no one has told you or even though you have no proof 假定, 假设; 想当然地认为

e.g. *I didn't see your car, so I assumed you'd gone out.*

antagonistic *adj.* unfriendly; wanting to argue or disagree 敌对的, 对抗的

e.g. *Why are Kate and John so antagonistic toward each other?*

attack *n.* an act of deliberately using violence against sb. 攻击

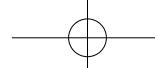
e.g. *She was left unconscious after an attack in her own home.*

constructive *adj.* intended to be useful or helpful 建设性的; 积极的

e.g. *He has played a valuable and constructive role in the project.*

confrontational *adj.* likely to cause arguments or make people angry 挑衅的; 对抗的

e.g. *The committee's confrontational style of campaigning has made it unpopular.*



conflict *n.* a state of disagreement or argument between people, groups, countries, etc. 冲突，抵触

e.g. *There were a lot of conflicts between him and his father.*

1 Watch the video about communication skills and write down the six tips.

Tip 1: Use open-ended questions.

Tip 2: Active listening.

Tip 3: The cocoon.

Tip 4: Engage with the other person.

Tip 5: Don't make assumptions.

Tip 6: Avoid antagonistic sentences.

2 Now watch the video again and complete the following passage with the information you get.

Here are six top tips to be a good communicator.

Tip 1: Use open-ended questions. To get a conversation going, it's important to ask open-ended questions, which often start with "what", "when", "how" and "why". Try to avoid 1) closed questions which can only be answered with "yes" or "no". Closed questions tend to 2) kill the conversation.

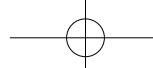
Tip 2: Active listening. By listening actively you tell the other person you've really listened to what they've been saying. It's also important to give feedback to show that you've understood by 3) summarizing and repeating what they've said.

Tip 3: Create a "cocoon". If you're finding it particularly difficult to 4) concentrate on what someone is saying, try to 5) visualize a "cocoon" around you and the person you're listening to, so you can focus on what they're saying.

Tip 4: Engage with the other person. When someone is trying to engage you in conversation, what you need to do is stop what you're doing, 6) turn around and face that individual, and engage with them.

Tip 5: Don't make assumptions. Don't jump to conclusions when you're having a conversation with someone. Don't assume you know what they're thinking or feeling about 7) a particular topic. You're really then taking into consideration that person's thoughts and beliefs rather than 8) projecting your own thoughts or feelings on them.

Tip 6: Avoid antagonistic sentences. An antagonistic sentence can be seen as 9) a form of attack. Being less confrontational will ensure 10) a lot less conflicts in your life.



Step ONE

3 Work in groups to do the following activities.

Discuss the following question.

Besides the tips given in the video you've just watched, what else would you suggest for being a better communicator?

SAMPLE

- Being humorous.
- Using compliments more.
- Using concrete and specific language.
- Using proper body language.
- Giving sympathetic and empathic response.

Step TWO

Give a small talk on how to be a better communicator as if you were Rebekah Fensome. You may use some of the tips discussed in Step One.

SAMPLE

Using proper body language. We communicate as much or more through body language as we do with words. Body language includes eye contact, stance or movements of arms, hands and legs, etc. Examples of body language that support effective communication include an open body stance, sitting on the edge of your chair, leaning forward in an attentive way, focusing your eyes on the other person, and nodding your head. Conversely, pointing your index finger, wringing your hands, crossing your arms on your chest and casting glances sideways may block effective communication.

Singing for Fun

■ About the song:

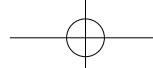


“Communication” appears in the album *Long Gone Before Daylight*, the fifth studio album by The Cardigans, a Swedish band. The album was first released in 2003. It differs from the band’s earlier works by taking on a change to pop songs with more of an American country music influence. Indeed, even lead singer Nina Persson dyed her once light blonde hair to jet black, reflecting the band’s change of mood.

In this sad song, the girl has to abandon a man who is otherwise wonderful because his heart is like a remote island she can’t reach, no matter what she does. We can hear her heart broken through the line “I hold a record for being patient with your kind of hesitation...”

The song “Communication” is good to listen to due to Nina’s beautiful voice, her impressive lyrics, and the lovely sorrowful tune.

Listen to the song “Communication” and learn to sing it.



LYRICS

Communication

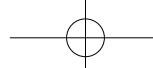
For 27 years I've been trying to believe and confide in
Different people I've found
Some of them got closer than others
Some wouldn't even bother and then you came around
I didn't really know what to call you, you didn't know me at all
But I was happy to explain
I never really knew how to move you
So I tried to intrude through the little holes in your veins

And I saw you
But that's not an invitation
That's all I get
If this is communication
I disconnect
I've seen you, I know you
But I don't know
How to connect, so I disconnect

You always seem to know where to find me and I'm still here behind you
In the corner of your eye
I'll never really learn how to love you
But I know that I love you through the hole in the sky

Where I see you
And that's not an invitation
That's all I get
If this is communication
I disconnect
I've seen you, I know you
But I don't know
How to connect, so I disconnect

Well this is an invitation
It's not a thread
If you want communication
That's what you get
I'm talking and talking
But I don't know
How to connect
And I hold a record for being patient
With your kind of hesitation
I need you, you want me
But I don't know
How to connect, so I disconnect
I disconnect



PART 4

Further Speaking and Listening

Further Speaking

Work in groups to do the following activities.

Step ONE

Choose a scene where you might have trouble communicating with other people from the following list.

in a dormitory in a classroom in a campus cafeteria
in a library in a store in a supermarket
in a bank at a post office in a hospital
on a bus on a train

Step TWO

Study the following communication skills summarized from the materials you have listened to or watched in this unit. You may use some of them to get yourself out of the trouble.

1 Be specific.

Say what you mean and mean what you say. It is very important to be specific when communicating with others. Never say things in a general way. If a person knows exactly what you mean, misunderstandings can be avoided. For example, instead of saying, "I'll see you on Friday," be more specific and say, "I'll see you on Friday at three o'clock."

2 Be aware of your verbal and non-verbal language.

Be certain to clearly convey the same verbal and non-verbal cues. Do not give mixed communication signals. Remember, body language, facial expressions, and tones of voice play an important part in how messages will be interpreted. For example, if you say something in one way, and your facial expression says something else, it's very likely that miscommunication (错误传达) will occur.

3 Respond to criticism with empathy.

When someone comes at you with criticism, it's easy to feel that they're wrong, and get defensive. While criticism is hard to hear, and often exaggerated or colored by the other person's emotions, it's important to listen and respond with empathy for their feelings. Also, look for what's true in what they're saying, for that can be valuable information for you.

4 Listen carefully.

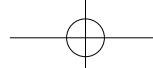
Daily communication involves improving your listening skills. Avoid interruptions and let the person finish their statement. Stare directly into the person's eyes and avoid moving your head toward distractions. Good listening skills help you avoid misunderstandings.

5 Introduce people.

When you approach people in your daily life, provide appropriate introduction. Making introductions can help people in new situations feel at ease.

6 Give praise.

Communicating effectively requires making people feel good about themselves. By praising people for their accomplishments, you form a positive relationship with that person. People may be more apt to engage in conversation if they feel that you approve of them.



Role-play the scene with your partner.

Step THREE

SAMPLE

(There is a long queue before an ATM. You have to get some cash for your train ticket to Nanjing. And you must catch the school bus leaving at 13:00 for downtown to buy the ticket. Now it's 12:30. You want to persuade the girl in front of you to let you use the machine first. The girl just finishes her talking on the phone.)

A: Hi, are you from Xiamen, Fujian Province?

B: Yes, but how do you know?

A: I can tell from your accent. You just talked on the phone.

B: Do I have an accent? Are you a linguist?

A: No. But I spent two weeks touring in Xiamen last summer, and I know a little bit about Xiamen dialect. I love Xiamen, the landscape, the seafood, the tropical fruits, the people. I hope I can visit Xiamen again.

B: I'm glad you love Xiamen.

A: By the way, I'm from Nanjing. Let me know if you've got a plan to visit Nanjing. I'll be a good guide. I'm Wang Wei. (Extending his hand)

B: (Shaking hands) I'm Chen Jie.

A: (Anxiously looking at his watch)

B: Are you in a hurry?

A: Yes. Actually I need some cash for a ticket to Nanjing. I'll attend my sister's wedding this weekend. You know, the school bus to downtown leaves at 13:00.

B: Please get in front of me in the line.

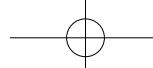
The class vote for the best communicator.

Step FOUR

Further Listening

Listening I

Much has been said about how anti-social the Internet and mobile phones are. The truth is, however, according to new research, communication technology is bringing people closer together. A study by the Pew Internet and American Life Project found family members were keeping in regular contact today more than ever before. And this is all down to e-mail, chat, cellphones and SMS messaging. It makes sense. Years ago, it took a long time to write a letter, then find an envelope and go to the post office to buy a stamp and post it.



Today we write mails while we wait for our change in the convenience store and they're sent in an instant. Having free Internet telephone calls also helps us to stay in touch more often and for longer. Everyone's at it, from five-year-olds to tech-savvy grandparents.

According to the Pew survey, technology has a very positive effect on communication within families. Researchers asked 2,252 adults whether new technologies had increased the quality of communication with their family. Fifty-three percent said it increased communication with family members they did not live with; two percent said technology decreased this. Numbers were similar for those living in the same house as their family. The project director Lee Rainey said: "There's a new kind of connectedness being built inside of families with these technologies." Survey co-author Barry Wellman agreed. "It used to be that husbands went off to work, wives went off to a different job or else stayed home... and the kids went off to school... and not until 5:30, 6 o'clock did they ever connect," he said.

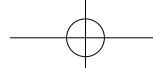
Word tips

SMS (short message service) (手机) 短信息服务
savvy 知识渊博的; 有经验的

Listen to a passage about communication technology and complete the following passage with the information you get.

Much has been said about how anti-social the Internet and mobile phones are. The truth is, however, according to new research, communication technology is bringing people 1) closer together. A study by the Pew Internet and American Life Project found family members were keeping in 2) regular contact today more than ever before. And this is all 3) down to e-mail, chat, cellphones and SMS messaging. It makes 4) sense. Years ago, it took a long time to write a letter, then find an 5) envelope and go to the post office to buy a stamp and post it. Today we write mails while we wait for our change in the 6) convenience store and they're sent in an 7) instant. Having free Internet telephone calls also helps us to stay in touch more often and for 8) longer. Everyone's at it, from five-year-olds to tech-savvy grandparents.

According to the Pew survey, technology has a very 9) positive effect on communication within families. Researchers asked 10) 2,252 adults whether new technologies had increased the 11) quality of communication with their family. Fifty-three percent said it increased communication with family members they did not live with; two percent said technology 12) decreased this. Numbers were 13) similar for those living in the same house as their family. The project director Lee Rainey said: "There's a new kind of connectedness being built 14) inside of families with these technologies". Survey co-author Barry Wellman 15) agreed. "It used to be that husbands went off to work, wives went off to a 16) different job or else stayed home... and the kids went off to school... and not until 5:30, 6 o'clock did they ever connect," he said.



Listening II

At an early age, little girls' conversation is less definite and expresses more doubts, while little boys use conversation to establish status with their listeners.

SCRIPT

These differences continue into adult life. In public conversations, men talk more and interrupt other speakers more. In private conversations, men and women speak in equal amounts, although they say things in a different style. For women, private talking is a way to establish and test intimacy. For men, private talking is a way to explore the power structure of a relationship.

Teaching is one job where the differences between men's and women's ways of talking show. When a man teaches a woman, he wants to show that he has more knowledge, and hence more power in conversation. He uses his language to show this. When a woman teaches another woman, however, she is more likely to take a sharing approach and to encourage her student to join in.

But this doesn't mean that women are naturally more helpful. Actually, women feel they achieve power by being able to help others.

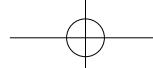
Listen to a passage about different styles in conversation and complete the following table with the information you get.

Men and Women Have Different Styles in Conversation

At an early age	Little boys use conversation to establish 1) <u>status</u> with their listeners.	Little girls' conversation is less 2) <u>definite</u> and expresses more 3) <u>doubts</u> .
In adulthood	In public conversations, men talk more and 4) <u>interrupt</u> other speakers more.	
	Men consider private talking as a way to explore the 5) <u>power structure</u> of a relationship.	Women consider private talking as a way to 6) <u>establish and test</u> intimacy.
	When a man teaches a woman, he wants to show that he has more 7) <u>knowledge</u> , and hence more 8) <u>power</u> in conversation.	When a woman teaches another woman, she is more likely to take a 9) <u>sharing approach</u> and to 10) <u>encourage</u> her student to join in.

Word tips

definite 确切的, 确定的
establish 建立
intimacy 亲密, 亲近
explore 探讨
hence 因此, 所以



Listening III

SCRIPT

Walking down the street, a dog saw an ad in an office window. "Help wanted. Must type 70 words a minute. Must be computer literate. Must be bilingual. An equal opportunity employer."

The dog applied for the position, but he was quickly refused. "I can't hire a dog for this job," the office manager said. But when the dog pointed to the line that read "An equal opportunity employer," the office manager sighed and asked, "Can you type?" Silently, the dog walked over to the typewriter and typed a letter without a mistake. "Can you operate a computer?" the manager inquired. The dog then sat down at a computer, wrote a program and ran it perfectly.

"Look, I still can't hire a dog for this position," said the office manager. "You have fine skills, but I need someone who's bilingual. It says so right in the ad."

The dog looked up at the manager and said, "Meow."

Word tips

help 佣人；雇工

computer literate 会使用电脑的

bilingual 会讲两种语言的

equal opportunity employer (美) 给予均等机会的雇主

typewriter 打字机

inquire 询问

program (计算机) 程序

meow 喵 (猫叫声)

Listen to a passage about a dog and decide whether the following statements are true (T) or false (F).

- 1 The dog saw an ad when watching TV. F
- 2 The applicant should be able to use a computer and speak more than one language. T
- 3 The dog was unable to type 70 words a minute though he made no mistakes. F
- 4 The office manager didn't hire the dog because it didn't have the skills required. F
- 5 The dog finally proved that he could speak more than one language. T

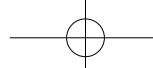
Listening IV

SCRIPT

Ramon Romero is a 17-year-old boy from Bolivia. He speaks Spanish and a little bit of English.

Ramon lives in the United States now, in Little Rock, Arkansas, with the Hutchinsons. They are not his real family. His real family is back in Bolivia. They cannot come to America because they have jobs and duties in their country and aren't able to leave. However, they do want their son to have an American education and be fluent in English.

He misses his family and wishes to see them. It seems that no one understands his true feelings. It is difficult to listen to English all the time and then to express his thoughts in English. His American family is very nice to him and helps him in every way. In return, Ramon does little things to help the family. For instance, he takes the dog for a walk every morning and every evening.



When he comes back from the morning walk, he tells Mrs. Hutchinson about the weather. This tells her how to dress her four-year-old son. On Tuesday, Mrs. Hutchinson asks, "How is the weather today?"

Ramon answers, "It rain."

"No, Ramon, in English we say, 'It's raining.'"

On Wednesday, it rains again.

"It's raining today," reports Ramon.

On Thursday, it snows. On Friday, the sun finally shines. Ramon is very happy that he doesn't have to wear boots or carry an umbrella. He comes into the house with a big smile on his face.

"How's the weather today?" asks Mrs. Hutchinson.

"Oh, today I am very happy," replies Ramon. "There is no weather."

1 Listen to a passage about Ramon Romero and decide whether the following statements are true (T) or false (F).

1 Ramon's native language is Spanish.	T
2 Ramon's family cannot go to the United States because they cannot afford the traveling cost.	F
3 No one understands Ramon's true feelings due to his limited English.	T
4 Mrs. Hutchinson always tells Ramon about the weather so he knows how to dress himself.	F
5 Ramon learns some expressions from Mrs. Hutchinson.	T
6 Ramon thinks that the word "weather" refers to rain and snow.	T

2 Listen to the passage again and complete the following passage with the information you get.

Ramon is a Bolivian boy. He is living and studying in the United States because his family wants him to have 1) an American education and to speak 2) fluent English. Staying with the Hutchinsons in Little Rock, Arkansas, he 3) misses his family a lot, but finds it difficult to express his homesickness. The Hutchinsons are very 4) nice to him and, in return, he does 5) little things to help the family such as 6) walking the dog every morning and every evening.

Every day when Ramon comes back from the morning walk, he tells Mrs. Hutchinson about the 7) weather. Gradually he learns the expressions to describe rainy days and 8) snowy days.

One Friday morning when there is 9) sunshine, Ramon feels very happy since he does not have to wear 10) boots or carry an 11) umbrella. He goes into the house with 12) a big smile and tells Mrs. Hutchinson that there is no weather that day.

Word tips

Ramon Romero 拉蒙·罗梅罗 (人名)

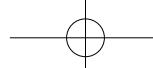
Bolivia 玻利维亚 (南美洲西部国家)

Little Rock 小石城 (美国阿肯色州首府)

Arkansas 阿肯色州 (美国州名)

Hutchinson 哈钦森 (人名)

for instance 例如, 比如
boot 靴子



Unit **3**

Born to Win

PART 1

Listening, Understanding and Speaking

Listening I

SCRIPT

William: Let's welcome Natalie du Toit, South Africa's best-known swimmer. She was only 17 when she lost her leg in a traffic accident. When was the accident?

Natalie: In February 2001, the year after the Sydney Olympics.

William: You lost a leg from the accident. Did you, at that point, think it was all over with swimming?

Natalie: Swimming was my life and still is. Swimming was four hours a day, and it would still be four hours a day, no matter what.

William: How soon did you get back into the pool?

Natalie: About three or four months after my accident. The water is the gift that gives me back my leg. I believe everything happens in life for a reason. You can't go back and change anything.

William: You went to the 2004 Paralympics and won five gold medals. You are also one of the two Paralympians at the Beijing Olympics. Although you didn't win a medal, you still made history.

Natalie: There's really no line between able-bodied and disabled swimming. It's just that I have a goal to swim in the able-bodied Olympics.

William: Then tell us about the 2010 Commonwealth Games in Delhi.

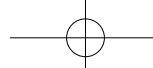
Natalie: I won three gold medals.

William: Where do you go from here? Do you have further dreams?

Natalie: Definitely! My dream has been to swim faster than I did before the accident. That's a message I want to bring across: You have to have goals. You have to have dreams. You have to work at what you believe in and you have to believe in yourself.

William: When you are up against open competition, do you feel a disadvantage?

Natalie: Not at all. You go out for your race and you've got to try your best. It is important to swim your own race and not someone else's.



1 Listen to an interview with Natalie du Toit and complete the following sentences with the information you get.

- 1 Natalie was only 17 when she lost her leg in a traffic accident.
- 2 The accident happened in February 2001, the year after the Sydney Olympics.
- 3 About three or four months after the accident, she went back to the pool.
- 4 She won five gold medals at the 2004 Paralympics.
- 5 She is one of the two Paralympians who competed at the Beijing Olympics.
- 6 At the 2010 Commonwealth Games in Delhi, Natalie won three gold medals.

2 Listen to the interview again and complete the following sentences with the information you get.

- 1 Did you, at that point, think it was all over with swimming?
- 2 Swimming was four hours a day, and it would still be four hours a day, no matter what.
- 3 The water is the gift that gives me back my leg.
- 4 For Natalie, there's really no line between able-bodied and disabled swimming.
- 5 When you are up against open competition, do you feel a disadvantage?
- 6 You go out for your race and you've got to try your best. It is important to swim your own race and not someone else's.

3 Work in groups to discuss the following questions.

- 1 Of the following quotes by Natalie du Toit, which is your favorite? How do you understand it? Support your answer with an example.
 - A I believe everything happens in life for a reason. You can't go back and change anything.
 - B That's a message I want to bring across: You have to have goals. You have to have dreams. You have to work at what you believe in and you have to believe in yourself.
 - C You go out for your race and you've got to try your best. It is important to swim your own race and not someone else's.
- 2 What obstacles (障碍) did Natalie overcome and what are her accomplishments (成就)?
- 3 What adversity (逆境) or obstacles have you come across in your life or seen in others? Share the experiences and feelings with the class.

Word tips

Natalie du Toit 娜塔莉·杜托伊特 (南非游泳运动员)

Sydney 悉尼 (澳大利亚东南部港市)

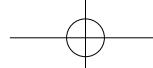
Paralympics 残奥会, 残疾人奥运会

Paralympian 残奥会选手
line 界限; 分界

able-bodied 体格健全的
Commonwealth Games 英联邦运动会

Delhi 德里 (印度北部城市)

be up against 面临, 必须对付 (困境或对手)



SAMPLE

1 My favorite quote is the third one: "You go out for your race and you've got to try your best. It is important to swim your own race and not someone else's". For us, life is full of competition. But it is not always necessary to compete with others. We ourselves might be the biggest challenge. We have many worries and doubts so we find it hard to concentrate on our goals. We need to compete with ourselves, with our inner fears, inner doubts and laziness. Of course, it's even worse that many of us don't have any goals at all.

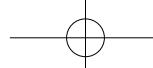
For Natalie, her dream is to swim faster than she did before the accident. This might be difficult because of her disability. But she has that dream and she would like to pursue the dream by believing in herself, in her talent and perseverance. Even if she didn't win a medal at the 2008 Olympics as a disabled athlete, it was great that she was qualified for the Olympics. She made history!

For us, life is like a race, and we have our own race. We don't have to be better than others. But it's important that we try our best. As Natalie put it, it is important to swim your own race and not someone else's.

2 Natalie du Toit was South Africa's best-known and most admired swimmer. She was only 17 when she lost her leg in a road accident. She had one of her legs amputated but swimming remained her dream. About three or four months after the accident, she went back to the pool. She is still training for four hours a day. She says the water is the gift that gives back her leg.

Natalie went to the 2004 Paralympics and won five gold medals. And she was one of the two Paralympians who competed at the 2008 Olympics in Beijing. At the 2010 Commonwealth Games in Delhi, Natalie won three gold medals.

3 Let me tell you the story of Wilma Rudolph. She was the 20th of 22 children in her family. She was born prematurely and was thin and weak. Her survival was doubtful. When she was very young, she suffered infantile paralysis which left her with a paralyzed leg. She had to wear a metal leg brace. But she was fortunate in having an encouraging mother. At the age of nine, she removed the brace and began to learn to walk without help. By 12 she could walk very well, which was considered a medical miracle. That same year she had the notion to become the world's greatest woman runner. She entered a race and came in last. For the next few years, in every race she entered she came in last. Everyone begged her to quit, but she kept on running and began to win.



While in high school, Wilma Rudolph was on a basketball team and was spotted by a track and field coach Edward S. Temple. He saw the indomitable spirit of the girl and her great natural talent. Eventually this little girl, who was told she would never walk again, went on to win three Olympic gold medals.

I learned from Wilma Rudolph's story that we should never give up if we want to succeed. We shall not be discouraged if others tell us that we are not able to do something. Wilma persisted, although everybody begged her to quit the race. As Winston Churchill once put it: "Success is going from failure to failure without losing enthusiasm." Persistence, courage, determination, enthusiasm and confidence made Wilma Rudolph a winner and can also make us winners. We should believe in ourselves and keep telling ourselves that we can. Like Wilma, we can become what we want to be. I also learned from the story that family support and proper training are very important.

Listening II

SCRIPT

Smith: Now welcome Malcolm Gladwell, author of the best-selling books *Blink*, *The Tipping Point*, *Outliers*, and *What the Dog Saw*. In his 2008 book, *Outliers*, Gladwell tackles the secrets of success. Good morning.

Gladwell: Good morning.

Smith: OK. So let's talk about some stories of success. One of the examples you use in the book is the Beatles.

Gladwell: Yeah, right.

Smith: Tell the story of the Beatles and why they were as successful as they were.

Gladwell: Well, I was really taken by what happened to them before they came to America in 1964.

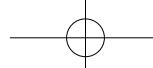
Smith: They were playing in Star Club in Hamburg, Germany.

Gladwell: Yes. And they played eight hours a day, seven days a week! We think these geniuses just came out of nowhere and they were naturally brilliant. But the fact is that they put in thousands of hours.

Smith: These overnight successes aren't overnight successes at all.

Gladwell: Yes. That's one of the big themes of the book actually. When we look at these people, we think they have great talent. We forget the enormous amount of work that they put into their successful competitions.

Smith: And I think about Lee Westwood. Even now he practices dozens and dozens and dozens of hours a week.



Gladwell: Yes, it's a rule I talked about in this book—the 10,000-hour rule. It looks like we need to spend 10,000 hours practicing before we are really good. So there has never been a great piece of classical music composed by someone who hasn't spent 10,000 hours.

Smith: You write about Mozart, about Mozart composing music as a child. He didn't compose anything anybody really cared about until when?

Gladwell: Until he was 23, when he had been composing for over 10 years.

Smith: So it really does make sense. A great read, just like the other ones. Such a pleasure to have you in the studio.

Gladwell: Thank you.

Word tips

Malcolm Gladwell 马尔科姆·格拉德威尔(美国作家)

The Tipping Point 《引爆点》(书名)

Blink 《瞬间》(书名,又译《决断2秒间》)

Outliers 《异类》(书名,又译《出类拔萃者》)

tackle 处理

Beatles 披头士乐队

be taken by 被迷住,被吸引住

Hamburg 汉堡(德国港市)

genius 有天才的人,天才

brilliant 才华横溢的

overnight 突然的

enormous 巨大的

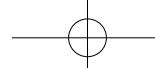
Lee Westwood 李·维斯特伍德(英国职业高尔夫球员)

compose 创作(乐曲)

Mozart 莫扎特(奥地利作曲家)

read 读物

- 1 Listen to an interview with Malcolm Gladwell about his new book and choose the best answer to each of the following questions.
1 In which book does Malcolm Gladwell write about the Beatles? A
A *Outliers*.
B *The Tipping Point*.
C *Blink*.
D *What the Dog Saw*.
- 2 How long in a week did the Beatles play in Germany? B
A Ten hours a day, six days a week.
B Eight hours a day, seven days a week.
C Twelve hours a day, five days a week.
D Ten hours a day, seven days a week.
- 3 What was the chief reason for the success of the Beatles, according to Malcolm Gladwell? C
A They were musical geniuses and born winners.
B They had received first-class training in Germany before they went to the U.S.
C They put enormous amount of work into their successful competitions.
D They were all well-educated and could work across different cultures.
- 4 What is the author's purpose of including Mozart in the book? B
A To describe how Mozart's remarkable attainments have been encouraging the Beatles.
B To show what Mozart and the Beatles have in common on their way to success.
C To explain why Mozart can be regarded as a rare exception to the 10,000-hour rule.
D To explore the connection of pop music and classical music.
- 5 What is the biggest secret to success according to Malcolm Gladwell? A
A Diligence.
B Creativity.
C Self-confidence.
D Natural talent.



2 Listen to the interview again and complete the following sentences with the information you get.

- 1 Now welcome Malcolm Gladwell, author of the best-selling books *Blink*, *The Tipping Point*, *Outliers*, and *What the Dog Saw*. In his 2008 book, *Outliers*, Gladwell tackles the secrets of success.
- 2 We think these geniuses just came out of nowhere and they were naturally brilliant. But the fact is that they put in thousands of hours.
- 3 We forget the enormous amount of work that they put into their successful competitions.
- 4 It looks like we need to spend 10,000 hours practicing before we are really good.
- 5 So there has never been a great piece of classical music composed by someone who hasn't spent 10,000 hours.

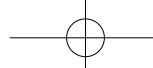
3 Work in groups to discuss the following questions.

- 1 What is the 10,000-hour rule? Use specific examples to support your answer. You can either use those in the interview or other examples that you know of.
- 2 Ten thousand hours is equivalent to roughly three hours a day, or 20 hours a week, of practice over 10 years. Excellence at a complex task requires a minimum level of practice. Do you think that 10,000 hours is a magic number? If so, are you willing to spend 10,000 hours to achieve your success? If not, is there any short cut to success?
- 3 Besides diligence, what other qualities are the secrets to success? What qualities in you might make you special on the road to success? Give examples to illustrate your points.

SAMPLE

1 In a wide variety of disciplines from being a great doctor to being a great golfer, it looks like we need to spend 10,000 hours practicing before we become good. According to Malcolm Gladwell, success is not a function of individual talent. It's the steady accumulation of advantages. No one has yet found a case in which true world-class expertise was accomplished in less time. It seems that it takes the brain this long to assimilate all that needs to be known to achieve true mastery.

Maria Curie started to pursue science when she was 24. At that time, she left Poland to study in University of Paris. Living on her own for the first time, she focused so hard on her studies that she sometimes forgot to eat. She was willing to spend decades on the research on radioactivity. She was the first person honored with two Nobel Prizes. She spent far more than 10,000 hours for this.



In whatever field, the more we practice, the more ideas we will come up with, and the more likely we will be successful.

2 Indeed, 10,000 hours can be a magic number.

On the way to achieving our goals, we always need to learn, to practice, and to improve. “Ten thousand hours” is not only a requirement for us to improve our skills, but also an important process for us to grow up, and to own a good mentality.

Some people do become famous or successful in a short time, but without the 10,000 hours, they cannot understand the real meaning of “success”, and they can never be mature. They cannot carry on the fame and the success through the ups and downs.

I’m willing to spend 10,000 hours as long as I’m doing the things I like. Once I realize where my dreams lie, I’ll enjoy the process of spending thousands of hours on my dreams. I am confident that my efforts will eventually pay off.

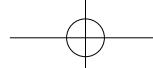
There’s no short cut to success. For example, there are many so-called skills to improve your TOEFL or GRE scores, but you must spend thousands of hours if you really want to be good at the language.

3 I would say qualities like creativity, bravery and confidence are secrets to success as well.

Creativity is a necessary component of success. Without creativity we can never develop great new ideas. Bill Gates used his creativity to set up Microsoft. Mark Zuckerberg came up with the great idea about social networking and led Facebook to a huge success.

Success also calls for bravery and confidence so that we can face all the criticisms and setbacks and make a real breakthrough. A lot of successful people like Bill Gates and Mark Zuckerberg were regarded as crazy at first. But they believed in themselves, they wanted to reform the whole universe, and they filled their road with imagination and creativity. What they have done demonstrates the secrets to success: creativity, bravery and confidence.

I think I am creative, which makes me special. When it comes to problem-solving, I always try to seek alternatives and can always come up with unique and easy solutions.



Listening III

SCRIPT

Sarah: I'm tired of hearing so much about what winners the Wright brothers were with their first plane flight.

Tom: Why do you say that, Sarah?

Sarah: I have always thought the female pilot, Amelia Earhart, as even more of a winner.

Jen: I admire her too but she failed to fly around the world in 1937.

Tom: She crashed into the Pacific Ocean, didn't she?

Sarah: No one ever knows for sure, but that probably is what happened.

Tom: Then how is she a winner?

Sarah: She was the first woman to fly across the Atlantic Ocean alone. She did this in 1932 in a small plane.

Jen: That's true.

Sarah: Until then, many people said that a woman wasn't strong enough mentally or physically to make such a trip alone. Well, not only did she do it, but she also made the trip faster than anyone had before.

Jen: Good for her!

Sarah: Then in 1935 she flew alone from Hawaii to California, the very first person to be successful in making that trip.

Tom: But, as I said before, she failed to fly around the world.

Sarah: I don't think Amelia would think that she had really failed.

Jen: Why?

Sarah: She had written a letter to her husband in which she said, "I am quite aware of the dangers. I want to do it because I want to do it. Women must try to do things as men have tried. When they fail, their failure must be but a challenge to others."

Jen: And you are saying that she has challenged others.

Sarah: Right!

1 Listen to a conversation about Amelia Earhart and decide whether the following statements are true (T) or false (F).

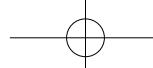
- 1 Sarah thinks the female pilot Amelia Earhart is even more of a winner than the Wright brothers. T F
- 2 Amelia Earhart successfully flew around the world. T F
- 3 Amelia Earhart was the first woman to fly across the Atlantic Ocean alone in a small plane. T F
- 4 Many people said that a woman wasn't strong enough mentally or physically to make a transatlantic trip alone. T F
- 5 In 1930 she flew alone from Hawaii to California. T F
- 6 Amelia Earhart was the first person who flew alone from Hawaii to California successfully. T F

Word tips

Wright brothers 莱特兄弟 (美国飞机发明家、航空先驱者)

Amelia Earhart 阿米莉娅·埃尔哈特 (美国女飞行员)

good for sb. 干得好, 好样的



- 7 Amelia Earhart admitted that she was a loser because she didn't make the transatlantic flight. F
- 8 It can be inferred from the conversation that Sarah doesn't like the Wright brothers. F

- 2 Listen to the conversation again and pay attention to the letter Amelia Earhart wrote to her husband. Write down what Amelia said and then read it to the class.

I am quite aware of the dangers. I want to do it because I want to do it.
Women must try to do things as men have tried. When they fail, their failure
must be but a challenge to others.

- 3 Work in groups to discuss the following questions.

- 1 The Wright brothers built and flew the first powered airplane and started a new era. What changes has the invention brought about? Will the developing technology of aviation (航空) further change our future?
- 2 Rescue signals from Amelia Earhart were received but then people lost contact with her. It is believed that Amelia Earhart's plane crashed onto an island for lack of fuel. Suppose you were Amelia Earhart. What would you be thinking when the accident took place?
- 3 Do you admire Amelia Earhart as a winner? Why or why not?
- 4 Think about a time when you did something brave and daring. How did you feel at that very moment? What made you do it?
- 5 Think about more brave and daring people. What characteristics do they possess? Come up with a list of their names and characteristics. Share your list with the class.

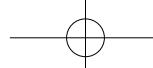
SAMPLE

1 The invention of the plane (fixed-wing craft) has started a new era. It's considered one of the greatest inventions in human history. It has become a rather important means of transportation in our daily life, greatly increasing the speed of travel. It has changed the way we think about the world.

Its time-saving feature has facilitated political meetings, news reports and business activities. What's more, it has increased the speed of communication, and accelerated the speed of globalization. However, it has been used in the military area, so it has also brought huge damage in a war.

Meanwhile, developing technology will make the flight safer and reduce air crashes. Moreover, the new advanced space technology will improve the satellites, spacecraft, GPS system, and so on.

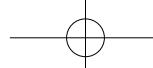
The development of aviation will further change our future. Now scientists are planning for a future group of astronauts to visit the planet Mars. It may make "space travel" available to common people in the future.



- 2
 - “If I am lucky enough to survive, I will try to improve the radio system so that fewer people will suffer from air crashes.”
 - “I might not survive, but I am still glad I have taken the challenge. I have tried to do things as men have tried. I wish more women would be aware of their potential.”
 - “Well, it seems like I’m going to die! Luckily, the island seems to be uninhabited. I hope the crash won’t hurt other people!”
 - “I am glad that I have lived a life that is worth living. Am I regretful? No! If given another chance, I would still choose to fly around the world. But I would need to make sure that I have enough fuel supply.”
- 3 Yes, I admire Amelia Earhart as an adventurer, an aviation pioneer and a winner. She was the first woman to fly across the Atlantic Ocean alone in a small plane in 1932. In the 1930s, people tended to think women weren’t strong enough mentally or physically. But Amelia bravely fought against gender discrimination and proved that they were wrong by making the trip faster than anyone had before. She tried to fly around the world in 1937. She failed though. But that doesn’t make her less of a winner. She was quite aware of the dangers. She believed that women must try to do things as men had tried. When they fail, their failure must be a challenge to others.

Amelia Earhart has become an inspiration to many generations of followers. They admire her courage, her persistence, and most importantly, her indomitable spirit. Many women have since become more aware of their potential and would like to take more challenges, thus making more accomplishments.
- 4 Once when I was a small kid, I was traveling with my family on a mountain. It started to rain. The rain made the road extremely slippery. When we approached the top, there lay a really narrow path hidden in the bushes, rugged and steep. “It might be fun taking that road!” the thought surprisingly occurred to me. “Do you wanna go?” asked my dad, who was standing beside me. “Of course, that sounds exciting!” Dad smiled and held my hand.

The road was hard for us to stand on. But Dad was a good climber and also a great teacher. He gave me constant encouragement and warning. He told me where to step and not to hurry. Finally we did it. We went up and came down. Interestingly, we were the only two people who made it. Mom watched anxiously all the time. I was fiercely scolded by Mom, but I felt proud of myself for doing something brave and fearless. Was I afraid? No, because I had Dad by my side. But I didn’t realize how dangerous it really was!



5

Helen Keller	an American woman writer, who was blind and deaf since young but became one of the greatest women in history	optimistic, strong-minded, persevering, appreciative, and loving
Harry Potter	a character in <i>Harry Potter</i> , who always confronts danger and fights against the dark and evil forces	devoted, warm-hearted, happy, and willing to sacrifice
Lvqiu Luwei (闾丘露薇)	a female Chinese journalist who volunteered to go to Iraq and report the war there	diligent, professional, wise, and striving
Wei Zheng (魏征)	a famous minister in the Tang Dynasty, who was brave enough to advise the emperor	quick-minded, frank, candid, and straightforward

Listening IV

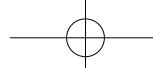
SCRIPT

In this world of constant distractions, staying focused on your goal is not easy. However, there are three techniques that can help you maintain your focus, your energy and your optimism while pursuing your goal.

No. 1: List the reasons why you want to accomplish your goal. Put it in writing. Don't just say it in your head. Try to come up with at least 20 reasons. I know that's a lot. But you'll find the more reasons you come up with, the stronger your motivation will be.

It's easy to lose focus and motivation when we are faced with multiple distractions, setbacks and day-to-day issues. By keeping positive rewards and compelling reasons at the forefront of your mind, you will noticeably improve your ability to stay focused on your goal.

No. 2: With every decision you make, ask yourself, "Is this decision going to bring me closer to or further away from my goal?" Every minute, we are faced with multiple choices on what to do. We can watch TV or run a few miles in a park. We can have a hamburger and French fries for lunch, or we can choose a chicken breast with ground vegetables. We can complain about our problems, or we can do something about them. When you start comparing two activities in your mind, it becomes a lot easier to make the right decisions and stay focused on your long-term goals.



No. 3: Surround yourself with reminders. Whenever you feel discouraged or distracted, reminders help you get back on track. There are tons of small things that can help you keep your attention focused on your goals throughout your day. A poster on a wall, a picture at your desktop, a coffee mug with an inspirational quote, a statement of your goal on your bedroom wall or your bathroom mirror, a small token or symbol of your dream you can carry in your pocket. The more your mind stays focused on your goal, the faster you'll get your results.

1 Listen to a passage about how to stay focused on your goal and keep motivated and complete the following passage with the information you get. For blanks numbered 1) to 8), fill in the exact words. For blanks numbered 9) to 11), fill in the missing information.

In this world of 1) constant distractions, staying focused on your goal is not easy. However, there are three 2) techniques that can help you maintain your focus, your energy and your optimism while 3) pursuing your goal.

No. 1: List the reasons why you want to 4) accomplish your goal. Put it in writing. Don't just say it in your head. Try to come up with at least 20 reasons. I know it's a lot. But you'll find the more reasons you come up with, the stronger your motivation will be.

It's easy to lose focus and motivation when we are 5) faced with multiple distractions, setbacks and day-to-day issues. By keeping 6) positive rewards and compelling reasons at the forefront of your mind, you will noticeably improve your ability to stay focused on your goal.

No. 2: With every decision you make, ask yourself, "Is this decision going to bring me closer to or 7) further away from my goal?" Every minute, we are faced with multiple choices on what to do. We can watch TV or run a few miles in a park. We can have a 8) hamburger and French fries for lunch, or we can choose a chicken breast with ground vegetables. 9) We can complain about our problems, or we can do something about them. When you start comparing two activities in your mind, it becomes a lot easier to make the right decisions and stay focused on your long-term goals.

No. 3: Surround yourself with reminders. 10) Whenever you feel discouraged or distracted, reminders help you get back on track. There are tons of small things that can help you keep your attention focused on your goals throughout your day. A poster on a wall, a picture at your desktop, a coffee mug with an inspirational quote, a statement of your goal on your bedroom wall or your bathroom mirror, a small token or symbol of your dream you can carry in your pocket. 11) The more your mind stays focused on your goal, the faster you'll get your results.

Word tips

distraction 使人分心的事物

optimism 乐观

pursue 追求

motivation 动力；动机

multiple 许多的；多种多样的

setback 挫折

compelling 令人信服的

at the forefront of sb.'s mind 是某人首先考虑 / 想到的

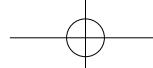
noticeably 明显地，显著地

ground 磨碎的

mug (喝茶或咖啡等用的) 圆筒形带柄大杯

inspirational 鼓舞人心的

token 标志，象征



2 Work in groups to discuss the following questions.

- 1 What are the things around us that distract us from our goals?
- 2 What is your goal? Why you want to accomplish your goal? Please list at least five reasons.
- 3 Suppose you would surround yourself with reminders, what would you write on them and why? Where would you put your reminders?
- 4 Life is full of multiple choices. Give an example of how you made a decision. What factors did you take into consideration then?

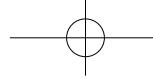
SAMPLE

- 1 Lots of things distract us from our goals. As college students, our primary goal is to acquire knowledge and to figure out what we want to do in the future. Numerous things, however, seem to get in the way. Those tiny, handy electronic devices, like cellphones, iPods, MP5 players, or the daily trifles tend to consume lots of our time. Peer pressure, computer games, and cyber chatting are all among the things that distract us.
- 2 My goal for now is to be admitted into Stanford University with full scholarship, and the reasons why I set it as my goal are as follows:
 - I have a burning desire to experience the fine quality of overseas education to broaden my horizons.
 - Stanford is one of the top universities around the globe. Being in such a place can give me more chances to get close to the world's elites. And the innovative atmosphere there is great.
 - Admission by such a university is a valid proof of my capability, which will give me an endless source of confidence.
 - Getting a full scholarship is not only a great relief for the potential financial burden of the family, but also an honor and a significant symbol of self-fulfillment.
 - Immersion in such a highly competitive environment can help me make more progress.

It's an incentive that inspires me to work hard when I feel lazy or want to escape from study.

And this list can go on and on...

- 3 I'll write some inspiring words on my notebook wallpaper, probably sentences like: "Everything will be OK in the end. If it's not OK, then it's not the end" or "There are no desperate situations, only desperate people". They'll remind me to be optimistic and will encourage me to find ways to solve tough problems I have.



And I'll put a note on my nightstand, which will read "The best preparation for tomorrow is to do today's work superbly well". I believe it can lift me up every day.

Also, I will switch the wallpaper of my cellphone into some simple words like: "You are what you think" or "Do unto others as you wish done unto yourself". These golden rules are practical but can be easily forgotten, so keeping them in the form of notes can remind me constantly and give me courage and strength to face the tough world head-on.

- 4 We will all be stuck in tough situations every now and then. It's really great that life brings so many choices. However, multiple choices can be extremely confusing sometimes. When we are faced with situations like what I should eat for breakfast, or which movie I should watch tonight, all it takes might be merely the flip of a coin. But when things get serious and tough, choices must be made. I will always write down each option so that I can get a clear idea of what kind of choices I might have. I will list all the advantages and disadvantages of each option. I will attach different weights to them and then rearrange the options. After all these done, a clear decision is made.

When I was faced with the choice between two universities, one in the South, the other in the North, it was such a tough call. I just listed on paper two columns, standing for the two universities, and each containing two sub-columns for the pros and cons. For each row, I assigned factors like the tuition fee, majors, future potential, self-fulfillment and the like. With a chart in hand and after a long time of focused thinking, I made the final decision.

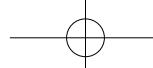
I think this method is practical and highly recommendable when a tough choice has to be made.

PART 2

Viewing, Understanding and Speaking

Topic
What Brings Luck?
Characters
Julia (woman)
Nancy (woman)
Nancy's kids (one boy and one girl)
Setting
At Nancy's home





SCRIPT

Julia: Hello, Nancy.

Nancy: Hey, Julia, how are you doing?

Julia: Good to see you.

Nancy: Oh, it's so good to see you.

Julia: Are you doing OK?

Nancy: Oh, I'm doing all right. Come on in.

Julia: Thank you.

Nancy: Good.

Julia: The taxi driver came right here.

Nancy: It's pretty easy to find.

Julia: Yes, it's not too bad.

Nancy: Oh, come in.

Julia: Thank you.

Nancy: Come and have a seat.

Julia: Thank you. Your home is lovely.

Nancy: Oh, thank you. Thank you. These are my children.

Julia: Hello.

Kids: Hi.

Julia: (to kids) How are you?

Kids: Good. Thanks.

Julia: Good.

Nancy: Would you like something to drink?

Julia: I would, if you don't mind.

Nancy: Let me get something.

Julia: Thank you very much... (Julia speaks to the kids.) What do you play? (Nancy brings the drink.) Oh, thank you.

Nancy: Be careful. It's hot.

Julia: Thanks.

Nancy: You're welcome.

Julia: Smells good... Yeah, I like that.

Julia: It's wonderful to see you again. Tell me how you've been?

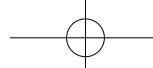
Nancy: Well, it's a long story. You would never believe how unlucky I've been.

Julia: How come? You were considered to be the luckiest one in our class when we were college students. Do you remember you were the only one chosen to go to Germany for an exchange program?

Nancy: Yes. But that was about the end of my luck.

Julia: No, you had a boyfriend too... Eric, right? (Nancy nods her head.) He was so smart and handsome! You were the envy of all the girls because he fell in love with YOU. We always thought you were the perfect match. Did you marry him?

Nancy: Yes, I did. We had a few wonderful years, and then one day he had a terrible accident.



Julia: An accident?

Nancy: Yes, he was killed on his motorbike. A, a truck hit him. He was killed instantly.

Julia: I'm so sorry to hear that. What bad luck!

Nancy: He left me with two children. (*She points to the two children who are playing together.*) One was five, one was three. I had quit my job as a programmer to stay at home and care for them. I had no choice but to look for a job to be able to support us.

Julia: You were good at computer programming. I wouldn't think that you would have any difficulty in finding a job in that field.

Nancy: You might not believe it: No one wanted to hire a single mother with two children. I was five years out of touch with current programming, latest technology. And the jobs that I did find didn't pay very well.

Julia: What a pity! How did you make a living then?

Nancy: I had to settle as a secretary in a small firm. And the job is dull, the pay is low, and I don't really get along well with my colleagues.

Julia: So, I... I see why you may be feeling unlucky.

Nancy: Well, I thought things would be getting better last year when I found a boyfriend. He liked the kids and the kids liked him. He would be an ideal husband and so we were going to get married last Christmas. On our wedding day, the church building burned down. So we put off the wedding.

Julia: Why didn't you just hold the wedding in a different location?

Nancy: Well, we thought that maybe it was a sign that we weren't meant to be together. Looking back at my recent life, it's been a total failure. I just... even now, things don't seem right. I was so lucky in my first 28 years of life, and now luck seems to have abandoned me. I'm an unlucky person most of the time.

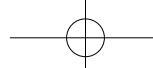
Julia: Oh, you keep complaining about your unhappy life. And, ... and recently it's not been so good, but nobody is lucky all the time, and there have been some good things in your life also.

Nancy: You have to admit, though, that some people are luckier than others. Nobody can succeed without having a little bit of luck.

Julia: You are no less lucky than many others in this world. Whether you're lucky or not depends on how you think about life. You've been thinking too much about the unpleasant things in your life. But if you would look at things from another point of view, things would probably look a lot different.

Nancy: But how? I can find nothing, nothing lucky in my life happening right now.

Julia: Mm, just look at your children. They are so cute and happy! You have to consider them your assets. And you've done a good job with them.



Nancy: Yes! I'm proud of them. To tell the truth, I really do enjoy watching them grow up. Ah, it means everything to me. I really think I am lucky to be a mother to them. Thanks for listening and talking with me. It's been nice talking to you and... and seeing you once more. I see that I really have had a good share of good luck.

Julia: It seems to me you have much to be thankful for. I hope the next time I see you, you'll be feeling like your life is much more successful.

Word tips

be the envy of be sth. that other people admire and want to have very much 是羡慕(或忌妒)的对象

e.g. *Britain's National Health Service was once the envy of the world.*

motorbike n. a road vehicle that has two wheels and an engine and looks like a large heavy bicycle 摩托车

e.g. *Out of the silent forest roars a huge motorbike.*

exchange program a program in which people, especially students, travel to another country to work or study for a particular length of time 交流项目

e.g. *He was so lucky to be chosen for this exchange program between the two universities.*

programmer n. sb. whose job is to create computer programs (计算机的) 程序编制员, 程序设计员

e.g. *One programmer spent a week trying to find out what damage had been done and then putting it right.*

location n. the place or position where sb. or sth. is or where sth. happens 地点

e.g. *We have not found a suitable location for the new office.*

abandon vt. leave sb. when you should stay with them and look after them 抛弃

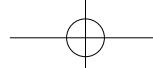
e.g. *His mother abandoned him when he was five days old.*

asset n. sth. valuable that a person or company owns 宝贵的人或东西

e.g. *I think Rachel would be an asset to the department.*

1 Watch a video about two women talking about their past friendship and pay attention to the things that happened to Nancy. Put the following events in chronological order.

- 1 She worked as a secretary in a small company.
- 2 Her husband died in an accident.
- 3 On her wedding day, the church building burned down.
- 4 She married Eric who was smart and handsome.
- 5 She and her new boyfriend decided to put off their wedding.
- 6 She was the only person chosen to go to Germany for an exchange program.
- 7 She quit the job as a programmer.



8 She had a new boyfriend.

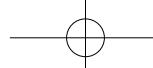
The correct order is 6, 4, 7, 2, 1, 8, 3, 5.

2 Watch the video again and complete the following sentences with the information you get.

- 1 But that was about the end of my luck.
- 2 I had quit my job as a programmer to stay at home and care for them. I had no choice but to look for a job to be able to support us.
- 3 You might not believe it: No one wanted to hire a single mother with two children. I was five years out of touch with current programming, latest technology. And the jobs that I did find didn't pay very well.
- 4 I had to settle as a secretary in a small firm. And the job is dull, the pay is low, and I don't really get along well with my colleagues.
- 5 On our wedding day, the church building burned down. So we put off the wedding.
- 6 Well, we thought that maybe it was a sign that we weren't meant to be together. Looking back at my recent life, it's been a total failure.
- 7 I was so lucky in my first 28 years of life, and now luck seems to have abandoned me. I'm an unlucky person most of the time.

3 Repeat a few important lines and try to imitate the speakers' pronunciation and intonation.

- 1 You were considered to be the luckiest one in our class when we were college students.
- 2 You were the envy of all the girls because he fell in love with YOU.
- 3 We always thought you were the perfect match.
- 4 I wouldn't think that you would have any difficulty in finding a job in that field.
- 5 He would be an ideal husband and so we were going to get married last Christmas.
- 6 ... and recently it's not been so good, but nobody is lucky all the time, and there have been some good things in your life also.
- 7 You are no less lucky than many others in this world.
- 8 Whether you're lucky or not depends on how you think about life.
- 9 You've been thinking too much about the unpleasant things in your life.
- 10 But if you would look at things from another point of view, things would probably look a lot different.
- 11 You have to consider them your assets.
- 12 To tell the truth, I really do enjoy watching them grow up. Ah, it means everything to me.
- 13 I really think I am lucky to be a mother to them.
- 14 I see that I really have had a good share of good luck.
- 15 It seems to me you have much to be thankful for.



4 Work in groups to discuss the following questions.

- 1 Read the following passage about Marie and compare Marie's story with Nancy's. What are the similarities and differences?

Marie was a single mother of two children in a rural Missouri community. She worked full-time during the day and sold handcrafted (手工的) leather gifts on weekends. She also contributed much spare time to numerous charities (慈善事业) and community projects.

Then one day Marie received some shocking news from her doctor. She had cancer, and it was spreading rapidly. She was too poor to pay for her medical treatments.

Soon, Marie witnessed what she had always known: Although she was not financially wealthy, she already had the most valuable possessions on earth. Hundreds of people in her community and surrounding areas worked together to help her and her family. Marie did not live to see the day when her bills were fully paid. However, she lived long enough to feel the love of those she had cheerfully served.

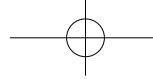
- 2 According to Julia, whether we're lucky or not depends on how we think about life. Suppose you were Nancy. You are going to tell your story. This time, please be optimistic and positive, looking at your life from another perspective.
- 3 Now you know that whether you are lucky or not depends on how you think about life. Talk about yourself. Do you think you are lucky? Use specific reasons and examples to support your answer.

SAMPLE

- 1 Both Nancy and Marie are single mothers of two children. Both have to work hard to support the family.

But Nancy still enjoys a healthy body. She can still carry on since she is good at programming. She has two lovely children. The problem with her is that she holds a negative and pessimistic view and she leads a passive life. She has been complaining too much about her unpleasant life. She is over-concerned with her personal worldly life so she can only see sorrows in it. The sorrows thus multiply. She needs to look at things from another point of view. She is no less lucky than many others in this world.

In contrast, despite a heavy financial burden, Marie had always been confident, positive and enthusiastic about life. Though poor, she had contributed to numerous charities and community projects. The spirits of love and gratitude multiply when they are shared. Happiness is the result of sharing love and gratitude. Giving selflessly was a value that Marie displayed all her life, and her spirit of giving lived after her in those who knew and loved her.



All her life, Marie had demonstrated the truth of this simple principle: Happiness will not come from worldly possessions or fortune. Rather, it is an attitude that comes from appreciating what we already have. We can find the happiness we seek if we first share it with others. Only then will we have the most valuable possessions on earth: love, happiness, and increasing gratitude.

2 I have always been lucky, especially during my first 28 years of life. When I was a college student, I was considered the luckiest one in the class. I was the only one chosen for an exchange program. And most luckily, my boyfriend Eric was handsome and smart. I was the envy of all the girls because Eric loved ME. I knew we were a perfect match.

After graduation, we got married and had a few wonderful years. We had two children, so I quit my job as a programmer to stay at home and care for them.

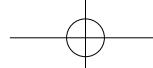
But I am not lucky all the time. An accident took away Eric's life. I still miss him a lot but I thank him for leaving me with the two kids. I enjoy watching them grow up. Ah, it means everything to me.

Since I needed to support us, I had to look for a job. I was five years out of touch with current programming and the latest technology, but I have always been good at computer programming. So I successfully landed a job. Though it didn't pay very well, it was a good start. Later on, I settled as a secretary in a small firm. The job was considered dull by many people, but I still found joy and satisfaction from it. And I was trying to get along well with my colleagues.

Things were getting better last year when I found a boyfriend. He liked the kids and the kids liked him. He would be an ideal husband and so we were going to get married last Christmas. Ironically, on our wedding day, the church building burned down. Fortunately, nobody got hurt. At first we thought that maybe it was a sign that we weren't meant to be together, so we put off the wedding.

At that time, luck seemed to have abandoned me. But nobody is lucky all the time, and there have been good things in my life also. I am no less lucky than many others in this world.

My fiancé and I are still in love, and we decided we can hold the wedding in a different location. What's more, when I am down, my friends are always supportive. Additionally, I enjoy a healthy body and I can still pursue my career. Most importantly, I have two lovely kids. I am lucky to be their mother. I consider them my assets.

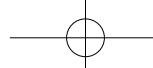


I do think I have a good share of good luck, but I still have much to be thankful for. I am especially thankful for life's ups and downs. I appreciate what I already have. I believe I have the most valuable possessions in the world: love, happiness, and increasing gratitude.

3 Subjective as it may sound, I do believe that whether or not we're lucky depends largely on how we think about our own life. In this light, I consider myself to be really lucky. I was one of the less advanced students in the elementary school, but this gave me a chance to explore a wonderful childhood without the heavy burden of schoolwork. And when I realized the importance of learning, I was fortunate enough to catch up with my fellow students quickly.

Things have always gone pretty well for me. Whenever something awful happened, it would always turn out to be all right, which was such a relief. Though I didn't do a perfect job in the college entrance exam, I still managed to get into a good university anyway.

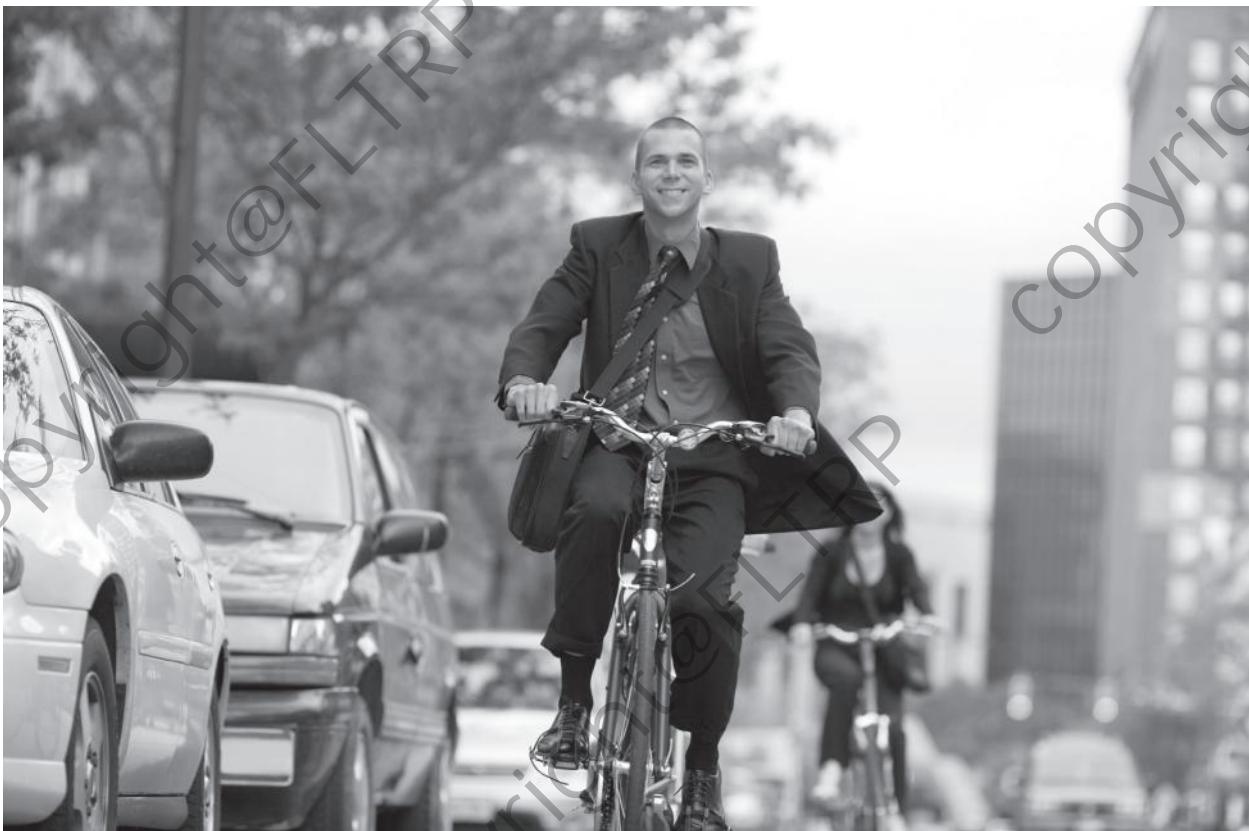
I think I'm lucky enough to experience all of these ebbs and flows in life. I'm quite a lucky dog, because I have so many friends who have helped me through these difficult times. We all have times when we feel desperate, but that's when we can realize what love and friendship mean to us, how lucky we really are and how strong we can be.



PART 3

Video Appreciation and Singing for Fun

Video Appreciation



■ About the video:

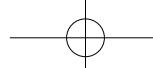
Try Something New for 30 Days was filmed in March 2011. This short, lighthearted talk offers a neat way to think about setting and achieving goals. Its speaker, Matt Cutts, is an engineer at Google.

Main character



Matt Cutts

an engineer at Google, the speaker in the video



SCRIPT

A few years ago, I felt like I was stuck in a rut, so I decided to follow in the footsteps of the great American philosopher, Morgan Spurlock, and try something new for 30 days. The idea is actually pretty simple. Think about something you've always wanted to add to your life and try it for the next 30 days. It turns out, 30 days is just about the right amount of time to add a new habit or subtract a habit—like watching the news—from your life.

There's a few things I learned while doing these 30-day challenges. The first was, instead of the months flying by, forgotten, the time was much more memorable. This was part of a challenge I did to take a picture every day for a month. And I remember exactly where I was and what I was doing that day. I also noticed that as I started to do more and harder 30-day challenges, my self-confidence grew. I went from desk-dwelling computer nerd to the kind of guy who bikes to work—for fun. Even last year, I ended up hiking up Mt. Kilimanjaro, the highest mountain in Africa. I would never have been that adventurous before I started my 30-day challenges.

I also figured out that if you really want something badly enough, you can do anything for 30 days. Have you ever wanted to write a novel? Every November, tens of thousands of people try to write their own 50,000-word novel from scratch in 30 days. It turns out, all you have to do is write 1,667 words a day for a month. So I did. By the way, the secret is not to go to sleep until you've written your words for the day. You might be sleep-deprived, but you'll finish your novel. Now is my book the next great American novel? No. I wrote it in a month. It's awful. But for the rest of my life, if I meet John Hodgman at a TED party, I don't have to say, "I'm a computer scientist." No, no. If I want to, I can say, "I'm a novelist."

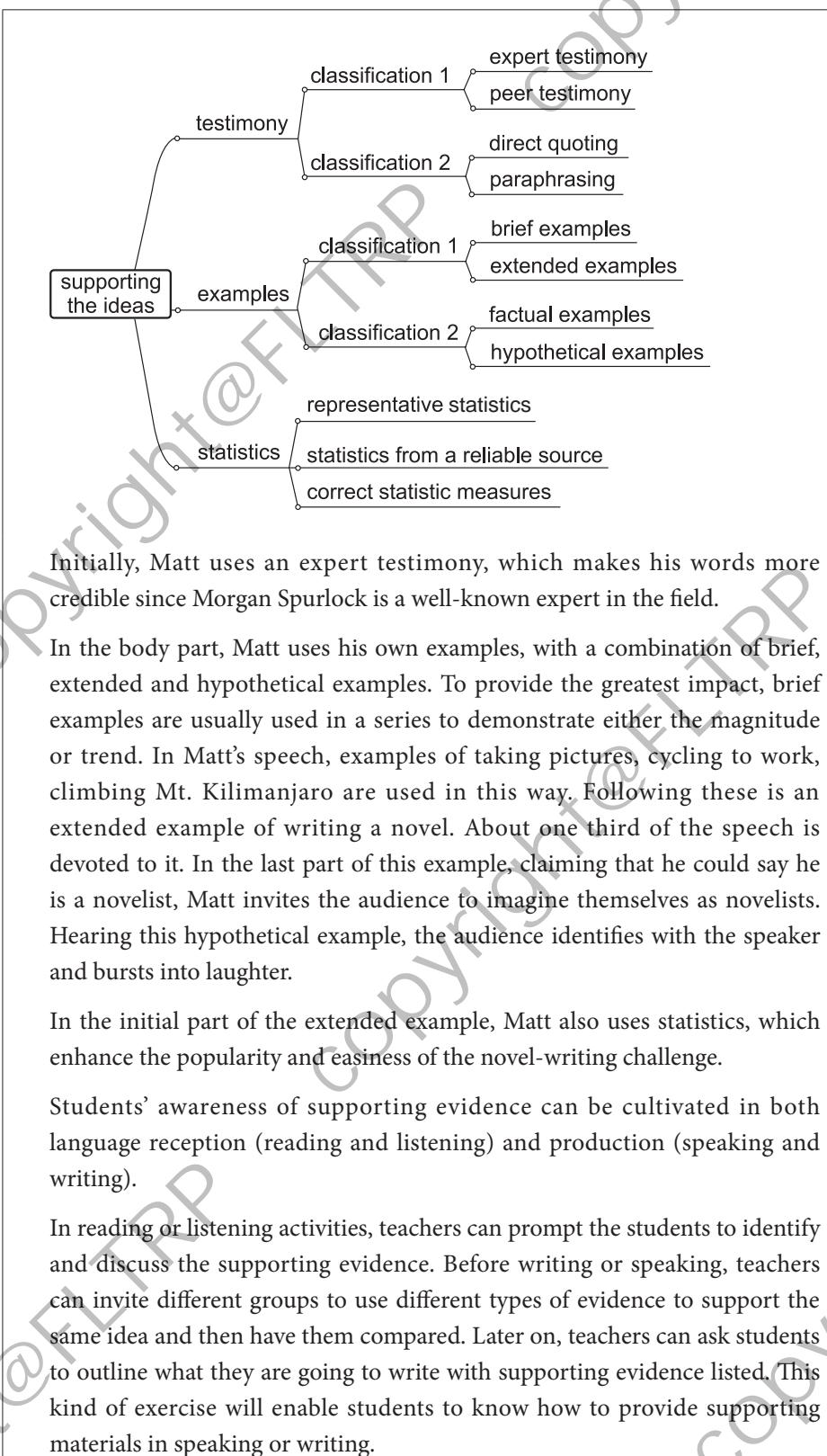
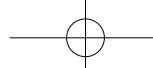
So here's one last thing I'd like to mention. I learned that when I made small, sustainable changes, things I could keep doing, they were more likely to stick. There's nothing wrong with big, crazy challenges. In fact, they're a ton of fun. But they're less likely to stick. When I gave up sugar for 30 days, day 31 looked like this.

So here's my question to you: What are you waiting for? I guarantee you the next 30 days are going to pass whether you like it or not, so why not think about something you have always wanted to try and give it a shot for the next 30 days.

Thanks.

Teaching tips

One of the highlights for Matt Cutts' speech *Try Something New for 30 Days* is that the supporting evidence used in it is varied, interesting and convincing, including all three basic types: testimony, examples and statistics.



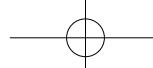
Initially, Matt uses an expert testimony, which makes his words more credible since Morgan Spurlock is a well-known expert in the field.

In the body part, Matt uses his own examples, with a combination of brief, extended and hypothetical examples. To provide the greatest impact, brief examples are usually used in a series to demonstrate either the magnitude or trend. In Matt's speech, examples of taking pictures, cycling to work, climbing Mt. Kilimanjaro are used in this way. Following these is an extended example of writing a novel. About one third of the speech is devoted to it. In the last part of this example, claiming that he could say he is a novelist, Matt invites the audience to imagine themselves as novelists. Hearing this hypothetical example, the audience identifies with the speaker and bursts into laughter.

In the initial part of the extended example, Matt also uses statistics, which enhance the popularity and easiness of the novel-writing challenge.

Students' awareness of supporting evidence can be cultivated in both language reception (reading and listening) and production (speaking and writing).

In reading or listening activities, teachers can prompt the students to identify and discuss the supporting evidence. Before writing or speaking, teachers can invite different groups to use different types of evidence to support the same idea and then have them compared. Later on, teachers can ask students to outline what they are going to write with supporting evidence listed. This kind of exercise will enable students to know how to provide supporting materials in speaking or writing.



Word tips

be stuck in a rut living or working in a situation that never changes, so that you feel bored (生活或工作) 刻板而乏味的, 一成不变的

e.g. *I was stuck in a rut, and decided to look for a new job.*

follow (in) sb.'s footsteps do the same job as sb. else who did it before you 仿效某人; 继承某人的事业

e.g. *My father was a jazz player, and I wanted to follow his footsteps.*

Morgan Spurlock 摩根·斯珀洛克 (美国导演)

subtract *v.* take away a small part of sth. 减掉

e.g. *How much will it be if we subtract the labour costs?*

nerd *n.* sb. who is boring, not physically attractive, and does not have much social ability, or sb. who is extremely interested in computers 书呆子; 电脑迷

e.g. *His lawyer says he is just a "curious computer nerd".*

hike *v.* walk a long way in the mountains or countryside 徒步旅行, 远足

e.g. *He wants to hike the Himalayas.*

Mount Kilimanjaro 乞力马扎罗山 (位于坦桑尼亚东北部)

adventurous *adj.* keen to try new or exciting things 喜欢冒险的

e.g. *He's much more adventurous than his younger brother.*

from scratch if you do or start sth. from scratch, you begin it without using anything that existed or was prepared before 从零开始

e.g. *It was years since I'd learned any German, and I really has to start again from scratch.*

John Hodgman 约翰·霍奇曼 (美国作家)

sustainable *adj.* capable of continuing for a long time 能持续的

e.g. *The committee also calls for increased aid to tropical countries to enable them to achieve sustainable forest management.*

give sth. a shot be willing to attempt to do sth. 愿意试做某事

e.g. *I'm not usually much good at these sorts of games, but I'll give it a shot.*

1 Watch a video *Try Something New for 30 Days* and answer the following questions.

1 According to the speaker, for what will 30 days be enough?

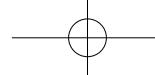
Picking up a habit or abandoning one.

2 From whom did the speaker get the idea of taking 30-day challenges?

From Morgan Spurlock, the great American philosopher.

3 In what ways has the speaker changed his life because of the 30-day challenges? List at least two changes.

He has managed to take pictures, one day each, for 30 days. He biked to work for a month. And he ended up hiking up the highest mountain in Africa. He wrote a 50,000-word novel.



- 4 What is the purpose for the speaker to cite his writing a novel as an example?

To support his argument that people have the potential to finish certain tasks, if determined, that might initially seem impossible given only 30 days.

- 5 Why does the speaker suggest that we start with small changes?

Small changes are more likely to stick.

- 6 Is giving up sugar a small or big challenge for the speaker?

Just take a look at his expression when he mentioned the word “sugar”.

It will be a big challenge for him. If he gives up sugar for 30 days, he will eat much more afterward.

- 7 The speaker ends the speech with a question. What is the question and why does he raise this question?

He asks a question: What are you waiting for? But I would say it is more of a suggestion than a question. He is trying to promote this idea of making a change within 30 days and sell it to his audience.

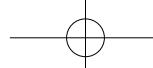
2 Work in groups to discuss the following questions.

- 1 Talk about a memorable picture that you've ever taken or seen. What's the story behind it?
- 2 What do you think we can get from taking a picture every day for a month?
- 3 If you are going to write your own novel, what kind of novel would you like to write? Why? What would be the name of your novel?
- 4 What have you done in the past few months? Is it a memorable period of time in your life? Or might it be easily forgotten?
- 5 Is there something you've always meant to do, wanted to do, but just haven't?
- 6 If you are going to try something new for 30 days, what would it be and why?

SAMPLE

- 1 It was a summer night in 2011. After dinner I took a gentle stroll along the river with my mom. And it was there I saw, under a spotlight, this little ivy crawling on the cement wall. Everything was perfect: The night was young, and we were on this trail along the bank, away from the madness of this city. It was the kind of scenario where you didn't hear a thing but the chirp of crickets and the murmuring of a truck horn in the distance, where you could feel the cooling summer breeze sweeping through your hair mixed with the fresh water smell in the moonlight. Tranquility overwhelmed me and I took out my cellphone just in time to capture the moment.
- 2 Well, first of all we get a lot of pictures.

It's likely that we get more interested in photography. By looking at the pictures that we have taken, we might realize that the techniques do matter.



Very likely, we would be keener observers and we would realize that life is somewhat different when we care more.

Some of us might want to add some comments to the pictures and make each one an entry in a blog, so that we might be able to share with our friends.

In addition, we saved a piece of memory in our life, one that we get to visualize again and savor for the rest of our life.

- 3 Men and women, the eternal theme of all time: love. This is the only one thing that never goes out of fashion. The name: *Epic Routine*.
- 4 The spring holiday is always the most memorable period of time in a year. In the spring holiday last month, we went on a trip to a mountainous area. Most of our companions were from other departments. During the trip, we talked about our life and study; we made friends with each other. We all agreed that college life was busy and interesting.
- 5 Tons of stuff. After I recovered from a terrible illness last year I vowed to put aside more time for physical exercise, e.g. getting up at six in the morning and jogging on campus for breakfast, or doing some climbing on the hills before dinner. It's a shame that I... just haven't.
- 6 I would like to learn a new language. I have always been told that French is the most beautiful language in the world. Overwhelmed by the fear of failure, I always shy away from such a huge task. But since 30 days is a very short period in my life and I am not so busy these days, I shall give it a shot. After the 30-day trial, if I decide that I really like it, I'll carry on. Or if I decide the 30-day learning is just enough for me, I didn't lose a lot of time anyway. So after class, I am going to do it from scratch.

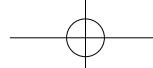
Singing for Fun

■ About the song:



“The Winners Song” is a single (单曲) by fictional (虚构的) character Geraldine McQueen from *Britain’s Got the Pop Factor*, a mock talent contest (模仿秀比赛). Peter Kay plays the role of Geraldine, who sings “The Winners Song” at the end of the show. Co-written by Peter Kay and Gary Barlow, “The Winners Song” was released in 2008.

Listen to the song “The Winners Song” and learn to sing it.



The Winners Song

LYRICS

I started with nothing
Now I have something
I proved them all they were wrong
So glad I kept fighting
And I never stopped trying
Been waiting to sing for so long
My winners song

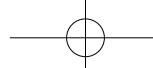
I couldn't carry on
I thought my chance had gone
I was ready to stop and give in
I thought I'd give it one last try
Look this moment in the eye
Then maybe who knows I could win
I dreamed about this for a lifetime
But I could not imagine
What it feels like standing here right now

I started with nothing
Now I have something
I proved them all they were wrong
So glad I kept fighting
And I never stopped trying
Been waiting to sing for so long
My winners song

This journey's been incredible
Now standing in the light
I hope this lasts for more than one night
One night

I started with nothing
Now I have something
I proved them all they were wrong
So glad I kept fighting
And I never stopped trying
Been waiting to sing for so long
My winners song

Been waiting to sing for so long
My winners song



PART 4

Further Speaking and Listening

Further Speaking

Work in groups to do the following activities.

Step ONE

You must know about Martin Luther King Jr.'s immortal speech "I Have a Dream". Now, let's try to make our own "I Have a Dream" speech.

SAMPLE

I have a dream.

It may be presumptuous (冒昧的) of me to use these almost sacred words by Martin Luther King for what I hope for as a college student. But I do have a dream that one day we will no longer sacrifice curiosity and creativity for high test scores.

I have a dream that one day university labs will be open 24 hours a day that all students can test their own hypotheses there and make their own inventions.

I have a dream that one day a professor and a student will be able to sit down together at the table of equality so that they can discuss problems just like classmates or siblings do.

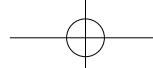
I have a dream that one day more "why" questions than "how" questions will be raised by common users of computers or other household appliances so that they will transcend the "press-the button" satisfaction and become expert DIYers.

Step TWO

Having a dream is the first step toward success. But taking actions is more important. Discuss what should be done to make our dreams come true.

SAMPLE

Achievers are dreamers and doers. What makes our dreams come true is the determination, the dedication and, needless to say, the action. If the goal we're trying to achieve seems too huge, we may need to break it down into minor steps and deal with them one by one. Let's say I am trying to get a good job after graduation, but this is kind of big, so I can break it down into small tasks, like figuring out what kind of skills I should acquire and what kind of knowledge I should obtain first. After analysis, we can make our dreams more feasible. Then comes the key part and also the most challenging part, that is, to put these steps into actions. Look at all the tasks and check them each day, and never walk away from problems, saying "I can wait until Friday". With strong faith and persistence, we can assure ourselves the day that our dreams come true is just around the corner.



Tell your story of accomplishments in your study or in your life. Did any difficulty or setback get in the way? What made you carry on? Share your feelings of frustration and success with the class.

Step THREE

SAMPLE

When I first began to learn English, I was pretty lame. The class was for kindergarteners and I was already a pupil in Grade 3. Everyone absorbed what the teacher taught so quickly except me. I was the weak link in the whole class. Things just didn't go right. After being scolded for misusing the be-verbs again, I decided to conquer this language. Humiliation and determination were great push. I listened to the tapes every day and tried hard to imitate the speakers' pronunciation and intonation. Even though I was just a nine-year-old then, I began to recite the senior high school vocabulary, which was really a painstaking yet fruitful experience. And that's also why my English study, at least the test scores, began to take off. Now I'm in college. Looking back upon that period of time, I find it really wonderful. Hard work does eventually pay off. Currently, I am working in a subtitle group to better apply my knowledge. This is my own story, and I really benefited a lot from struggling my way up.

Further Listening

Listening I

At a dormitory lounge on a college campus, two students, John, a biology major, and Mary, an English major, are sharing a morning newspaper.

SCRIPT

John: Did you see this article about Jane Goodall?

Mary: No, but I've heard of the name. I don't remember why she's famous.

John: Well, she's probably the world's top authority on the behavior of chimpanzees and gorillas. She has written several books, published many articles, and has lectured all over the world about her studies.

Mary: How did she begin her work in this area?

John: That's quite a story. The article says that she was a timid 26-year-old without a university education when she got the courage to call Louis Leakey, the famous anthropologist. She had been working as a waitress, saving her money, and hoping for a chance to study animals.

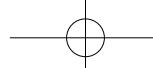
Mary: What happened next?

John: Leakey offered her a job as his assistant in 1960. Then he helped her find the money to continue her research and finally finish her PhD degree in ethology. Her studies have continued since then, changing our ideas about these animals who are man's closest relatives.

Mary: Why is the newspaper writing about her now?

John: She is doing a new TV show next month on The Animal Planet where she will tell about her most recent studies in Africa.

Mary: I'd like to see that even though I'm not a biologist.



Word tips

lounge 休息厅

Jane Goodall 简·古道尔
(英国女动物行为学家)

chimpanzee 黑猩猩

gorilla 大猩猩

timid 胆小的; 羞怯的

Louis Leakey 路易斯·利基
(英国考古学家、人类学家)

anthropologist 人类学家

ethology (动物) 行为学

biologist 生物学家

1 Listen to a conversation about Jane Goodall and check (✓) the true statements.

- ✓ 1 Jane Goodall has done a lot of research on the behavior of chimpanzees and gorillas.
- ✓ 2 When she called Louis Leakey, the famous anthropologist, she didn't have a university education.
- 3 She had earned so much money that she decided to contribute some to the research of animals.
- ✓ 4 Even though she failed to get a university degree in anthropology, her research on animals was outstanding.

2 Listen to the conversation again and complete the following sentences with the information you get.

- 1 Jane Goodall is probably the world's top authority on the behavior of chimpanzees and gorillas.
- 2 Before Leakey offered her a job as his assistant, Jane had been working as a waitress, saving her money, and hoping for a chance to study animals.
- 3 Her studies have continued since then, changing our ideas about these animals who are man's closest relatives.
- 4 She is doing a new TV show next month on The Animal Planet where she will tell about her most recent studies in Africa.

Listening II

SCRIPT

Bob: Hi Mary, what did you find this time?

Mary: Do you remember in our Music Appreciation class we studied music by Beethoven? I found a CD with some of his best-known symphonies.

Carol: Oh yes, I think that *Ode to Joy* in his *Ninth Symphony* is one of the happiest and most joyful pieces of music ever written!

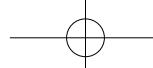
Bob: I agree, but Beethoven had many unhappy times during his life.

Mary: He seemed "born to win" as a musician. He published his first music at the age of 12 in 1782, and had his first public concert in 1795.

Carol: But, even though he was a brilliant pianist, it was his original music which he was best known for. I also remember that in his late twenties he began to lose his hearing. Was that the end of his music career?

Bob: No, but he became bitter and unhappy after that, and his music, though excellent, was a struggle for him.

Mary: We were told that he could "hear the music in his mind" even though he could not hear the actual music. Despite the many personal disappointments he suffered, he became known as the greatest musician of his time.



1 Listen to a conversation about Beethoven and complete the following sentences with the information you get.

- 1 In 1782, Beethoven published his first music.
- 2 In 1795, Beethoven had his first public concert.
- 3 In his late twenties, Beethoven began to lose his hearing.

2 Listen to the conversation again and check (✓) the things that are true to Beethoven.

- ✓ 1 He wrote *Ode to Joy*.
- 2 He was a singer.
- ✓ 3 He was a brilliant pianist.
- 4 He was the happiest and most joyful person.
- ✓ 5 He was "born to win" as a musician.
- ✓ 6 He lost his hearing.
- 7 He led a poor life for lack of money.
- ✓ 8 He could hear the music in his mind.
- ✓ 9 He suffered personal disappointments.
- ✓ 10 He was the greatest musician of his time.

Word tips

Beethoven 贝多芬 (德国作曲家)

symphony 交响曲

Ode to Joy 《欢乐颂》
(贝多芬《第九交响曲》
的第四乐章)

Listening III

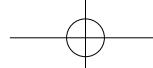
In the United States, Norman Rockwell is one of the best-known artists who ever lived. He painted average people, but also recorded major events, such as Lindbergh's flight across the Atlantic in 1927, and Neil Armstrong stepping on the moon many years later. Presidents Eisenhower, Kennedy, and Johnson also sat for portraits which he painted.

Rockwell was born in New York in 1894. When he was a schoolboy, he wanted to compete in athletics, but was unsuccessful. He was poorly coordinated, had to wear corrective shoes, and also wore very thick glasses. However, he discovered one thing he could do very well. He could draw. From an early age he used his drawing skills to entertain his school friends.

He quit high school to attend art school and finally went to Paris to study modern French painting. He did not do well with this, but he did discover that he really liked to paint people. He returned to the U.S., studied with leading magazine illustrators of the time, and became successful at painting people.

In 1916, he painted a cover for the popular weekly magazine, *The Saturday Evening Post*. And later he became its chief cover artist. The American public loved the way he recorded ordinary people and events on the magazine covers. He did so for over four decades.

SCRIPT



Word tips

Norman Rockwell 诺曼·罗克韦尔 (美国插画家)

Lindbergh 林德伯格 (美国飞行员)

Neil Armstrong 尼尔·阿姆斯特朗 (美国宇航员)

Eisenhower 艾森豪威尔 (美国第34任总统)

Kennedy 肯尼迪 (美国第35任总统)

Johnson 约翰逊 (美国第36任总统)

portrait 肖像

athletics 体育运动

coordinated 肌肉功能协调的

corrective 纠正的

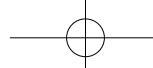
illustrator 插画家

1 Listen to a passage about Norman Rockwell and check (✓) the things that are true to Norman Rockwell.

- 1 He went to the moon.
- 2 He flew across the Atlantic.
- 3 He was once an athlete.
- ✓ 4 He painted for presidents.
- 5 He finished high school.
- ✓ 6 He attended an art school.
- ✓ 7 He studied modern French painting in Paris.
- 8 He was a chief cover model.

2 Listen to the passage again and choose the best answer to each of the following questions.

- 1 What was Norman good at? A
A Painting people.
B Recording people's voices.
C Playing sports.
D Reporting major events.
- 2 When was Norman born? A
A In 1894. B In 1916. C In 1919. D In 1927.
- 3 Why was Norman unsuccessful in athletics? D
A Because he couldn't afford exercise equipment.
B Because his parents didn't support him.
C Because he didn't have enough training.
D Because he was physically unfit.
- 4 Which of the following statements is true of Norman's experience in Paris? C
A He refused to study modern French painting.
B He decided to quit painting.
C He didn't do well in modern French painting.
D He refused to work for popular magazines.
- 5 How long did Norman paint magazine covers for *The Saturday Evening Post*? D
A For more than four years.
B For more than 10 years.
C For more than 14 years.
D For more than 40 years.



Listening IV

Michael Joseph Jackson was born on August 29, 1958, in Gary, Indiana. He was the seventh child of Joseph and Katherine Jackson. Joseph, a steel mill worker, encouraged his three sons Sigmund, Toriano, and Lajaune to practice the guitar and write songs. This trio performed at nightclubs and talent shows.

Young Michael loved to imitate his brothers' dancing and singing. His parents were often amused to find him imitating a song and his brothers' dance steps. But as he grew older, they found that he had a natural talent for singing.

He sang his first solo in front of his entire school, the song "Climb Every Mountain", which was a popular number from the musical *The Sound of Music*.

By the early 1960s, Joseph decided that Michael and his elder brother, Marlon, should join their older siblings and form a group. The result was "Jackson Five". This group performed in nightclubs and talent shows. Despite his young age, Michael soon distinguished himself as a singer and dancer of unusual ability.

SCRIPT

Listen to a passage about Michael Joseph Jackson and complete the following passage with the information you get.

Michael Joseph Jackson was born on August 29, 1958, in Gary, Indiana. He was the 1) seventh child of Joseph and Katherine Jackson. Joseph, a steel mill worker, 2) encouraged his three sons Sigmund, Toriano, and Lajaune to practice the guitar and write songs. This trio 3) performed at nightclubs and talent shows.

Young Michael loved to imitate his brothers' dancing and singing. His parents were often 4) amused to find him imitating a song and his brothers' dance steps. But as he grew older, they found that he had a 5) natural talent for singing.

He sang his first solo in front of his entire school, the song "Climb Every Mountain", which was a popular number from the 6) musical *The Sound of Music*.

By the early 7) 1960s, Joseph decided that Michael and his elder brother, Marlon, should join their older siblings and 8) form a group. The result was "Jackson Five". This group performed in nightclubs and talent shows. 9) Despite his young age, Michael soon 10) distinguished himself as a singer and dancer of unusual ability.

Word tips

Michael Joseph Jackson

迈克尔·约瑟夫·杰克逊
(美国职业歌手)

Gary 加里 (美国印第安纳州城市)

Indiana 印第安纳州(美国州名)

steel mill 炼钢厂, 炼铁厂

Sigmund 西格蒙德(人名)

Toriano 托里阿诺(人名)

Lajaune 拉乔恩(人名)

trio 三重唱, 三重奏

nightclub 夜总会

talent show 新秀发掘演出

imitate 模仿

solo 独唱; 单独表演

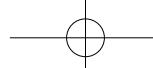
number 一支歌曲

musical 音乐剧; 音乐影片

Marlon 马龙(人名)

sibling 兄弟, 姐妹

distinguish oneself 使杰出, 使著名



Unit **4**

Psychology in Our Daily Life

PART 1

Listening, Understanding and Speaking

Listening I

SCRIPT

A potato farmer was sent to prison just at the time when he should have been digging the ground for planting the new crop of potatoes. He knew that his wife would not be strong enough to do the digging by herself, but she could manage to do the planting; and he also knew that he did not have any friends or neighbors who would be willing to do the digging for him. So he wrote a letter to his wife, which said, "Please do not dig the potato field. I hid the money and the gun there."

Ten days later he got a letter from his wife. It said, "I think somebody is reading your letters before they go out of the prison. Some policemen arrived here two days ago and dug up the whole potato field. What shall I do now?"

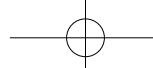
The prisoner wrote back at once, "Plant the potatoes, of course."

1 Listen to a story about a potato farmer and decide whether the following statements are true (T) or false (F).

- 1 The farmer couldn't plant the potatoes because it was not the right season. F
- 2 His wife was not strong enough to do the digging. T
- 3 There were no friends or neighbors willing to help out. T
- 4 The farmer wrote the first letter in order to tell his wife what he hid in the potato field. F
- 5 His wife fully understood him after reading his first letter. F
- 6 The policemen were so kind that they helped to dig the field. F

2 Listen to the story again and complete the following sentences with the information you get.

- 1 The farmer was sent to prison.
- 2 The farmer knew his wife could manage to do the planting, but not the digging.
- 3 The farmer got his wife's reply ten days later.
- 4 The policemen believed the farmer hid the money and the gun in the field.



5 In his second letter, the farmer asked his wife to plant the potatoes.

3 Work in groups of three to role-play the story.

Student A

You are John, the potato farmer, who is in prison and worried about the digging of the potato field at home.

Student B

You are the police officer who is responsible for examining the prisoners' letters.

Student C

You are Mary, John's wife, who is surprised to see the police digging your potato field.

SAMPLE

John:

Oh, what a time to be kept in prison! This is the best planting season. The new crop of potatoes MUST be planted within a week. But I can't get out of this place within two months. Such a large area of potato field to dig! Mary cannot possibly do all the digging. She's not strong enough, though she could manage to do the planting. I have no brother or sister. And nobody else would be willing to help me now that I'm a prisoner. What shall I do? What shall I do? ... Ah, I have an idea. (*He starts to write a letter.*)

Dear Mary,

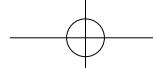
I am writing this letter to tell you a secret. Please do not dig the potato field. I hid the money and the gun there. This is very important. Be sure not to tell anyone else.

I'm fine, so don't worry about me. I'll be home soon.

*Love,
John*

Police officer: (*The police are checking all the mail coming in and out of the prison.*) Look! John is sending his wife a letter. Let's see what's in it. "Please do not dig the potato field. I hid the money and the gun there." Aha! Jim, Tom, Jerry, Alan, get ready! We're going to John's potato field! (*They turn up every inch of the potato field but find nothing.*) Where is the gun? Where is the money? Where did he hide them?

Mary: (*She is very surprised to see the police digging their potato field.*) What are you doing? (*She says to the police.*) Why are you digging my field? (*Back home, she is writing a letter.*)



Dear John,

I received your letter yesterday. I'm glad to hear that you are well. But I want to tell you something strange. I think somebody is reading your letters before they go out of the prison. Some policemen arrived here and dug up the whole potato field. What shall I do now?

Take care,
Mary

John: (He reads Mary's letter. He is smiling.) Plant the potatoes, of course.

Listening II

The manager of a large office building received many complaints about the lift service in the building. He hired a group of engineers to study the situation. They suggested two solutions: 1) adding more lifts of the same type; 2) replacing the lifts with faster ones.

The manager decided that both suggestions were too expensive. So he asked a psychologist to study the problem. The psychologist noticed that many people felt angry and impatient because they thought they had to wait too long for the lifts. However, the psychologist found that they had to wait only a relatively short time. It occurred to him that the reason why they felt angry and impatient was that they had nothing to do while they were waiting for the lifts. He suggested a simple, inexpensive solution to the manager. This was adopted and complaints stopped immediately. The solution was to place a large mirror next to the lifts.

Word tips

complaint 投诉

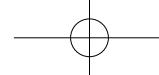
psychologist 心理学家

impatient 不耐烦的

occur to sb. (主意或想法突然) 被想到

1 Listen to a passage about a psychologist's solution to a problem and check (✓) the true statements.

- 1 There were fewer lifts in the building than people had expected.
- 2 The lifts in the building were not fast enough.
- 3 The people in the building were too impatient and hot-tempered.
- ✓ 4 The people in the building thought they had to wait too long for the lifts.
- ✓ 5 The people in the building had nothing to do while waiting for the lifts.



2 Listen to the passage again and complete the following table with the information you get.

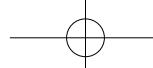
Problem	There were complaints about 1) <u>the lift service</u> in a large office building.	
Suggested solutions by a group of 2) engineers	The solutions: 3) <u>Add more lifts</u> of the same type or replace the lifts with 4) <u>faster ones</u> .	Disadvantage: Both alternatives were 5) <u>too expensive</u> .
Final solution by 6) a psychologist	The solution: 7) <u>Place a large mirror</u> next to the lifts.	Advantage: It was 8) <u>simple</u> and 9) <u>inexpensive</u> .

3 Work in groups to discuss the following questions.

- 1 Why did complaints stop immediately after the solution was adopted?
- 2 Do you have other possible solutions to the problem? List at least three solutions.
- 3 We often have to wait for something to arrive, for example, for a lift in a building, for a bus, or for something we purchased online. How do you feel when you are kept waiting? Do you have good ways to make the waiting seem not so long?

SAMPLE

- 1 The reason was that people could look at themselves in the mirror. They could have something to do while waiting for the lifts and, of course, many people like to look at themselves in the mirror.
- 2 Other possible solutions:
 - to set up a picture gallery near the lifts and change the pictures regularly;
 - to put up-to-date newspapers on the wall;
 - to open a small shop nearby where people can buy snacks;
 - to put a shoe polisher (擦鞋器) there;
 - to put a screen on the wall on which information about the stock exchange is shown;
 - to play programs (e.g. news, short funny stories) on TV screens close to the lifts.
- 3 I often feel rather anxious and impatient. Even though I have to wait for only five minutes, or even shorter, I feel as if I had been waiting for ages. If it's something I badly need, the waiting seems even longer. I guess that's because I don't know exactly when the bus or the ordered item will come. But it seems that people are impatient by nature. For example, when we are waiting for the lift to come, even if we can see what floor it is now on, or even if we see that it is only three floors from us, we still get impatient.



Waiting is inevitable in our life. I usually try to relieve the anxiety by setting my mind on something else. For example, when waiting for the bus, I often read a few pages from a book, look at the scenery around, make a phone call, or play some small games on my cellphone. I try not to concentrate on what I'm waiting for; instead, I would divert my attention to something else, or make use of the time to do something. That way, the waiting wouldn't seem endless.

Listening III

SCRIPT

After just a few years of marriage, filled with constant arguments, a young man and his wife decided the only way to save their marriage was to try therapy. They had been at each other's throats for some time and felt that this was their last resort.

When they arrived at the therapist's office, the therapist jumped right in and opened the floor for discussion. "What seems to be the problem?" Immediately, the husband held his long face down without anything to say. On the other hand, the wife began describing all the wrongs within their marriage.

After 5—10—15 minutes of listening to the wife, the therapist went over to her, picked her up by her shoulders, kissed her for several minutes, and sat her back down. Afterward, the wife sat there—speechless.

He looked over at the husband who was staring in disbelief at what had happened. The therapist spoke to the husband, "Your wife NEEDS that at least twice a week!"

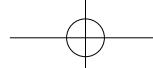
The husband scratched his head and replied, "I can have her here on Tuesdays and Thursdays."

Word tips

therapy 心理疗法
at each other's throats 激烈争吵
therapist 治疗专家
open the floor for 开始, 展开
speechless (因愤怒、难过等) 说不出话的, 哑口无言的
disbelief 不相信

1 Listen to a story about a couple and decide whether the following statements are true (T) or false (F).

- 1 The couple often quarreled with each other. T
- 2 The couple hoped that the therapist could help them improve their relationship. T
- 3 The problem with the couple was that they didn't want to listen to each other. F
- 4 The wife had to be at the therapist's office at least twice a week. F
- 5 The husband misunderstood what the therapist said. T



2 Listen to the story again and complete the following passage with the information you get.

When the couple arrived at the therapist's 1) office, the therapist jumped right in and opened the floor for 2) discussion. "What seems to be the problem?" 3) Immediately, the husband held his 4) long face down without anything to say. On the other hand, the wife began 5) describing all the 6) wrongs within their marriage.

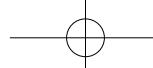
After 5—10—15 minutes of listening to the wife, the therapist went 7) over to her, picked her up by her 8) shoulders, kissed her for several 9) minutes, and sat her back down. Afterward, the wife sat there—10) speechless.

3 Work in groups to discuss the following questions.

- 1 What did the therapist mean when he said to the husband, "Your wife NEEDS that at least twice a week!"?
- 2 Why did the husband say "I can have her here on Tuesdays and Thursdays"?
- 3 How did the therapist make the wife speechless? Do you think that he understood the psychology of women?
- 4 Do you think that the therapist's approach is a good way to improve the relationship between the couple? Why or why not?

SAMPLE

- 1 The therapist meant that the husband should often listen to his wife's complaints, then comfort her, etc. He implied that the wife needed the husband's attention and understanding. If the husband tried to listen to her, and often showed his understanding of her feelings and his love for her, their arguments would end and their marriage would be saved.
- 2 When the therapist said "Your wife NEEDS that at least twice a week", the husband misunderstood this as a kind of treatment by the therapist, i.e., every week, the wife should come to the therapist's office, and the therapist would hear her complaints, pick her up by the shoulders, and kiss her. So he reluctantly agreed to bring her to the therapist's office for treatment every Tuesday and Thursday.
- 3 It seems that the therapist understood very well the psychology of women. When he found the wife doing all the talking, he inferred that the wife had a lot to say to the husband, but the husband was not a very good listener. The therapist tried to show the husband that if he could be more sensitive and sympathetic toward his wife, she would feel the love of her husband, and feel that she was important in their relationship.



4 • Yes, I think that it is a good way to improve the relationship of a couple. According to *Men Are from Mars, Women Are from Venus* by John Gray, when women are depressed, they like to talk with people. They want people to be sympathetic listeners; they don't necessarily want solutions. So the husband should show his acknowledgment of the wife's problems by listening carefully and sympathetically. If a man does not understand a woman's psychology, and only tries to fix a problem, for example, by sending his wife to the therapist, the wife's emotional needs are still not met.

• I think the therapist's approach could just temporarily improve the situation. Marriage is a two-person business. To fix the marriage, the couple should talk about their problems openly. I don't think one side should simply reconcile, apologize and give in to the other side. They should be equal in their relationship. I believe the couple needs to find out the root cause of their problems and understand what was actually going wrong with their marriage.

Listening IV

SCRIPT

Joan: I'm so stressed out! I just can't get that new computer program written. I wonder if I'll ever finish it. I'm supposed to have dinner with my best friend from college tonight but I think I should call her and say I can't.

Thomas: No, Joan, don't call her. Have dinner with her and have a good time.

Shelly: I agree with Thomas. Have dinner and talk about what fun you two had in college. Tomorrow you'll feel less stressed.

Joan: How do you know, Shelly?

Shelly: I recently read an article in the magazine *Psychology Today*. It said social support, especially with old and good friends, can help you keep down your stress level. It can actually slow your heart rate and reduce your blood pressure.

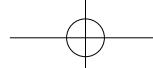
Thomas: I read that too. It also said that making time for close relationships is vital to helping you have good health. Some research suggests that people who are socially connected get a better night's rest too.

Joan: OK, I'll go. I really wanted to, but, well, you know... By the way, Thomas, your job is stressful too. What are you doing tonight?

Thomas: I've joined a book discussion group. We're meeting tonight. I always enjoy the discussion and social interaction, so I go home afterward, feeling relaxed.

Shelly: I'm going to call my sister. We don't live close to each other so we phone when we can and laugh a lot. I always feel great afterward.

Joan: Sounds like we'll all be "distressing" tonight. I'm glad we talked.



1 Listen to a conversation about how to reduce the stress level and decide whether the following statements are true (T) or false (F).

- 1 Joan is quite worried because she can't finish writing her new computer program. T
- 2 Joan is considering not having dinner with her best friend from college. T
- 3 Thomas and Shelly are curious about the funny things Joan and her friend did at college. F
- 4 Thomas invites Joan and Shelly to join a book discussion group. F
- 5 Shelly will go to her sister's home and have a good chat with her sister. F

Word tips

stressed out 非常紧张
疲惫的；极度焦虑的
make time 抽出时间
vital 极其重要的
interaction 交流

2 Listen to the conversation again and complete the following sentences with the information you get.

- 1 Joan is advised to have dinner with her best friend from college. It will make her feel less stressed the next day.
- 2 According to *Psychology Today*, social support, especially with old and good friends, can help you keep down your stress level, slow your heart rate, and reduce your blood pressure.
- 3 Thomas enjoys the discussion and social interaction of the book discussion group. It makes him feel relaxed afterward.
- 4 Shelly often calls her sister and they laugh a lot. It makes her feel great afterward.

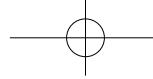
3 Work in groups to discuss the following questions.

- 1 How do you deal with the stress in your daily life and study?
- 2 If one of your friends or classmates is suffering from great stress, how would you help them?

SAMPLE

1 I am often under stress from my study. I have many courses to take. Some of them are very difficult for me. Many of my classmates do better than me, so I must work very hard to get high scores. And college life is very different from high school. I have to actually take care of everything by myself.

But I find I can't let stress overwhelm me, because I gain nothing from stress. It even messes things up for me. So I try to plan my time more reasonably. I preview my lessons well, never skip a class, and try to learn from other students. I get a lot of exercises and have a good sleep. After I have studied for a long time, I go outside for a breath of fresh air or have a chat with a friend. This way I feel less stressed, and my work efficiency is improved.



I have a large circle of friends. When I feel stressed, I turn to them and they are always there to listen to me and give me advice. I feel less stressed afterward.

- 2 First, I will stay with them. I hope, by doing this, I can show that I am willing to help. Even though there may be nothing specific I can do to help, this makes them feel they are not alone in their suffering. Second, I will be a good listener. After listening carefully, I may find out the cause of the stress. Maybe I can give them some suggestions. Third, I will tell them that stress is a part of our life and everyone is under stress now and then. Finally, I will cheer them up by talking about their merits. It is not difficult to find merits in a person. Seeing their own merits will make them more confident in handling difficulties.

PART 2

Viewing, Understanding and Speaking

Topic

Psychology at the Airport

Characters

Mr. and Mrs. Strong (couple)

Mr. and Mrs. Green (couple)

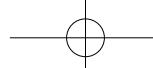
An agent at the Information Desk (woman)

Setting

At the airport (in the waiting room, at the Information Desk, and in the coffee shop)

(Some passengers have been informed of the delay of their flights.)





(It's now 6:05 in the afternoon. Mr. and Mrs. Strong are in the waiting room of an airport. Mr. Strong is reading a newspaper. Mrs. Strong is sitting there idly. Mr. and Mrs. Green approach them.)

SCRIPT

Mrs. Green: Excuse me, is this seat taken?

Mrs. Strong: No, it's not taken. Have a seat.

(Mr. and Mrs. Green sit down next to Mr. and Mrs. Strong.)

Mrs. Strong: My name is Strong, Molly Strong. Pleased to meet you.

Mrs. Green: I'm Doris Green. How do you do?

Mrs. Strong: Where are you going?

Mrs. Green: We're going to Copenhagen for our son's wedding. It's tomorrow morning.

Mrs. Strong: Oh, congratulations! That's nice. You must be very excited.

Mrs. Green: You bet! I can hardly believe my little Jackie has grown up and is getting married. (She looks at her watch.) Now it's 6:05 and the flight will take off in 50 minutes. Just imagine in nine hours I'll see Jack and my new daughter-in-law, Alice! I expect they'll come and pick us up at the airport. What about you? Where are you going?

Mrs. Strong: We are going to New York by TWA Flight 1070. Our daughter recently had a baby. My first grandchild.

Mrs. Green: You must be thrilled.

Mrs. Strong: Yeah, I can't wait to see my dear grandson. This is him, Nick. (She takes out a picture of Nick and shows it to Mrs. Green.)

Mrs. Green: (She looks closely at the photo.) He's lovely!

(Suddenly, a voice comes out through a loudspeaker.)

Loudspeaker: Attention, please. AA Flight 644 to Copenhagen will be delayed. Attention, please. AA Flight 644 to Copenhagen will be delayed.)

Mrs. Green: Oh, my goodness! What's up? It seems the flight to Copenhagen won't be on time. I'd better go and call Jackie about the delay.

Mr. Green: (He looks up from the newspaper.) No hurry. It doesn't say how long the flight will be delayed. Let's wait and see.

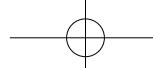
Mrs. Green: Well, OK, let's wait a while.

Mrs. Strong: Don't worry. I'm sure things will turn out fine in the end.

(Just at that time, another voice comes out through a loudspeaker.)

Loudspeaker: Attention, please. TWA Flight 1070 to New York is overdue because of mechanical problems. It's stopping in Chicago for maintenance. We'll keep you informed when we know more.)

Mrs. Strong: Oh, no! Our flight is delayed as well.



Mr. Strong: (He looks up from the newspaper.) Take it easy. It says the flight is overdue because of mechanical problems. I believe the mechanics will solve the problems soon.

Mrs. Strong: OK.

(As time goes by, Mr. and Mrs. Green become more and more anxious. Mr. Green can't read the newspaper anymore. He walks back and forth in the waiting room. Mrs. Strong is comforting Mrs. Green.)

Mrs. Green: I can't wait anymore. It's 7:15. We've been waiting for over an hour, but there's been no further information. What on earth is happening?

Mr. Green: Who knows! It could be bad weather, mechanical problems, a bomb threat, whatever.

Mrs. Strong: Why don't you go to the Information Desk and ask them about the causes of the delay?

Mr. Green: That's not a bad idea. Let's go there now.

(Mr. and Mrs. Green leave for the Information Desk.)

Mrs. Strong: (to Mr. Strong) I'll go and buy some magazines.

Mr. Strong: Go ahead. I'll be here waiting for you.

Mrs. Strong: OK.

(Mrs. Strong stands up and goes around the airport. Mr. Strong continues reading the newspaper. Several minutes later, Mrs. Strong comes back with some magazines in her right hand.)

Mr. Strong: What did you get?

Mrs. Strong: *Cosmo*, *Life* and *Good Housekeeping*. Any further news about our flight yet?

Mr. Strong: Nothing, up to now.

(Loudspeaker: Attention, please. TWA Flight 1070 to New York is overdue because of a door problem. The mechanics expect that the door will be repaired in 30 minutes. We'll keep you advised as we know more.)

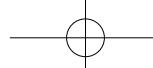
Mr. Strong: Well, it seems we have lots of time. Why not go and get a bite to eat?

Mrs. Strong: Good idea. Let's go to the coffee shop.

(Mr. and Mrs. Green arrive at the Information Desk.)

Mr. Green: Excuse me, can you tell me why AA Flight 644 to Copenhagen is delayed?

Agent: I'm sorry, sir. We don't have any further information about that.



Mr. Green: Then how long will it be delayed?
Agent: Sorry, sir. We really don't know. You'll just have to wait. We'll inform you through the loudspeaker as soon as possible.
Mrs. Green: (*She says angrily.*) We've been waiting for ages and there's been no further information about the delay. How long will we have to wait? We are going to our son's wedding. We can't miss it.
Agent: I understand how you feel, madam. We'll try to find out the causes as soon as possible.

(*Mr. and Mrs. Green go back to the waiting room of the airport. They become increasingly impatient.*)

Mrs. Green: Isn't it annoying? Nobody is telling us anything.
Mr. Green: That's the limit! I can't bear it any longer. Let's go and find seating on an airline that flies to Copenhagen.
Mrs. Green: Why not? We're not getting any help from this airline.
(*Mr. and Mrs. Green leave the waiting room angrily.*)

(*Mr. and Mrs. Strong are sitting leisurely at the coffee shop. Light music is on, and they feel very comfortable.*)

Mrs. Strong: (*She looks at her watch.*) Oh, time is flying. It's 7:30. Hurry up. The flight will be announced soon.
Mr. Strong: Take your time. We're in no great rush. We can hear the announcement here if there is one.
Loudspeaker: Attention, please. TWA Flight 1070 to New York is overdue because of mechanical problems. We are sorry to announce that the problems are more complex than initially expected. Those who are without luggage and need to leave right away can take TWA Flight 1120 at Gate 6. TWA Flight 1120 will leave from Gate 6 at 7:45.
Mr. Strong: (*He smiles.*) See? Let's go to take TWA Flight 1120.
Mrs. Strong: Good.

Word tips

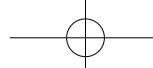
Molly 莫莉 (人名)

Doris 多丽丝 (人名)

Copenhagen 哥本哈根 (丹麦首都)

You bet! used to emphasize that you agree with sb. or are keen to do what they suggest 的确! 当然! 一定!

e.g. – Going to the party on Saturday?
– You bet!



TWA (Trans-World Airlines) (美国) 环球航空公司 (2001年被美国航空公司收购)

thrilled *adj.* very pleased and excited 非常激动的, 高兴的
e.g. *We were so thrilled to hear about the baby.*

AA (American Airlines) 美国航空公司

overdue *adj.* if sth. or sb. is overdue, they should have arrived before now 迟到的, 延误的
e.g. *You're long overdue for a dental check-up.*

mechanical *adj.* affecting or involving a machine 机械方面的
e.g. *The pump shut off as a result of a mechanical failure.*

maintenance *n.* work that is done to keep sth. such as a building, machine, or piece of equipment repaired and in good condition 维修; 保养
e.g. *The window had been replaced last week during routine maintenance.*

mechanic *n.* sb. whose job is to repair vehicles and machines 机械工; 机修工
e.g. *An elevator mechanic can work the machinery directly by turning this lever.*

a bite (to eat) if you have a bite to eat, you have a small meal or a snack 一点食物
e.g. *It was time to go home for a little rest and a bite to eat.*

annoying *adj.* making you feel slightly angry or impatient 讨厌的, 恼人的
e.g. *The annoying thing about the scheme is that it's confusing.*

initially *adv.* at the beginning 起初
e.g. *I had initially thought I wanted to write novels.*

1 Watch a video about what happened to two couples at the airport and match the information listed in the right column with the corresponding characters.

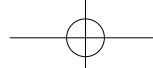
1 Mr. & Mrs. Strong

B C F H I

2 Mr. & Mrs. Green

A D E G

- A They are going to Copenhagen to attend their son's wedding.
- B They are excited about the arrival of their first grandchild.
- C Their flight is stopping in Chicago for maintenance.
- D They are very anxious because they are not informed of the causes of the delay.
- E They want to get some help from an agent at the airport.
- F They wait leisurely when they know how long it will take for mechanics to solve the problems.
- G They are angry at the service of American Airlines.
- H They don't have any luggage, so they can take another flight to their destination.
- I They will board the plane at Gate 6.

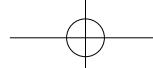


2 Watch the video again and answer the following questions by completing the given sentences.

- 1 When will Mr. and Mrs. Green's flight take off according to the schedule?
At 6:55.
- 2 Where are Mr. and Mrs. Strong going?
New York.
- 3 Why is TWA Flight 1070 delayed?
It is overdue because of mechanical problems.
- 4 Why do Mr. and Mrs. Green go to the Information Desk?
They go there to ask about the reasons why their flight is overdue / delayed.
- 5 Where do Mr. and Mrs. Strong go to kill time?
They go to the coffee shop.
- 6 What do Mr. and Mrs. Green finally decide to do?
They decide to request seating on another airline which flies to Copenhagen.
- 7 Which flight will Mr. and Mrs. Strong take in the end?
TWA Flight 1120.

3 Repeat a few important lines and try to imitate the speakers' pronunciation and intonation.

- 1 – Oh, congratulations! That's nice. You must be very excited.
– You bet!
- 2 Just imagine in nine hours I'll see Jack and my new daughter-in-law, Alice!
- 3 You must be thrilled.
- 4 No hurry. It doesn't say how long the flight will be delayed. Let's wait and see.
- 5 Don't worry. I'm sure things will turn out fine in the end.
- 6 I can't wait anymore. It's 7:15.
- 7 Who knows! It could be bad weather, mechanical problems, a bomb threat, whatever.
- 8 – I'll go and buy some magazines.
– Go ahead, I'll be here waiting for you.
- 9 – Any further news about our flight yet?
– Nothing, up to now.
- 10 Well, it seems we have lots of time. Why not go and get a bite to eat?
- 11 Excuse me, can you tell me why AA Flight 644 to Copenhagen is delayed?
- 12 Isn't it annoying? Nobody is telling us anything.
- 13 That's the limit! I can't bear it any longer.
- 14 Oh, time is flying. It's 7:30.
- 15 Take your time. We're in no great rush.



4 Work in groups of three to role-play the scene at the school library.

Students A & B

You are students. You get to the reading room of the school library at eight when it is scheduled to open. Some students are waiting outside the room, but the door remains closed. Minutes have passed, and still nobody comes to open the door or tell you what has happened. You start to get impatient and decide to go to the Information Desk.

Student C

You are an assistant at the Information Desk. You feel sorry for the delay and promise to call about that.

Expressions you may use

A Expressions of impatience and comfort

- Oh, my goodness. What's up?
- I can't wait anymore. We've been waiting for ages. What on earth is happening?
- How long will we have to wait?
- Isn't it annoying? Nobody is telling us anything.
- That's the limit! I can't bear it any longer.
- No hurry. Let's wait and see.
- Take it easy.
- We're in no great rush.

B Expressions of enquiry / request and reply

- I'm sorry to bother you, but...
- I think you may have forgotten to...
- Excuse me, but could you do something about this right away, please?
- Oh dear, I'm sorry that this has happened.
- I'm terribly sorry about this. I will call somebody right away.
- I understand how you feel. We'll try to find out the reasons as soon as possible.
- I have to apologize for the delay.

SAMPLE

Student A: It's already ten minutes past eight, and nobody has come to open the door.

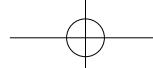
Student B: Well, they are usually on time, aren't they?

Student A: How long will we have to wait?

Student B: Maybe they will be here in a minute.

Student A: I can't wait anymore. We've been waiting for ages. What on earth is happening?

Student B: Take it easy. Take it easy. It's only eight fifteen.



Student A: That's the limit! I can't bear it any longer. Nobody is telling us anything.

Student B: Shall we go to the Information Desk and ask somebody there?

Student A: Yes, let's go.

Student B: *(to the assistant)* I'm sorry to bother you, but do you know who is in charge of the reading room?

Assistant: Yes. Is there anything I can do to help you?

Student A: I think you may have forgotten to open the door of the reading room. It's already eight fifteen, but the door is still closed.

Assistant: Oh dear, I'm sorry that this has happened.

Student A: Could you do something about this right away, please?

Assistant: I'm terribly sorry about this. I will call somebody right away.

Student B: Thank you for your help.

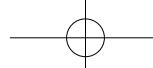
Assistant: You are welcome. I must apologize for the delay.

PART 3

Video Appreciation and Singing for Fun

Video Appreciation



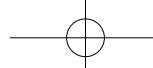


SCRIPT

Traffic queues, the curse of modern day life. Everyone hates them, the boredom, the frustration, and whenever you're in a queue, why is it that the other lanes seem to be moving faster? It's a holiday weekend. The family are hitting the road. Just one snag. Everyone else has the same idea. Yet when you seem to be stuck in the slowest lane, switching to another can be really dangerous. *Weird Science* investigates the nature of queues on the road, and in our minds.

Let's start in a safer place. Saturday morning, in the supermarket. While the kids go swimming, you've got one hour to pick up a few things. So far so good. But now you've got a big decision. This is where a speedy shopping trip can come unhinged. Which checkout queue are you going to join? Once you've committed, the nagging doubts begin: Will this be a fast lane? Or have you, as usual, picked the slowest moving lane? Apparently you chose the slow one, and that lady ahead of you has got the wrong kind of milk. The neighboring checkouts all seem to be moving faster than yours. You may despair, but are you assessing the situation objectively? No. The problem is your observational bias. Due to the basic realities of your height and limited field of vision in a busy shop, you're unable to get the bigger picture. You're comparing your queue with the ones on either side, not the entire bank of checkouts. Probability dictates that you have a 1 in 3 chance of being in the slowest queue of the 3, but in fact your chance of being slowest overall is near at 1 in 20. The tension makes it feel like a bad decision, but there's no reason that you won't pick the fastest queue on your next visit.

How does this work on the motorway? Our family are in the emotional pressure cooker of gridlock. One of those mysterious jams that seem to occur for no reason at all. The drivers are overreacting in the pressure of a queue. They brake hard, slow down fast, even stop, so the jam ripples back as more cars join it. Even though cars are accelerating away from the front of the jam, they're being replaced by even more cars braking at the back. So the queue gets longer. Everyone is really fed up now. Mum just can't understand why she's having such a slow trip. Her observational bias kicks in. When she's in slow moving traffic, there's plenty of time to monitor the other lanes. In Canada, scientists played video tape shot from a car window to volunteers and asked them if they thought the next lane was going faster or slower. Over 75 percent of volunteers thought it was going faster even when it wasn't. So there's some weird psychology going on. We tend to think things are worse than they really are. There'll be times when the car was overtaking other cars, but our mum hasn't really noticed her good fortune. Sensibly she was concentrating on driving, not looking at the other lanes, and because we humans are so determined to learn from mistakes, we forget when things go smoothly. We remember the bad cause. So it's wider awareness that can make queues less of a pain. Keeping a safe braking distance avoids quick braking and the danger of coming to a halt, making the jam worse. And remember it's not as bad as it seems. Most of the problem is in your mind.



Word tips

queue *n.* a line of people or vehicles that are waiting for sth. (人或车辆为等候而排的) 队, 行列

e.g. *Behind him was a long queue of angry motorists.*

curse *n.* an unpleasant situation or influence that continues for a long time 灾祸; 祸害
e.g. *Being a war hero has turned out to be both a blessing and a curse.*

boredom *n.* the feeling of being tired and impatient because you do not think sth. is interesting, or because you have nothing to do 厌烦; 无聊

e.g. *He was trying to escape the intolerable boredom at home.*

lane *n.* the two or three parallel areas on a main road which are divided by painted lines to keep fast and slow traffic apart; one of the narrow parallel areas marked for checkout in the supermarket 车道; (超市出口处的) 付款道

e.g. I) *Cars in the fast lane were traveling at over 80 miles an hour.*

II) *The lanes for checkout are not available at this moment.*

hit the road leave, or start a journey 出发, 启程

e.g. *After saying goodbye to his parents, he hit the road with great enthusiasm.*

snag *n.* a small problem or disadvantage 小问题, 小障碍

e.g. *The process hit a snag Tuesday when a vital meeting had to be canceled.*

so far so good used for saying that sb. or sth. has been successful up to this point 到目前为止一切都好

e.g. *So far so good. The operation is proceeding quite nicely.*

unhinged *adj.* feeling upset or being thrown into confusion or turmoil 被扰乱的

e.g. *In one sense civilization as we know it had become unhinged.*

checkout *n.* a counter where you pay for things you are buying in a supermarket (超市的) 付款处, 收银台

e.g. *Luckily, there was no line at the checkout.*

commit *vt.* make sb. agree or promise to do sth. 使同意; 使承诺

e.g. *He would have to commit to spending several thousand pounds.*

nagging *adj.* affecting you in an unpleasant way for a long time and difficult to get rid of 烦人的; 让人头痛的

e.g. *There are still some nagging doubts about the future of the company.*

despair *vi.* feel that there is no hope at all 绝望

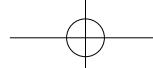
e.g. *Despite his illness, Ron never despaired.*

bias *n.* an opinion about whether a person, group, idea is good or bad, that influences how you deal with it 偏见

e.g. *Conservatives say the press has a liberal bias.*

bank *n.* a large number of things in a row, especially pieces of equipment 排; 组

e.g. *The typical laborer now sits in front of a bank of dials.*



probability *n.* a calculation of how likely sth. is or a measure of how likely sth. is to happen 概率；可能性

e.g. *There is a 20 percent probability that you could develop the cancer.*

dictate *vt.* control or influence sth.; determine 支配；影响；决定

e.g. *Funds dictate what we can do.*

tension *n.* the feeling of being so nervous or worried that you cannot relax 紧张；焦虑；焦急

e.g. *I tried to ease the tension with a joke.*

pressure cooker *n.* a deep cooking pan with a tight lid that allows the pressure of steam to cook food quickly; a difficult situation in which people have to work very hard or experience a lot of strong emotions 压力锅，高压锅；困境

e.g. I) *By using a pressure cooker, the temperature of the water is increased, reducing the cooking time and the loss of nutrients.*

II) *Did you notice the pressure cooker atmosphere of the office?*

gridlock *n.* the situation that exists when all the roads in a particular place are so full of vehicles that none of them can move 交通全面大堵塞

e.g. *The streets are wedged solid with near-constant traffic gridlock.*

overreact *vi.* react to sth. that happens by showing too much emotion or by doing sth. that is not really necessary 反应过火

e.g. *Some analysts believe the bank overreacted, and that interest rates did not really need to rise.*

ripple *vi.* move in small waves, or to make sth. move in this way (使) 呈波状移动；传开；缓慢蔓延

e.g. *A smattering of applause rippled across the audience.*

accelerate *vt.* start to go faster 加速

e.g. *Suddenly the van accelerated and shot forward.*

kick in start to have an effect 开始产生效果；开始运作

e.g. *The medicine took some time to kick in.*

monitor *vt.* carefully watch and check a situation in order to see how it changes or progresses over a period of time 监测；监视

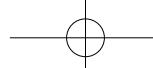
e.g. *The government has built a scanner that monitors damage to the ozone layer.*

sensibly *adv.* in a reasonable and practical way 明智地

e.g. *You must try to eat sensibly while you're away.*

■ About the video:

We all have had observational bias at one time or another. This video shows us two examples in our everyday life, and how our psychology and behavior may be affected by observational bias.



1 Watch a video about observational bias and decide whether the following statements are true (T) or false (F).

- 1 The video starts with investigation at the supermarket because it is not easy to do so on the dangerous highway. F
- 2 You like to spend the whole Saturday morning at the supermarket while the kids go swimming. F
- 3 It is not common for people to doubt their decision once they have committed. F
- 4 One reason that you think the other lanes are moving faster is your limited vision. T
- 5 If there are three checkout lanes, you have a 1 in 3 chance of being the slowest. But if there are 20 lanes, the probability drops to 1 in 20. T
- 6 Over 75 percent of the time, we take the slower lane of traffic. F
- 7 The replies of the volunteers who watched a video tape about traffic show that people do have observational bias. T
- 8 Observational bias means that you are not judging your situation objectively. T

2 Watch the video again and check (✓) the weird human psychology mentioned.

- ✓ A thinking things are worse than they really are
- ✓ B ignoring one's good fortune
- ✓ C being determined to learn from mistakes
- ✓ D always remembering the bad cause
- E having a wider awareness of situations

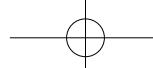
3 Watch the video a third time and complete the translation of the following expressions into English with the information you get. The first letter has been provided.

- 1 现代生活的梦魇
- 2 困在最慢的车道
- 3 (商场) 付款的队伍
- 4 客观地评价形势
- 5 有限的视野
- 6 受够了
- 7 拍摄录像
- 8 超过其他汽车

the curse of modern life
be stuck in the slowest lane
checkout queues
assess the situation objectively
limited field of vision
be fed up
shoot a video tape
overtake other cars

4 Work in groups to discuss the following questions.

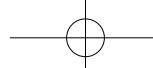
- 1 When you are checking out at the counter at a big supermarket, and there are on average 10 shoppers in each lane, how do you make your decision about which lane to take? And when you see the other lanes moving faster than yours, will you try to switch or do you remain in your lane? Why or why not?
- 2 Look at the following example of observational bias. What is the similar psychological bias that you have in your daily life?



We are more likely to remember a bad consequence of an omen (预兆). But when that omen does not work out, we tend to forget it. One night I saw a black cat on my way back to the dorm. When I was climbing the stairs of the dorm, I fell heavily, and was badly hurt. Naturally I blamed it on the black cat. But the fact is that I met this cat more than once, but nothing bad happened after that, so I just forgot it. It is like what the video said: We tend to forget our good fortune when things go smoothly.

SAMPLE

- 1
 - I would look at how many items each shopper before me has got. I would choose a lane where most shoppers do not have too many items. I would also observe the movements of the clerk to see if she is quite quick at checking out and packaging the items.
I always have the urge to switch to another lane when my lane seems to be moving slower. But more often than not, as soon as I have switched to the other lane, my previous lane starts to move faster! This drives me nuts!
 - I roughly count how many people there are in each lane. Then I go to the shortest lane. If I go shopping with a friend, we each stand in one lane. So we can check out at the quicker lane.
If the lanes next to me seem to move faster than mine, I normally don't try to switch. There is the probability that, in the end, my lane turns out even faster than theirs. Many things change the speed of a lane, for example, the number of items to be checked, the wrong labeling of an item, etc. So I just take whatever fortune brings.
- 2
 - On my way to classes in the morning, I saw a big black crow in a tree in front of the library. When I passed it, the crow cried out loudly. I have heard other people say that crows are considered to be an omen of bad luck. So I took another path to avoid it. But my roommates laughed at me. They said that they had also seen it and heard it cry. They just neglected it. Nothing bad had ever happened to them!
 - A typical example of observational bias which just occurred to me is the one that illustrates Einstein's theory of relativity: An hour sitting with a pretty girl passes like a minute, but a minute sitting on a hot stove seems like an hour. When I watch a very exciting film, time seems to fly. But when I listen to a dull lecture, time crawls. Time does not expand or contract; it is our mind that is biased.
 - My mother once won a lottery of 2,000 yuan. She was wearing a red suit that day. She firmly believed that it was the red color which brought her good luck. So now whenever she goes to the lottery booth, she wears something red. Of course, more often than not, she wins nothing. But when she does win something, she gives credit to the red clothing she is wearing!



Singing for Fun

■ About the song:

“Happy Boys and Girls” is a song in the album *Aquarium* (1997) by the Danish-Norwegian music band Aqua. The band gained international fame in the late 1990s and early 2000s. Though it released only two albums, *Aquarium* and *Aquarius* (2000), it sold an estimated 33 million albums and singles. This made them the most successful band in Denmark. Their first single “Roses Are Red” got a Danish Grammy nomination.

The music style of the band is influenced by the Euro-pop dance genre featuring rich female vocals and male rap (说唱音乐) parts, combined with strong bass rhythm, catchy melodies, and positive and upbeat lyrics.



Listen to the song “Happy Boys and Girls” and learn to sing it.

Happy Boys and Girls

LYRICS

Be happy
Come on let's go get it on
Be happy. Be happy

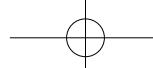
Come on let's go get it on
Be happy
Everybody let's go have some fun

I don't want to waste my time on simple little things
I'd rather stay here all the night where happy voices sing
Come on let's go get it on, everybody let's go have some fun

I've got a feeling you could use a little smile
Hoping you could stay there for just a little while
Making a lot of noise up there, throw your hands up in the air

I don't want to waste my time on simple little things
I'd rather stay here all the night with everyone who sings

Happy boys and happy girls, we'll be
We are the happy boys and girls
Happy boys and happy girls, we'll be
So happy, yeah! So, so happy, yeah



Happy boys and happy girls, we'll be
We are the happy boys and girls
Happy boys and happy girls, we'll be
Oh yeah, so happy

Try with a giggle it will make you look so nice
And if you start to warm, you can further break the ice
Come on, let's go get it on, everybody let's go have some fun

I've got a feeling you could use a little smile
Hoping you could stay there for just a little while
Making a lot of noise up there, throw your hands up in the air

I don't want to waste my time on simple little things
I'd rather stay here all the night with everyone who sings

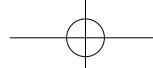
Happy boys and happy girls, we'll be
We are the happy boys and girls
Happy boys and happy girls, we'll be
So happy, yeah! So, so happy, yeah

Happy boys and happy girls, we'll be
We are the happy boys and girls
Happy boys and happy girls, we'll be
Oh yeah, so happy

Young and old
Be happy. Everyone... Be happy
I'm sure you could. Be happy
'Cause happy boys and happy girls around the world

Be happy
Come on let's go get it on
Be happy
Everybody let's go have some fun
Be happy
Come on let's go get it on
Be happy
Everybody let's go have some fun

Happy boys and happy girls, we'll be
We are the happy boys and girls
Happy boys and happy girls, we'll be
So happy, yeah! So, so happy, yeah



Happy boys and happy girls, we'll be
We are the happy boys and girls
Happy boys and happy girls, we'll be
Oh yeah, so happy

Be happy
Come on let's go get it on
Be happy
Everybody let's go have some fun
Be happy
Come on let's go get it on
Be happy... so happy

PART 4

Further Speaking and Listening

Further Speaking

Work in groups to do the following activities.

Design a "Questionnaire About Everyday Psychology of College Students".

It should include at least four questions about some very unpleasant or stressful situations which students encounter in their daily life, like cleaning the bathroom, staying up for an assignment, working for an exam, etc. For each question, interview at least five of your classmates and write down their feedback.

Step
ONE

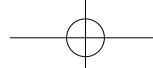
SAMPLE

Questionnaire About Everyday Psychology of College Students

Unpleasant or stressful situations:

- The bathroom of your dorm is dirty and needs to be cleaned.
- The electricity in the dorm is cut down at 11 p.m., but you have not finished your homework and have not taken a bath yet.
- You have to get up at 6:30 in the morning once a week to do jogging, which is required of every college student. You will get your card punched if you reach the destination.
- The seats in the reading room of the library are all taken when you get there at 8:00 a.m. But you find that many seats are actually occupied by books, not the students themselves who only turn up many hours later.

- 1 How do you feel in the situations above?
- 2 What will you do in each of the situations?
- 3 What are your reasons for your choice?
- 4 Can you work out some ways to make the situations less unpleasant or stressful?



Step TWO

Collect and compare the feedback to your survey. Talk about the results of your survey to the class. You could quote individual students.

Words and expressions you may use

psychological state emotion mood affect
develop an attitude stress frustration depression
anxiety anger be irritated be distressed feel down
be relaxed be calm ease let it be share harmony
open-minded in return enjoyable satisfying
well-organized cope with handle connect with friends
help out there is no point (sense) in...

SAMPLE

Situation 1

The most common negative response from my classmates is: "Oh, that's gross!" or "I hate it!" One of them said, "Well, since it has to be done, then it has to be done."

But I think a positive response is also possible. For example, "I love to have a clean bathroom." or "I may use some perfume to make the bathroom smell pleasant." or "All my roommates will enjoy using a clean bathroom."

Our psychological state affects us in everyday life. Negative thoughts lead to stress, which can result in health problems. Life is more enjoyable when you feel good, happy, and positive. I like to be with people who have a positive attitude toward everyday problems. If the problem cannot be avoided, why not face it with a smile and be positive?

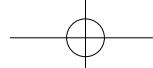
Situation 2

Most of us have had this kind of experience. Some students blame the school for this practice. They say the school should provide electricity the whole day. Otherwise it is very inconvenient. At night we have to do our assignments. We have to use the washroom in turn. It takes a lot of time. One of us says that since this is the rule, he usually gets everything ready before the lights go out. Another student says that if the electricity is on the whole day, there must be students who will play computer games, watch movies, listen to music, read novels, etc. all night long. Most students are not doing their assignments then.

I have a positive attitude to this situation. If we go to bed at 11 p.m. and get up at 7 a.m., we will have eight hours of sleep. This is the time we need to have a good rest.

Situation 3

All the students I interviewed hate to do morning exercises. They usually go to bed late at night, and find it really hard to get up early, especially when the weather is cold. They blame the school for inconsideration of the students. They say that this reduces their time of sleep. Some say that this kind of exercise is unnecessary. They prefer to do some sports in the afternoon instead of early in the morning. Even a student who always gets up early to do jogging doesn't think this is a good idea, either. He says that he doesn't like to see sleepy students dragging their feet to the destination just to get their cards punched.



Since this is a decision made by the school and won't be changed for a while, I suggest that we make the best of it. I may set a theme for each jogging. For example, on the first jogging, I will try to find the quickest running guy; on the second jogging, I will look for a girl who is perfectly made up for the jogging; on the third, I will count how many couples are jogging together. That would make every jogging full of fun.

Situation 4

The reading room of the library is usually an ideal place for study. It has a quiet and clean environment. So the seats there are rare resources.

All the students I interviewed say that in this situation, they choose to find a study place elsewhere. They don't want to quarrel with those "squatters". One student hopes that the library does something about this, like putting a notice on those seats which are occupied by books for more than one hour. Or the librarians can remove those books three times a day. One student says that our library has tried all these measures, but nothing seems to work. Actually, this is a widespread phenomenon in most university libraries.

But I think I will defend my own right. If I find such a seat which is not physically occupied for quite a long time, I will just sit there and push the books aside.

Further Listening

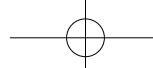
Listening I

Not everyone in the world requires the same amount of living space. The amount of space a person needs around him is a cultural preference, not an economic one. Knowing your own psychological space needs is important because they strongly influence your choices, including, for example, the number of bedrooms in the home. If you were brought up in a two-child family and both you and your sister or brother had your own bedrooms, then it's very likely that you will also provide separate bedrooms for your children. In America they train people to want their own private rooms by giving them their own rooms when they are babies. This is very rare in the world. In many cultures the baby sleeps in the same bed with its parents or in a crib near their bed.

The areas in the home where people meet also reveal a lot about psychological space needs. Some families cluster, and the size of their house has nothing to do with it. Others have separate little places where family members go to be alone.

Although psychological space needs may not be determined by economic factors, they sometimes have to be modified a little because of economic pressures. It is almost impossible, however, to completely change your psychological space needs.

SCRIPT



Word tips

preference 偏爱, 偏好
crib (有围栏的) 童床
cluster 群集

1 Listen to a passage about psychological space. Check (✓) the items that are related to the main idea of the passage.

- A amount of living space
- ✓ B cultural preference
- C economic preference
- ✓ D psychological space needs
- E choice of place to live in
- F family size

2 Listen to the passage again and decide whether the following statements are true (T) or false (F).

- 1 The number of bedrooms needed in a home may be influenced by one's psychological space needs. T
- 2 In America, private rooms are usually given to people when they grow up. F
- 3 In many cultures, babies have their private rooms. F
- 4 The areas in the home where people meet reflect their psychological space needs. T
- 5 One's psychological space needs determine his amount of living space. T

Listening II

SCRIPT

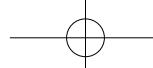
Two recent studies by psychologists suggest that noise can influence how nice we are to others. They experimented by giving people a chance to help someone in trouble. A person would see a man carrying two boxes filled with books. As the person came closer, the book carrier dropped several books. The other researcher observed whether the passer-by offered to help.

When the noise level was normal, 20 percent of the passers-by helped. When the experimenter wore a cast on his arm, 80 percent offered help.

But when a very noisy lawn mower was nearby, 10 percent of the passers-by helped the non-handicapped man, and 15 percent helped the man with a cast.

It seemed that people were less helpful when it was noisy because they wanted to escape the noise. So the researchers set up a similar experiment in a situation where the subjects couldn't leave.

A student volunteer waited in a room before being called for the experiment he expected. The experimenter waited in the same room, holding some books. He dropped the books. The noise level in the room varied from normal to loud; 75 percent of the 52 students helped pick up the books under normal conditions, but only half that many volunteered when the room was noisy. Perhaps because of the distracting noise, the students didn't notice and



respond quickly to the book-dropping. Or perhaps the book-dropping further annoyed the students who were already irritated by the noise, making them less likely to help out.

1 Listen to a passage about two recent studies and complete the following passage with the information you get. For blanks numbered 1) to 6), fill in the exact words. For blanks numbered 7) to 8), fill in the missing information.

Two recent studies by 1) psychologists suggest that noise can 2) influence how nice we are to others. They 3) experimented by giving people a chance to help someone in trouble. A person would see a man carrying two boxes filled with books. As the person came closer, the book 4) carrier dropped several books. The other researcher 5) observed whether the passer-by offered to help.

When the noise level was 6) normal, 20 percent of the passers-by helped. When the experimenter wore a cast on his arm, 80 percent offered help.

But when a very noisy lawn mower was nearby, 7) 10 percent of the passers-by helped the non-handicapped man, and 15 percent helped the man with a cast.

It seemed that people were less helpful when it was noisy because they wanted to escape the noise. So the researchers 8) set up a similar experiment in a situation where the subjects couldn't leave.

2 Listen to the passage again and complete the following table with the information you get.

Experiment II	1) A <u>student volunteer</u> waited in a room before being called for the 2) <u>experiment</u> he expected. The experimenter waited in the 3) <u>same</u> room, holding some 4) <u>books</u> . He dropped the books.
Results	When noise level was normal, 5) <u>75</u> percent of the students helped. When noise level was loud, 6) <u>37.5</u> percent of the students helped.
Explanation 1	Noise was 7) <u>distracting</u> , so the students didn't 8) <u>notice</u> and 9) <u>respond</u> quickly to the book-dropping.
Explanation 2	The book-dropping 10) <u>further annoyed</u> the students who were already irritated by 11) <u>the noise</u> , making them less likely to 12) <u>help out</u> .

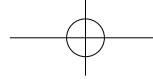
Word tips

cast (固定骨折断骨的)

硬质敷料, 石膏

lawn mower 割草机

irritated 恼火的; 急躁的



Listening III

SCRIPT

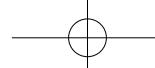
Three students, John, Sue, and Kelly, are looking at magazines in the library and commenting on some articles they see.

John: I think I've seen everything now!
Sue: What do you mean?
John: Have you ever heard of psycho-geometrics?
Sue: No.
John: I haven't either. It's a new way of identifying personalities.
Kelly: How?
John: You think of the four basic shapes—square, triangle, circle and rectangle and decide which shape you like best.
Sue: I like triangles. They make me think of the ancient Egyptian pyramids. What does that say about me?
John: The triangle stands for ambition and high achievement.
Sue: I like that. What else?
John: You like to achieve. Once you decide what you want, nothing will stop you. Also you like to give big parties for friends and love being in the center of the crowd.
Kelly: That fits you, Sue. What about me? I like circles. That's why I wear my blouse with the dots on it so often.
John: The circle is a symbol of unity. Getting along with others is most important to you. Kelly, you're friendly, caring and a good listener. No wonder you're so popular!
Kelly: That's nice to know. What about you?
John: I like squares. This is supposed to mean that I like things to be planned and structured, and also that finishing things is important to me.
Kelly: What else?
John: It says that I prefer being with just a few friends rather than with a big group. That's really true.
Sue: Do you believe all of this, John?
John: I don't know but it's fun to think about.

Word tips

psycho-geometrics 心理几何学
triangle 三角形
rectangle 长方形
Egyptian 埃及的
pyramid 金字塔

- 1 Listen to a conversation about psycho-geometrics and choose the best answer to each of the following questions.
 - 1 What does the shape of triangle make Sue think of? C
 - Unity.
 - A blouse with dots.
 - Egyptian pyramids.
 - Big parties and good friends.



2 What do triangles indicate? A
A Ambition.
B Big crowds.
C Good listeners.
D Things in order.

3 Which of the following shapes represents unity? C
A Triangle.
B Square.
C Circle.
D Rectangle.

4 What kind of person is Kelly? A
A Friendly and caring.
B Planned and structured.
C Quiet and reserved.
D Determined and ambitious.

5 Which shape is a well-structured person likely to choose? B
A Triangle.
B Square.
C Circle.
D Rectangle.

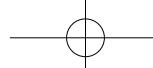
2 Listen to the conversation again and complete the following paragraph with the information you get.

It is fun to know that four basic shapes can be used to 1) identify personalities. Those who like triangles are ambitious and like to have high 2) achievement. These people like giving big 3) parties for friends and love being in the 4) center of the 5) crowd. People who love circles and squares are different. The circle is a symbol of unity. Those circle lovers think 6) getting along with others is most important, so they are 7) friendly, caring and good listeners. People who like squares like everything to be 8) planned and 9) structured. Besides, they would rather be with 10) a few friends than with 11) a big group.

Listening IV

Bob had finally made it to the last round of the \$64,000 Question TV show. The night before the big question, he told the host that he desired a question on American history. The big night had arrived. Bob made his way on stage in front of the studio and TV audience. He had become the talk of the week. He was the best guest this show had ever seen. The host stepped up to the mike.

SCRIPT



“Bob, you have chosen American history as your final question. You know that if you correctly answer this question, you will walk away \$64,000 richer. Are you ready?”

Bob nodded with confidence. The audience went nuts. He hadn't missed a question all week.

“Bob, your question on American history is a two-part question. As you know, you may answer either part first. As a rule, the second part of the question is always easier. Which part would you like to answer first?”

Bob was now becoming very nervous. He couldn't believe it, but he was drawing a blank. American history was his easiest subject, but he played it safe. “I'll try the easier part first.”

The host nodded approvingly. “Here we go, Bob. I will ask you the second part first, then the first part.”

The audience silenced with great anticipation.

“Bob, here is your question: And in what year did it happen?”

Word tips

studio 演播室

the talk of sth. 热门话题

mic 麦克风, 话筒

draw a blank (尤指在寻找消息或问题的答案时)

不成功, 无结果

play (it) safe 稳重行事, 不冒险

approvingly 赞成地; 赞许地

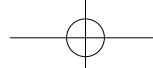
anticipation 期望, 预期

1 Listen to a story about Bob and his big night and answer the following questions by completing the given sentences.

- 1 What kind of question did Bob choose to answer?
A question on American history.
- 2 How much money would Bob get if he answered the question correctly?
\$64,000.
- 3 Why did Bob become the talk of the week?
Because he was the best guest this show had ever seen and hadn't missed a question all week.
- 4 Which part of the question did Bob choose to answer first, the first or the second?
The second.
- 5 Why did he choose this part?
It was easier and he wanted to play it safe.

2 Listen to the story again and choose the best answer to each of the following questions.

- 1 When was the topic of the \$64,000 Question decided? **C**
A During the show on the big night.
B After the show was broadcast on TV.
C The night before the big question.
D After the host read it to Bob.



- 2 Which of the following words best describes Bob when the host asked if he was ready to answer the question? B
A Desperate.
B Confident.
C Anxious.
D Excited.
- 3 What was Bob's previous performance like? B
A He missed the \$64,000 Question.
B He had answered all the questions correctly.
C He had made some mistakes with history questions.
D He was lucky because he had always chosen the easier questions.
- 4 Which of the following was true about Bob when he had to choose between the first and the second part of the history question? A
A His mind went blank.
B He was very confident.
C He waited with great anticipation.
D He let the audience decide it for him.
- 5 What was tricky about the second part of the question? A
A It was impossible to answer without the first part.
B It was much more difficult than the first part.
C The host already knew the answer to it.
D It was not a question on history.

Teaching tips

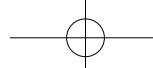
Being able to use polite language appropriately is one indication of a learner's competence in a foreign language. In English, politeness is not just expressed by phrases like "Would you mind...?", "Thank you very much", "It is very kind of you", and words like "please". A very important way of being polite when a student is talking to a professor, an employee to a manager, or between two strangers is by using the subjunctive mood and the past tense of the verb. Here are some examples:

Which part **would** you like to answer first?

Would it help if we go Dutch tonight?

I wonder, therefore, **if you'd** like to make a donation?

Therefore, if you are applying for a position, the sentence "It'll be very kind of you if you can spare me some time for an interview" should be changed into "It would be very kind of you if you could spare me some time for an interview." And instead of saying "I want very much to borrow your book" to a not-so-familiar acquaintance, we might say "I wonder if I could borrow your book".



Unit **5**

Dreams

PART 1

Listening, Understanding and Speaking

Listening I

SCRIPT

Part A

Jennifer is talking to an interviewer about her nightmare.

Jennifer: It was always the same. Always. I was in a house, a strange house, and I knew somehow that I shouldn't have gone in. But there was some strange force pulling me. There were some stairs... very steep stairs... and I started to climb them, and... and then, suddenly I fell. Then when I was at the bottom of the stairs, I suddenly realized that there was someone... or something else in the house with me, and that these eyes had been watching me all the time, and... I knew then that something terrible... was going to happen to me... that I was going to be punished... because I'd done something I shouldn't have done. I didn't know what it was, but I knew it was wrong, very wrong. Then I could hear it... whatever it was in the house with me... coming closer in the darkness, because everything was dark, you see, and it came closer and closer. And I was scared... and there was nothing, nothing I could do to avoid it... nothing. I was trapped! Trapped in that dark house at the bottom of the stairs. There was no way out.

Interviewer: And how often...

Jennifer: No way out!

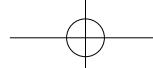
Part B

Interviewer: How often have you had this nightmare?

Jennifer: When I was in college, just about every time I had an exam. And then, a few years later, when I was taking an intensive Italian course in Italy, I had the same dream again. Just the same as before.

Interviewer: And you discussed it with a psychoanalyst?

Jennifer: Yes, later, after I came back to Los Angeles, I started therapy,



and this dream came up, and we discussed it quite a bit.

Interviewer: And what did the psychoanalyst say?

Jennifer: He said... uh... you have to be very careful about interpreting dreams, but we both agreed that the dream was a symbol of my fear of failure... of disappointing my parents when I was in college, for example, by failing my exams, or... or when I was taking that Italian course, I remember how scared I was sometimes.

Interviewer: Scared of what?

Jennifer: Of making mistakes in class, in front of the teacher or the other students. I was always in fear.

Interviewer: I see.

Jennifer: And the dream was a kind of classic symbol of that fear... of the fear of failure. Falling down stairs in a dream is a symbol of that. The two words are very similar.

Interviewer: Which... which two words? Oh, you mean...

Jennifer: Yes, fall—fail, falling—failure. Very similar, aren't they?

1 Listen to Part A of an interview about Jennifer's nightmare and check (✓) the statements that describe her nightmare.

In Jennifer's nightmare:

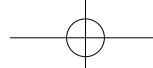
- ✓ 1 She was in a dark house.
- 2 She knew the house well.
- 3 She was pushed by someone.
- ✓ 4 She was climbing some steep stairs.
- ✓ 5 She fell down the stairs.
- ✓ 6 She knew that something terrible was going to happen.
- ✓ 7 She felt there was something approaching her.
- ✓ 8 She felt scared.

2 Listen to Part B of the interview and choose the best answer to each of the following questions.

- 1 Jennifer started to have this nightmare when she was _____. A
 - A in college
 - B in Italy
 - C in high school
 - D at home
- 2 With whom did Jennifer discuss the dream quite a bit? C
 - A Her parents.
 - B A friend.
 - C A psychoanalyst.
 - D Her teacher.

Word tips

- steep** 陡峭的
- scared** 恐惧的, 害怕的
- trap** 困住, 关住
- nightmare** 噩梦
- an intensive Italian course** 意大利语强化课程
- psychoanalyst** 精神分析专家
- Los Angeles** 洛杉矶(美国加利福尼亚州西南部港市)
- interpret** 解释



- 3 When did Jennifer usually have this nightmare? D
A When she failed exams.
B When she was away from home.
C When she disappointed her parents.
D When she had difficult exams or some intensive course.
- 4 Jennifer's dream might be a symbol of her fear of _____. B
A future
B failure
C criticism
D misunderstanding

3 Listen to the whole interview and complete the following passage with the information you get.

The nightmare was always the same. I was in a 1) strange house into which some 2) strange force pulled me. I started to climb some 3) very steep stairs and suddenly fell. When I was 4) at the bottom of the stairs, I realized someone or something had been 5) watching me all the time, and I knew I was going to 6) be punished because I had done something wrong. Then I could hear something coming closer 7) in the darkness. I was 8) scared but there was nothing I could do to 9) avoid it.

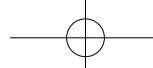
I had this nightmare just about every time I had an 10) exam in college. The same dream came back when I was taking an intensive Italian course in Italy. I discussed it quite a bit with a psychoanalyst. He said I have to be very careful about 11) interpreting dreams, but we both agreed that the dream was a symbol of my fear of failure, of 12) disappointing my parents, or of 13) making mistakes in front of the teacher or the other students. Falling down stairs in a dream is a 14) symbol of the fear of failure.

4 Work in groups to discuss the following questions.

- 1 What do you think was the cause of Jennifer's nightmare?
- 2 Have you ever had nightmares? Describe one of them to your group members.

SAMPLE

- 1 I think Jennifer's nightmare has something to do with her fear of failure, failure in exams, failure to live up to her parents' expectations, etc. She probably didn't do well at college and she had experienced failures. What she feared in life was represented in her dream.
- 2 I often have nightmares, and my nightmares are generally the same. One typical nightmare I have is that I am chased by someone and I try to run fast but I can't. And usually when I am about to be caught I wake up, sometimes sweating all over. I've told people about it and the interpretation given is that my schedule is too tight most of the time. I don't know how Freud would interpret it, but the interpretation seems to make sense.



Listening II

New research shows that dreams are often distorted reflections of our daily life. Many experts now believe our dreams are so closely related to our waking lives that we can use them to help us recognize our inner conflicts.

SCRIPT

According to some experts, men and women dream differently because of biological and social conditioning. In a study of 1,000 dreams, half from each sex, experts found that men more often have action dreams. Usually these dreams are set outdoors or in unfamiliar surroundings. Women dream more about emotional struggles with loved ones, usually in indoor settings. As more women have careers, their dreams might become more like men's. Researchers have found that while housewives dream more about children, women in the workplace dream about bosses and colleagues. Small children are easily scared by dreams about frightening animals and monsters that chase and attack them. Teenagers dream about romance and sex.

Some dream researchers found in a study that people between 21 and 34 have more anxiety over issues of right and wrong in their dreams, possibly because they are making important decisions about career, marriage and life direction. People of ages 35 to 49 are much less hostile toward others in their dreams, perhaps because they're reaching their greatest achievement, and have less need for aggression while awake. After age 65, anxiety about aging appears much more often in people's dreams.

If life stages affect our dreams, so do our attitudes. Studies show that angry people act out their anger in their dreams, and depressed people sometimes dream they are victims of rejection.

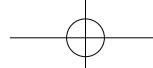
Creative people often use their dreams to solve problems. According to author Naomi Epel, when some writers, artists or scientists go to sleep, they ask their subconscious for a dream that will help them solve problems.

1 Listen to a passage about what people dream about and match each kind of people with the dream they are more likely to have.

People	Dreams
1 men	A children
2 housewives	B emotional struggles with loved ones
3 women in the workplace	C outdoor action dreams
4 small children	D being concerned with issues of right and wrong
5 teenagers	E anxiety about ageing
6 people aged 21-34	F romance and sex
7 people aged 35-49	G being victims of rejection
8 depressed people	H frightening monsters attacking them
	I bosses and colleagues
	J being less hostile toward others

Word tips

distorted 扭曲的
conditioning 熏陶；训练
monster 怪物；妖怪
hostile 怀有敌意的，敌对的
aggression 敌对行为
rejection 拒绝
Naomi Epel 内奥米·埃佩尔 (人名)
subconscious 潜意识



2 Listen to the passage again and answer the following questions.

1 Why do many experts believe that dreams can be used to recognize inner conflicts?

Because dreams are closely related to waking lives.

2 Why do women tend to have dreams similar to men's?

Because more women have careers.

3 Why do people aged between 21 and 34 tend to show greater anxiety over issues of right and wrong in their dreams?

The possible reason is that they are making important decisions about career, marriage and life direction.

4 According to Naomi Epel, what do some artists or scientists use their dreams to do?

To solve problems.

5 What are the factors that affect people's dreams according to the passage?

Life experiences, biological conditioning and social conditioning, life stages and attitudes.

3 According to Freud, one way of drawing meaning out of dreams is to identify the major symbols of a dream, and think about what these symbols you would associate with in real life. Now you will work in groups and talk about what the following symbols make you think of. When you finish, turn to the teacher for interpretations.

1 fish

2 snake

3 sword

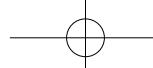
4 dust

5 house

6 death

SAMPLE

- 1 In Chinese culture, fish is a symbol of prosperity. As a dream symbol, fish, particularly salmon, is associated with knowledge and intelligence. If you dream about eating fish, it is believed that you gain knowledge and wisdom.
- 2 In dreams, the snake has many interpretations. It is regarded as a symbol of temptation or wisdom. It is also interpreted as someone trying to harm you in an underhanded or sneaky manner. In Chinese culture, it is believed that snake is a symbol of fortune in a dream.
- 3 The sword in a dream is a symbol of power, authority, protection, or a need to cut away some part or aspect in your life.



- 4 Something that is covered with dust is something that has not been touched for a long time. Therefore, dust in a dream may be a symbol of a shut away emotion, fear, or desire within the unconscious.
- 5 Houses in dreams are regarded by many psychoanalysts as representing one's personality. If you dream about a beautiful house, you could have a positive self-image. If you dream that you keep moving from house to house, you may have been trying different aspects of your personality, or you may be trying to find out what kind of person you are. And the level of the room in the house is believed to indicate the depth of a particular part of personality in your unconscious. But the basement in a dream, for instance, can be a symbol of the deepest part of your personality.
- 6 Death in a dream can mean the death or change to a part of your personality or the end of a certain phase in your life. For instance, if you dream that a friend dies, it could mean that you have ended up or you have been feeling the need to end up a period of time spent with them.

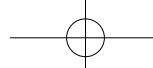
Teaching tips

It should be pointed out that there is no single interpretation on each dream symbol because life experiences vary from person to person. This exercise is just intended to provide the students with a fun opportunity to reflect on the relationship between their subconscious and their daily life. To illustrate that dream symbols are closely related to the real life, the teacher can show students a part of the movie *Spellbound* (《爱德华大夫》) directed by Alfred Hitchcock. Toward the end of the movie, Dr. Peterson found out the real murderer of Dr. Edwardes by analyzing a dream. Or for more advanced students, the opening part of *Rebecca* (《蝴蝶梦》), another Hitchcock movie, can be recommended, where there is a description of a dream.

Listening III

Almost all people daydream during a normal day. We tend to daydream the most during those quiet times when we are alone in our cars, sitting in waiting rooms, or preparing for bed. Daydreaming or fantasizing is not abnormal; it is a basic human characteristic. Most people have reported that they enjoy their daydreams. Some people have very probable and realistic daydreams while others have unrealistic fantasies such as inheriting a million dollars.

Psychologists report that men daydream as much as women, but the subject of their daydreams or fantasies is different. Men daydream more about being heroes and good athletes while women tend to daydream about fashions



and beauty. As people grow older, they tend to fantasize less, although it is still common in old age. Older people tend to daydream a lot about the past. Daydreaming or fantasizing enters into the games of children. Psychologists believe that it is very important for children to participate in fantasy play. It is a normal part of their development. It helps children develop and explore their imagination.

Daydreaming has advantages and disadvantages. In some situations it can reduce a person's fear or anxiety. It can also keep us entertained or awake under dull or boring conditions. Unfortunately, to engage in a daydream or fantasy, we must divert part of our attention from our environment. When it is important for us to remain alert and pay attention to what is going on around us, daydreaming can cause problems.

Word tips

daydream 做白日梦, 幻想; 白日梦
fantasize 幻想
abnormal 不正常的
inherit 继承
divert 转移
alert 警觉的

1 Listen to a passage about daydream and check (✓) the questions that are answered in the passage.

- 1 How much time do average people spend daydreaming?
- ✓ 2 When are people likely to daydream?
- ✓ 3 What kind of daydream do people usually have?
- 4 Why do people daydream?
- 5 Why do daydreams vary from person to person?
- ✓ 6 What influence do daydreams have on people?

2 Listen to the passage again and choose the best answer to each of the following questions.

1 Which of the following statements is true of daydreams? C

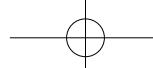
- A All people enjoy daydreaming.
- B Daydreams are often unrealistic.
- C Daydreaming is a normal mental activity.
- D Women daydream more than men.

2 What is the difference between daydreams of men and women? B

- A The frequency of their daydreams.
- B The subject of their daydreams.
- C The amount of time they spend daydreaming.
- D The situations in which they daydream.

3 What do women often daydream about? C

- A Being heroes.
- B Being star athletes.
- C Fashions and beauty.
- D Good old days.



4 How does daydreaming help children's development? A
A It makes them more imaginative.
B It helps them develop good personality.
C It makes them more attentive.
D It helps to reduce their stress.

5 In which of the following situations would it be better not to daydream? C
A When we are reading newspapers.
B When we are writing letters.
C When we are driving cars.
D When we are preparing for bed.

3 Divide your group into Team A and Team B. Team A will focus the discussion on the advantages of daydreaming, while Team B the disadvantages. Then each team report the main points to the other team. After that, some of you will be randomly assigned to report the main points of the other team to the class.

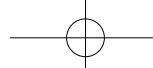
SAMPLE

Advantages of daydreaming

- It helps kill boring time.
- It helps children develop and explore their imagination.
- It can reduce a person's fear or anxiety.
- It can keep us awake under dull conditions.

Disadvantages of daydreaming

- It can be a waste of time when you spend too much time daydreaming.
- Children's problem-solving skills may weaken if they spend too much time daydreaming instead of putting their imagination into work.
- When you realize the wide gap between reality and daydreams, daydreaming can lead to greater anxiety and deeper frustration.
- It distracts our attention, and may lead to danger in certain situations, like when we are driving a car.



Listening IV

SCRIPT

A Dream Within a Dream

Take this kiss upon the brow!
And, in parting from you now,
Thus much let me avow—
You are not wrong, who deem
That my days have been a dream;
Yet if hope has flown away
In a night, or in a day,
In a vision, or in none,
Is it therefore the less gone?
All that we see or seem
Is but a dream within a dream.

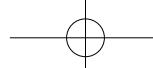
I stand amid the roar
Of a surf-tormented shore,
And I hold within my hand
Grains of the golden sand—
How few! yet how they creep
Through my fingers to the deep,
While I weep—while I weep!
O God! can I not grasp
Them with a tighter clasp?
O God! can I not save
One from the pitiless wave?
Is all that we see or seem
But a dream within a dream?

Word tips

brow 额
avow 承认
deem 认为
amid 在……之中
roar 呼啸声
surf 拍岸浪花
torment 折磨
weep 哭泣
pitiless 无情的, 冷酷的

Background information

Edgar Allan Poe (埃德加·爱伦·坡) (1809-1849) was a U.S. poet and writer of short stories. He is most famous for his strange, frightening stories about death and evil powers such as *The Fall of the House of Usher* (《厄舍古屋的倒塌》). Another story, *The Murders in the Rue Morgue* (《摩格街凶杀案》), is one of the first detective stories. His most famous poem is *The Raven* (《乌鸦》).



1 Listen to a poem "A Dream Within a Dream" by Edgar Allan Poe and complete the following lines with the information you get.

A Dream Within a Dream

Take this kiss upon the brow!
And, in 1) parting from you now,
Thus much let me avow—
You are not 2) wrong, who deem
That my days have been a 3) dream;
Yet if hope has flown away
In a 4) night, or in a day,
In a vision, or in 5) none,
Is it therefore the less gone?
All that we see or 6) seem
Is but a dream within a dream.

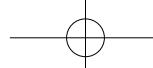
I stand amid the roar
Of a surf-tormented 7) shore,
And I hold within my hand
Grains of the golden 8) sand—
How few! yet how they creep
Through my 9) fingers to the deep,
While I weep—while I weep!
O God! can I not 10) grasp
Them with a tighter clasp?
O God! can I not 11) save
One from the pitiless 12) wave?
Is all that we see or seem
But a dream within a dream?

2 Listen to the poem again and find out what the following images stand for in the poem.

- 1 a dream
- 2 a dream within a dream
- 3 grains of the golden sand
- 4 pitiless wave

SAMPLE

- 1 The fifth line in the first stanza (诗节), "That my days have been a dream", indicates that the poet regarded his life as a dream.
- 2 The last two lines of both stanzas are quite similar in the wording "Is all that we see or seem / But a dream within a dream", which means that what we see, appear or hope is even more elusive than the life itself that we are living, and is, therefore, a dream within a dream.



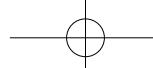
- 3 The “grains of the golden sand” may have referred to the start of the “gold rush” in California in 1848, the year before the poem was written. Another interpretation is that it may symbolize the people or things that the poet had valued and treasured, as he was so eager to “grasp them with a tighter clasp”.
- 4 The “pitiless wave” can be interpreted in two ways. It can be viewed as symbolizing “time”, which is compared to “tide” in the saying “Time and tide wait for no man”. Or it can be interpreted as “death”, which, just as “time”, sweeps away people around us, no matter how eagerly we’d like them to stay.

3 Work in groups to discuss the following questions.

- 1 To whom may this poem have been addressed?
- 2 In the poem, the poet wrote “Yet if hope has flown away”. What might be the poet’s hope?
- 3 The tone of the poem is not encouraging but depressing. What do you think might have caused the poet’s frustration?

SAMPLE

- 1 This poem may have been addressed to his beloved (could be his wife) in her death bed, who received a farewell kiss from the poet. This can be seen from the first two lines: “Take this kiss upon the brow! And, in parting from you now, ...”
- 2 The poet’s hope is expressed in the second stanza. He wished that he could hold onto people and things that he treasured. But he could not stop the time and death from taking away his beloved, however hard he tried. His helplessness led to his confusion, which can be seen from more questions posed by the poet in the second stanza. Physically, the poem is very interestingly laid out in two stanzas, just like two layers of dreams: the first being “life”, a dream, and the second layer “hope”, a dream within a dream, which is more confusing than the first. This idea is very similar to that in the movie *Inception* (《盗梦空间》)—the more layers dreams have, the less stable they become.
- 3 The poet’s depressing tone may have resulted from his troubled and miserable life since his childhood. He felt betrayed by everyone: His mother, who died when he was a small child; his biological father, who abandoned him; his step father, who never legally adopted him and who, ultimately, cast him adrift; and, above all, his young dead wife, a beauty symbolizing purity and peace in his eyes. Life itself had seemingly thwarted (挫败) his every hope and effort.



PART 2

Viewing, Understanding and Speaking

Topic
Interpreting Dreams
Characters
Mary (woman)
John (man)
Setting
At a river bank <i>(John and Mary, a newly married couple, are on their honeymoon. While they are sitting at the river bank, John is reading Freud's The Interpretation of Dreams and Mary is having a nap.)</i>



Mary: *(She awakes from a sweet dream.)* Ah... Darling, everything is so wonderful! The sun, the air, the water... I feel as if I were in a dream.

John: *(He still reads the book with not much response.)* A dream? Yes, a dream.

Mary: Have a look at the beautiful scenery around you, darling. Don't you think it's too good to be true?

John: Mm, maybe.

Mary: Eh, you aren't listening to me. What are you reading now?

John: *(He closes the book.)* It's Freud's *Interpretation of Dreams*. Honey, have you ever wondered what's... what's the meaning of your dreams? You might get some satisfactory explanations for your dreams from this book, because Freud explains various kinds of dreams in it.

Mary: It must be a very interesting book! Otherwise, you wouldn't have ignored me. It seems to me that I'm not as attractive as Freud.

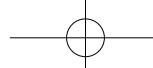
John: Yes, it really is.

Mary: Yes?! You mean I'm not charming enough? I can hardly stand your rudeness.

John: Of course not. I mean it's really an interesting book. Freud says that everything in our dreams has something to do with our real life.

Mary: Really? I often dream I'm gathering fruit in an orchard. What does fruit represent in our dreams?

SCRIPT



John: It predicts good fortune. You'll be rich, honey.

Mary: But the fact is we still can't afford to buy a house.

John: I have to admit that's absolutely true. I spent about all I had on our honeymoon.

Mary: Well, there must be something wrong with your interpretation, darling. I doubt whether dreams can predict the future.

John: Before I can be more exact, you have to give me more details.

Mary: What further information do you need?

John: Well, honey, could you tell me what the color of the fruit is in your dreams?

Mary: Er... the fruit doesn't seem to be ripe. In my dreams, I think it's green.

John: Mm... I've got it. If the color of the fruit is green, you can't be rich immediately, because only ripe fruit is interpreted as good fortune at hand.

Mary: Oh? Are you sure about that?

John: Definitely. I've just looked it up in Freud's book.

Mary: Then we'll just have to wait and see?

John: That's right, honey. Do you have any other happy dreams?

Mary: Yes. I had another one just now. It was so sweet that I smiled from ear to ear. Would you like to have another try, Mr. Freud?

John: It's my pleasure, madam. What happened in this dream? I guarantee you I can give you another good explanation.

Mary: When I was dozing, I dreamed that you gave me a beautiful diamond necklace as a memento of our wonderful honeymoon. What do you think that means?

John: (*He understands his wife's actual intention and tries to find a way out.*) Er... Er... I'm not sure. Er... maybe I'm not knowledgeable enough! But anyway I can turn to the book for help. Wait a minute!

Mary: Take it easy, darling! I'm... I'm sure you know how you can make it come true.

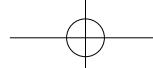
John: Too bad!

Mary: What's wrong?

John: (*He smiles cunningly at his wife.*) I'm afraid Freud didn't tell me how to interpret a daydream, only dreams at night.

Mary: Daydream?!

John: Yes, it must be a daydream since you had it during the day.



Word tips

Freud 弗洛伊德 (奥地利精神病学家、精神分析学派心理学创始人)

satisfactory *adj.* making you feel pleased and happy 令人满意的

e.g. *I have still not received a satisfactory answer to my question.*

attractive *adj.* having qualities that make you want to accept sth. or be involved in it 有吸引力的; 有魅力的

e.g. *We saw a less attractive side of his personality that day.*

interpretation *n.* an explanation of the meaning or importance of sth. 解释, 说明

e.g. *One possible interpretation is that they want you to resign.*

charming *adj.* very pleasing or attractive; nice 迷人的, 有魅力的

e.g. *There are lots of charming little restaurants along the river.*

stand *vt.* be willing to accept sth. that sb. does 接受; 忍受

e.g. *I can't stand his lies anymore.*

orchard *n.* an area of land where fruit trees are grown 果园

e.g. *She has full charge of the orchard and vegetable gardens.*

smile from ear to ear smile a lot because you are very happy 哑着嘴笑, 眉开眼笑

e.g. *Tom smiled from ear to ear when his third son was born.*

doze *vi.* sleep lightly for a short time 小睡, 打盹儿

e.g. *Kevin often dozes in his chair instead of going to lunch.*

diamond *n.* a very hard clear colorless stone used in expensive jewelry and for cutting hard objects 钻石

e.g. *Did you see the size of that diamond ring?*

necklace *n.* a piece of jewelry such as a chain or a string of beads which sb., usually a woman, wears round their necks 项链

e.g. *Her mother gave her a pearl necklace as a wedding gift.*

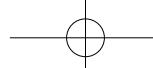
memento *n.* a small thing that you keep to remind you of sb. or sth. 小纪念品

e.g. *One corner of his spacious office is full of mementos of his childhood.*

1 Watch a video about a couple talking about dreams and choose the best answer to each of the following questions.

1 Why did Mary feel a bit annoyed? B

- A Because John was daydreaming.
- B Because John was more interested in reading.
- C Because John refused to talk to her.
- D Because John was sleeping.



- 2 What was Mary doing in her dream? A
A She was picking fruits.
B She was eating fruits.
C She was distributing fruits.
D She was selling fruits.

- 3 What is the symbol of good fortune in people's dreams, according to John? C
A Green fruit.
B Diamond necklace.
C Ripe fruit.
D A big house.

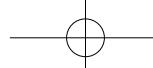
- 4 Why couldn't John interpret Mary's dream of a diamond necklace? D
A Because he was not knowledgeable enough.
B Because he couldn't find the explanation in Freud's book.
C Because he didn't get enough details of Mary's dream.
D Because he knew Mary was actually asking for a necklace.

2 Watch the video again and complete the following sentences with the information you get.

- 1 Have a look at the beautiful scenery around you, darling. Don't you think it's too good to be true?
- 2 You might get some satisfactory explanations for your dreams from this book, because Freud explains various kinds of dreams in it.
- 3 It must be a very interesting book! Otherwise, you wouldn't have ignored me.
- 4 You mean I'm not charming enough? I can hardly stand your rudeness.
- 5 Freud says that everything in our dreams has something to do with our real life.
- 6 I often dream I'm gathering fruit in an orchard.
- 7 But the fact is we still can't afford to buy a house.
- 8 Well, there must be something wrong with your interpretation, darling.
- 9 If the color of the fruit is green, you can't be rich immediately, because only ripe fruit is interpreted as good fortune at hand.
- 10 I'm sure you know how you can make it come true.

3 Repeat a few important lines and try to imitate the speakers' pronunciation and intonation.

- 1 Eh, you aren't listening to me. What are you reading now?
- 2 What does fruit represent in our dreams?
- 3 I have to admit that's absolutely true. I spent about all I had on our honeymoon.
- 4 I doubt whether dreams can predict the future.



- 5 Before I can be more exact, you have to give me more details.
- 6 What further information do you need?
- 7 Well, honey, could you tell me what the color of the fruit is in your dreams?
- 8 I guarantee you I can give you another good explanation.
- 9 When I was dozing, I dreamed that you gave me a beautiful diamond necklace as a memento of our wonderful honeymoon.
- 10 I'm afraid Freud didn't tell me how to interpret a daydream, only dreams at night.
- 11 Yes, it must be a daydream since you had it during the day.

4 Work in groups and take turns to describe one dream that you think of as interesting to your group members.

SAMPLE

I had a dream after I watched the first movie of the *Harry Potter* series. I was walking down a street when my shoes turned into a pair of roller skates. I skated on the pavement, and saw a section of the road suddenly collapsed. I was about to fall when my roller skates turned into a broomstick! And before I knew it, I found myself flying in the sky, just as Harry Potter did in the movie!

Teaching tips

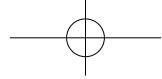
When we describe a past experience, we usually use past tense. We may use the past continuous tense to "set the scene", that is, to describe a certain condition in which the event took place, and use the simple past tense for the action. For instance:

The wind was howling around the café and the rain was pouring down. It was cold. The door opened and a man in rags entered. He took off his coat, which was soaked, and ordered an iced coke. He sat down in the corner of the lounge and quietly gulped down his coke...

However, sometimes we may also use present tense to describe a past experience. We can use the present continuous tense to set the scene, and the simple present tense to describe actions. For instance:

The wind is howling around the café and the rain is pouring down. It is cold. The door opens and a man in rags enters. He takes off his coat, which is soaked, and orders an iced coke. He sits down in the corner of the lounge and quietly gulps down his coke...

Whichever tense we choose to use, we should use it consistently from the beginning till the end of the story.



PART 3

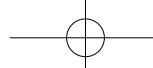
Video Appreciation and Singing for Fun

Video Appreciation



■ About the video:

Sleep takes up a third of our lives. During the sleep we are said to be the most vulnerable to attacks, and our sense of hearing becomes a survival mechanism. Weird Science goes into the sleeping brain and the evolutionary past of human beings to account for the different ways in which we react to sounds while we are sleeping.



SCRIPT

Episode 1

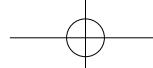
We live in a world of incessant sounds. During our waking hours, our ears are bombarded with noise. But what happens when we're asleep? Sleep takes up a third of our lives, and that's when we're at our most vulnerable. So our sense of hearing never goes off duty. Even as we sleep our ears detect sounds, and our brain analyses them. But why is it that some noises feature in our dreams, while others can wrench us from our sleep? *Weird Science* goes into the sleeping brain and our evolutionary past to find out. Every night when we go to sleep our senses shut down, except for our sense of hearing, which stays alert to sounds beyond the bedroom. Sounds are just tiny movements of the air molecules around us, funneled down the ear canal to the eardrum. The moving air makes the eardrum vibrate, and these vibrations are amplified by the tiniest bones in the body and passed to the fluid-filled cochlea. Here, the vibrations send ripples through the fluid which move rows of microscopic hair cells. These create electrical signals sent to the brain.

Episode 2

The brain may mix the sound into the visuals of your dreams, or drag you back to wakefulness. At Swansea University, Dr. Mark Blagrove studies the impact of different noises on the brains of sleeping volunteers. These electrodes allow Mark to monitor Sarah's brainwaves while she sleeps. Once there are signs that she's dreaming, he can test the effects of different sounds on her dreams. First she gets a blast of seagulls through her headphones. She sleeps through the noise. But has it changed her dream? (Hi Sarah) Mark waits for a couple of minutes, and then wakes her up and asks what she was dreaming about (I was on a hilltop... Uh huh). Sarah's dream was of taking a walk on a windy hilltop. An hour later, Sarah is asleep and dreaming again. Now, the test is a threatening sound—a police siren. It's no louder than the seagulls, and for a while, she sleeps through the noise. But then she stirs, and, half-conscious, she pulls off the earphones. Can she remember what she was dreaming about before the noise disturbed her? (Yeah, um ambulances...) Amazingly, even while she was asleep, Sarah heard the sirens and they triggered vivid, alarming dreams. The sound eventually convinced her sleeping brain to wake up.

Episode 3

So why does the brain deal with sounds in such different ways? The answer can be found in our prehistoric past. Our ancestors needed sleep, but it made them more vulnerable to attack by predators. To safeguard them, their sense of hearing remained alert, listening for the sounds of danger. Now the sounds are different, but the reason for hearing in your sleep is just the same. For a third of your life, you're reliant on your sense of hearing to keep you alive. Hopefully!



Word tips

incessant *adj.* an incessant activity, noise, etc. continues without stopping, in an annoying way 持续不断的

e.g. *The incessant buzzing of helicopters filled the evening sky.*

bombard *vt.* attack sb. or sth. by hitting them with a lot of objects or hitting them many times 轰击

e.g. *Part of the sample is then bombarded by electrons.*

vulnerable *adj.* sb. who is vulnerable is weak or easy to hurt physically or mentally 易受伤害的; 脆弱的

e.g. *The government must help the most vulnerable groups in our society.*

detect *vt.* notice or discover sth., especially sth. that is not easy to see, hear, etc. 发现; 察觉

e.g. *Many forms of cancer can be cured if detected early.*

wrench *vt.* twist and pull sth. from its position using force, or be moved in this way 猛拉

e.g. *Flood waters even wrenched houses off their foundations.*

evolutionary *adj.* connected with the scientific idea that plants and animals develop gradually from simpler to more complicated forms 进化的

e.g. *Perception itself is an evolutionary product of bodily action.*

molecule *n.* a very small group of atoms that form a particular substance 分子

e.g. *A molecule of water consists of two atoms of hydrogen and one atom of oxygen.*

funnel *v.* move, or make sth. move, from one place to another through a narrow tube, pipe, or passage 流经漏斗; (尤指通过狭窄通道) 传送

e.g. *Underwater hoses funnel water from the reservoir to a purification plant.*

eardrum *n.* a piece of tightly stretched skin inside your ear that vibrates when sound reaches it 鼓膜, 耳膜

e.g. *On the other side of the eardrum is the part we call the middle ear.*

vibrate *vi.* shake very quickly with small movements 振动

e.g. *The walls vibrated with the music from next door.*

amplify *v.* make a sound louder, especially musical sound 放大

e.g. *Noise damages the mechanisms in the inner ear that amplify quiet sounds and damp down loud sounds.*

cochlea *n.* the spiral-shaped part of the inner ear 耳蜗

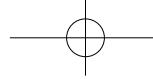
e.g. *Behind this lies a fluid-filled tube, called cochlea.*

microscopic *adj.* very small 微小的

e.g. *It's impossible to read his microscopic handwriting.*

visuals *n.* sth. such as a drawing or photograph, especially one that helps to explain sth. 画面, 图像

e.g. *Remember you want your visuals to reinforce your message, not detract from what you are saying.*



Mark Blagrove 马可·布莱格罗夫 (人名)

electrode *n.* a small piece of metal or other substance that is used to take an electric current to or from a source of power, a piece of equipment, or a living body 电极

e.g. *There are computer-controlled devices that help paraplegics (截瘫者) move by giving electrode signals to leg muscles.*

blast *n.* a sudden very loud noise 突然的巨大声响

e.g. *The referee gave a blast on his whistle and we were off.*

headphones *n.* a piece of equipment that you wear over your ears to listen to a radio or recording 耳机

e.g. *While I was in hospital, I used headphones to listen to the radio so as not to disturb the other patients.*

siren *n.* a piece of equipment that makes a loud sound, used for warning people 汽笛, 警报器

e.g. *The police car approached, its siren screaming.*

stir *vi.* become conscious again 苏醒

e.g. *We believe that he will stir in the fresh air.*

trigger *vt.* make sth. happen 引发

e.g. *The news of his death triggered more violence.*

prehistoric *adj.* relating to the time in history before anything was written down 史前的

e.g. *Some fossil remains of a prehistoric animal are found in this cave.*

predator *n.* an animal that kills and eats other animals 食肉动物

e.g. *The arrival of this South American predator threatened the survival of native species.*

safeguard *vt.* protect sth. or sb. from harm or damage 保护

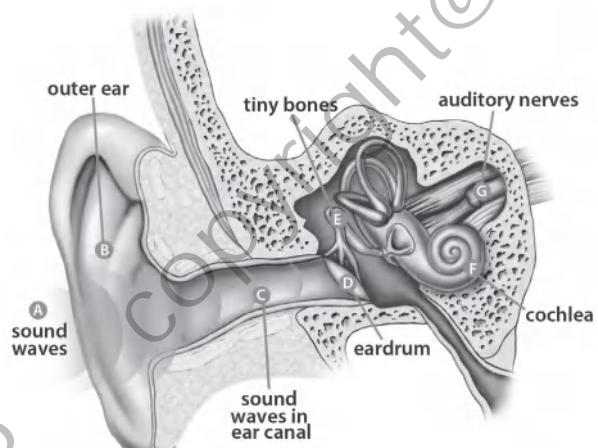
e.g. *Be sure to safeguard your passport at all times.*

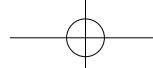
reliant *adj.* depending on sb. or sth. 依赖的; 依靠的

e.g. *We've become completely reliant on our car since we moved out of the city.*

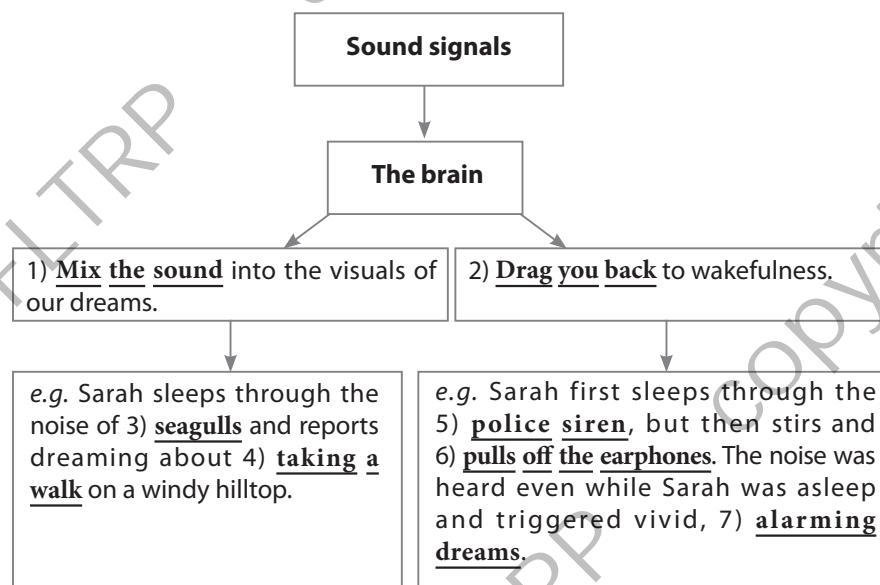
1 Watch Episode 1 of the video and complete the following sentences with a letter from the following picture.

- 1 The moving air makes _____ vibrate. **D**
- 2 The vibrations are amplified by _____. **E**
- 3 The part filled with fluid is _____. **F**
- 4 The electrical signals to be sent to the brain are created in _____. **F**





2 Watch Episode 2 of the video and complete the following table with the information you get.



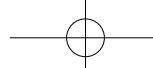
3 Watch Episode 3 of the video and complete the following paragraph with the information you get.

Sleeping made our prehistoric ancestors most vulnerable to attacks by predators. To safeguard them, their sense of hearing 1) remained alert, listening for the 2) sounds of danger. Now the sounds are different, but 3) the reason for hearing in our sleep is the same. For a third of our life, we 4) are reliant on our sense of hearing to keep us 5) alive.

4 Watch the whole video, then share with your group members more examples, as you have observed or experienced, of how some sounds are mixed into our dreams while others may drag us back to wakefulness.

SAMPLE

- I fell asleep after a session of yoga to a light, soft background music once. I dreamed that I was lying on a beach, basking in the sun, with the waves lapping gently against the rocks, and seagulls flying over me. It was so comfortable and relaxing that I felt energetic again after I woke up from the nap.
- I once travelled by train and saw a young mother fast asleep, with the passengers around chattering away. However, she seemed to be very alert to her 3- or 4-year-old's cry, even if it was in a very low voice. As I saw it, we can sleep through the sounds that we don't care about, but tend to be dragged back to wakefulness by sounds that worry us.



- I dreamed about taking a math test once before my college entrance examination. I was still struggling with one tough problem when the bell rang sharply, which signaled the end of the test. I felt like being paralyzed in my seat, unable to move a single inch. When I woke up in misery and sweat, I found the bell was nothing but my alarm clock. To a college entrance examination taker, the bell is indeed a very threatening sound signal.

Singing for Fun

■ About the song:

The song “I Have a Dream” was written by Benny Andersson and Bjorn Ulvaeus, and was originally included in ABBA’s (a Swedish pop group) 1979 album, *Voulez-Vous* (French, meaning “Do you want”). Ever since then, the song has been covered in different styles and languages by more than a dozen singers or singing groups, including Westlife, an Irish pop group. Westlife released a cover of “I Have a Dream” in 1999, which became the group’s fourth U.K. number-one single. What you will hear is the Westlife version.



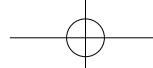
Listen to the song “I Have a Dream” and learn to sing it.

I Have a Dream

LYRICS

I have a dream, a song to sing
To help me cope with anything
If you see the wonder of a fairy tale
You can take the future, even if you fail
I believe in angels, something good in everything I see
I believe in angels, when I know the time is right for me
I'll cross the stream, I have a dream
Oh yeah

I have a dream, a fantasy
To help me through reality
And my destination makes it worth the while
Pushing through the darkness, still another mile
I believe in angels, something good in everything I see
I believe in angels, when I know the time is right for me
I'll cross the stream, I have a dream



I have a dream, a song to sing
To help me cope with anything
If you see the wonder of a fairy tale
You can take the future, even if you fail
I believe in angels, something good in everything I see
I believe in angels, when I know the time is right for me
I'll cross the stream, I have a dream
I'll cross the stream, I have a dream

Teaching tips

- The whole class can be divided into three teams, each responsible for singing one section of the song. The team that sings the right section in a timely and uniform manner wins the competition.
- To help students understand the song better, the teacher can ask them to compare it with Poe's poem "A Dream Within a Dream", and find out how the two differ in their interpretations of relationships between dream and reality. The tone of Poe's poem is rather depressing. To Poe, holding onto reality, where important people and things ("grains of golden sand") kept slipping away from him, was an elusive goal, so reality was just a dream, and a hope was a dream within a dream. By contrast, the song "I Have a Dream" strikes a more upbeat note by telling the hearers that "there's something good in everything", and a dream will help one cope with reality and work wonders in the future despite occasional darkness or failure.

PART 4

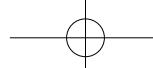
Step ONE

Further Speaking and Listening

Further Speaking

Work in groups to do the following activities.

In this unit we have listened to and watched so much about dreams. Now work in groups to conduct a survey on what your fellow students usually dream about, and how their dreams are related to their life. Work in groups and design a questionnaire.



Each group member should interview at least one classmate from a different group according to the questionnaire designed, and take notes of their answers.

SAMPLE

Name: Li Zejun **Gender:** male **Major:** education

Hobbies: table tennis, basketball, painting, PC games

Studies:

Name two courses that you like best: Chinese, History

And two courses that you dislike or fear most: Math, English

Tell briefly how you feel about your life on campus:

I feel life on campus is stressful. I always have difficulty in meeting deadlines.

I would rather play computer games than do homework, especially math assignments, so I usually avoid doing it as long as I can.

Tell two or three objects or events that frequently occur in your dreams:

I often dream about failing math exams, or about my laptop.

How do you usually feel when you wake up from a dream? (More than one choice is allowed) A

A I feel tired. B I feel normal. C I feel relaxed.

D I keep wondering what it means. E I usually forget it very soon.

**Step
TWO**

All students return to their own groups, summarize the information that all members of the group have got, and report the findings to the class.

**Step
THREE**

Further Listening

Listening I

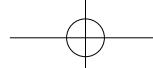
In 1865, in a small town in Germany, a little boy was very sick. His name was Max Hoffman.

“Will our son die?” Max’s parents asked the doctor.

“Maybe,” the doctor said quietly. “Stay with Max. Keep him warm. That’s all you can do.”

For three days Max lay in his bed. Then he died. He was only five years old.

Max’s parents buried their son in the town cemetery. That night Max’s mother had a terrible dream. She dreamed that Max was moving in his coffin. She screamed in her sleep.



"Sh, sh," her husband said. "It's all right. You had a bad dream."

The next night Max's mother screamed in her sleep again. She had the same terrible dream.

On the third night Max's mother had another bad dream. She dreamed that Max was crying. She got out of bed and got dressed. "Quick! Get dressed," she told her husband. "We're going to the cemetery. I want to see Max. I want to dig up his coffin."

At four o'clock in the morning Max's parents and a neighbor hurried to the cemetery. They dug up Max's coffin and opened it. There was Max. He looked dead. But he wasn't lying on his back. He was lying on his side.

Max's father carried Max home. Then he ran to get the doctor. For an hour the doctor rubbed whiskey on Max's lips and warmed his body. Then Max opened his eyes. Max was alive! A week later he was playing with his friends.

Max Hoffman died—really died—in the United States in 1953. He was 93 years old.

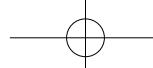
Word tips

Max Hoffman 麦克斯·霍夫曼（人名）
cemetery 墓地
coffin 棺材
rub sth. on 擦上（搽剂等）
whiskey 威士忌酒

1 Listen to a passage about Max Hoffman and rearrange the following sentences in chronological order.

- 1 Max's mother had nightmares.
- 2 Max died in the United States in 1953.
- 3 Max's father ran to get the doctor.
- 4 Max was buried in the town cemetery.
- 5 Max was terribly sick.
- 6 Max's parents and a neighbor dug up his coffin.
- 7 Max was considered dead.
- 8 The doctor rubbed whiskey on Max's lips.

The correct order is 5, 7, 4, 1, 6, 3, 8, 2.



3 How many times had Max's mother dreamed of Max before his coffin was dug up? B
A Twice. B Three times.
C Four times. D Five times.

4 When was Max's coffin dug up? D
A At noon. B Late in the afternoon.
C At midnight. D Early in the morning.

5 What was Max's position when his coffin was dug up? B
A He was lying on his back. B He was lying on his side.
C He was lying on his face. D He was sitting straight.

6 How long did it take Max to return to his normal life after he was saved? D
A An hour. B A day.
C Three days. D A week.

7 How old was Max when he died in the United States? C
A 39. B 53. C 93. D 95.

Listening II

A couple is talking about their eight-year-old daughter, Debbie. They also have a son, Barry, who is 16.

SCRIPT

Mother: I had to go in to Debbie's bedroom twice last night. She was having these terrible nightmares! She was screaming and shouting and she kept trying to push me away. She was yelling, "Don't hurt me! Don't hurt me!"

Father: What was wrong with her then?

Mother: I don't know. I couldn't get a word out of her when she woke up this morning.

Father: Does Barry know anything about it? Didn't she go with him to his friend's house yesterday afternoon? Wait a minute. I'll give him a shout. Barry! Come here, will you?

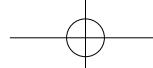
Barry: What's up?

Father: Didn't you say you were going to watch a video at your friend's yesterday?

Barry: Yes, I told you! You said it was OK.

Mother: Well, what exactly did you watch? Debbie's been having the most terrible nightmares.

Barry: Oh, I don't know! Some film his dad had left lying around. About a man who had been burned to death in a car crash, who came back from the dead to take revenge on young girls. He tore them to bits



and ate them. It was a young girl, see, who ran in front of his car and made him crash. Don't know why it's giving her nightmares. It was really stupid, if you ask me! Anyway, she didn't have to watch it, did she?

Mother: You should have more sense at your age. You should have stopped her watching it.

Father: I blame the people who make films like that. They shouldn't be allowed to make them. They must be really sick! All they care about is making money—they don't care what they are doing to kids' minds.

Word tips

Debbie 黛比 (人名)

yell 叫喊

Barry 巴里 (人名)

give sb. a shout 喊某人
一声

1 Listen to a conversation about video violence and decide whether the following statements are true (T) or false (F).

1 Debbie had terrible nightmares the night before.	<u>T</u>
2 Debbie told her mother what her dream was about in the morning.	<u>F</u>
3 Debbie watched a film with her brother at home the day before.	<u>F</u>
4 The film they watched was about revenge.	<u>T</u>
5 Barry thought his parents should have stopped Debbie watching the film with him.	<u>F</u>
6 Barry's father blamed the people who made films with too much violence.	<u>T</u>

2 Listen to the conversation again and complete the following paragraph with the information you get.

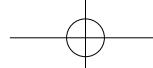
Debbie was having terrible nightmares the night before. She was screaming and shouting, and kept 1) pushing her mother 2) away. The nightmares had resulted from the film she watched in Barry's 3) friend's house. It was about a man who had been 4) burned to death in a car crash. Then he came back from 5) the dead to take revenge on young girls because a young girl had run 6) in front of his car and caused the accident. The father thought the film industry should care more about the effect of films on 7) kids' minds than 8) making money.

Listening III

Dear Editor,

Your paper is great. I read with great interest your interpretation on dreams of teeth falling out. It is the same interpretation that many others use as well: needing to be heard, etc. I myself had this dream repeatedly and was dying to know what it meant, as it was always confusing and disturbing. However, I was always unsatisfied with the "needing to be heard" thing.

You might note that many people who have this dream are feeling worried,



depressed or frightened as their teeth are falling out painlessly. Sometimes they even try to keep the teeth from falling out. Finally I came up with a different interpretation, which fitted me much better. In fact, I've had fewer dreams of this sort now. So I thought you might be interested. For me, the dream means I am talking TOO MUCH. It means thoughtlessness, telling secrets, and gossiping unwisely. And it's my subconscious warning me. Now, if I have this dream, I know I have been unwise with my big mouth! Trying to cram the teeth back in, or stop them falling out, or trying to find a dentist, actually means trying to stop the words or gossip from coming out, and the feelings of depression are reflecting the regret of being too revealing—usually to an enemy. I am much more aware of this now and not such a big mouth! Maybe you could add this to your interpretations.

Best
Katie

1 Listen to a letter about interpretations on dreams and choose the best answer to each of the following questions.

1 What kind of dream is this letter concerned with? A

- A The dream of teeth falling out.
- B The dream of seeing a doctor.
- C The dream of gossiping unwisely.
- D The dream of feeling depressed.

2 What does this kind of dream indicate, according to the editor? C

- A The feeling of pain.
- B The feeling of depression.
- C The need to be heard.
- D The need to keep silent.

3 The woman felt this interpretation was _____. D

- A confusing
- B disturbing
- C revealing
- D unsatisfying

4 What change occurred to the woman after she found her own interpretation? B

- A She became more optimistic about future.
- B She became more careful with words.
- C She became more considerate of others.
- D She became more content with daily life.

5 Why did the woman write to the editor? C

- A To complain about her dreams.
- B To explain the effect of dreams on health.
- C To share her own interpretation of a dream.
- D To criticize the generally accepted interpretation.

Word tips

fall out (牙齿或头发)

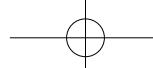
掉下，脱落

disturbing 令人不安的

gossip 说闲话；闲话

cram 把……塞入

revealing 透露内情的



2 Listen to the letter again and decide whether the following statements are true (T) or false (F).

1 The dream of teeth falling out had been confusing and disturbing the woman for a long time.	T
2 She was very eager to know the meaning of this dream.	T
3 Her teeth fell out painlessly in her dream.	T
4 She tried to keep her teeth from falling out in her dream.	T
5 To her, the dream means she wanted to be heard.	F
6 She took the dream as a warning that she needed the psychiatrist's help.	F
7 The feelings of depression in this kind of dream may indicate that one regrets telling secrets to an enemy.	T
8 Finding the right interpretations can be a cure for bad dreams.	T

Listening IV

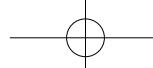
SCRIPT

Sleep is something we generally associate with living creatures. Of course, it is true that a lot of animals sleep, but zoologists are not certain that primitive forms of animal life, like worms and snails, ever really sleep. On the other hand, animals such as bears sleep for four or five months every year.

The amount of sleep a human being needs depends on age, the individual and race. For example, doctors think that pre-school children need between 10 and 12 hours a night; school children between 9 and 11 hours; and adults between 7 and 9 hours. There are exceptional cases of old people who sleep only between 2 and 3 hours a day and continue to be active and healthy. The sleep requirements of different races also appear to be different. Japanese people, for example, sleep fewer hours than Europeans.

It is not known for certain if mental activity (apart from dreaming) occurs when a person is asleep. However, it is certainly true that some people can wake up at a specific, predetermined time. There are also stories about mathematicians who solve difficult problems during sleep, because their subconscious minds continue working on the problems.

Some types of unpleasant dreams (or "nightmares") are quite common: The dreamer is taking a test, but is not properly prepared; he is falling from a tree; or an animal or thing is chasing him. Some people say these last two occur because man's ancestors lived in trees and were in constant danger from wild animals.



1 Listen to a passage about sleep and choose the best answer to each of the following questions.

- 1 Which of the following statements is true about sleep? D
A All living creatures sleep.
B Primitive forms of life take a longer sleep than other animals.
C Snails sleep for four or five months every year.
D The amount of sleep may vary from race to race.
- 2 According to doctors, the amount of sleep that average grown-ups need is _____. C
A between 10 and 12 hours B between 9 and 11 hours
C between 7 and 9 hours D between 2 and 3 hours
- 3 It is true according to the passage that _____. B
A all people's subconscious minds continue working during sleep
B some people can wake up at a predetermined time
C thinking people sleep relatively fewer hours than average
D bad dreams may affect people's performance on tests
- 4 It can be concluded from the passage that the kind of dream people have may be related to _____. D
A their ages B individual personalities
C their races D daily activities

2 Listen to the passage again and decide whether the following statements are true (T) or false (F).

1 Like human beings, sleep requirements of different animals may be different.	T
2 Pre-school children need between 9 and 11 hours of sleep a night.	F
3 The amount of sleep people need may decrease with age.	T
4 Europeans sleep fewer hours than Japanese people.	F
5 The human mind stops working while dreaming.	F
6 Some people believe that some unpleasant dreams are the result of human ancestors' experiences.	T

Word tips

associate 把 与 联系起来

zoologist 动物学家

primitive 原始的；简单的

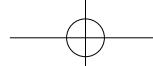
worm 蠕虫

snail 蜗牛

exceptional 例外的；罕见的

predetermined 预先确定的

mathematician 数学家



Unit 6

Food

PART 1

Listening, Understanding and Speaking

Listening I

SCRIPT

Guest: Hello, Room Service. This is Room 226. We'd like to order breakfast for tomorrow.

Floor waitress: Yes, sir. What would you like?

Guest: We'd like to start with fruit juice, orange for me and grapefruit for my wife. Fresh juice, please. Not canned or frozen.

Floor waitress: Right, sir. One fresh orange and one fresh grapefruit.

Guest: Good. And then bacon, eggs, and tomatoes for me and two soft-boiled eggs for my wife, and toast, butter, and marmalade. Do you have different types of marmalade?

Floor waitress: Yes, sir. We'll put a selection of preserves on your tray. And would you prefer tea or coffee?

Guest: Tea, please, but with lemon, not milk.

Floor waitress: Very good. And when is it for?

Guest: Oh, about 7:30 would be fine.

Floor waitress: Fine, and could you give me your name, sir?

Guest: It's Sands. Mr. and Mrs. Sands, Room 226.

Floor waitress: Thank you, sir.

Word tips

grapefruit 西柚

canned (食物) 罐装的

soft-boiled (蛋) 煮得半熟的, 糖心的

toast 烤面包 (片)

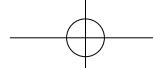
marmalade 柑橘酱

preserve 果酱

lemon 柠檬; 柠檬汁

1 Listen to a conversation about ordering food and choose the best answer to each of the following questions.

- 1 Where does this conversation take place? B
A In a restaurant. B In a hotel.
C At home. D In a shop.
- 2 What's the relationship of the two guests? D
A Relatives. B Friends.
C Parent and child. D Husband and wife.
- 3 The guests want to have _____ in their room tomorrow. A
A breakfast B lunch C snack D dinner
- 4 What kind of fruit juice do the guests order? C
A Canned. B Frozen.
C Fresh. D Bottled.



Listening II

SCRIPT

Part A

The American passion for speed has now hit the food business. Many restaurants, in particular the great chain restaurant company, McDonald's, specialize in "fast food", food which is served at the counter ready "to go", or "to take out". The food, cooked and hot, is packed into cardboard or plastic containers, and hot drinks go into plastic cups with tight-fitting lids. There are also drive-in fast-food restaurants, where customers do not have to leave their cars. They first stop at the menu board where the available food items are displayed, then they give an order through a microphone and finally they drive another 20 yards to a cashier's window, where a girl collects the money and hands them the meal ready cooked and packed. People who prefer to eat at a table in the restaurant may also receive their food in cardboard or plastic containers, and the knives, forks and spoons are plastic, too. When they have finished, customers throw away everything except the tray into a trash can.

Part B

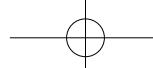
In most cities, large and small, you can eat Mexican or Italian food. And even small towns have coffee shops serving simple meals, drinks of all kinds, and excellent, freshly made coffee. You sit at the counter, or are served at a table. Service in restaurants and coffee shops is efficient and friendly. Waiters and waitresses often introduce themselves, "Hi! I'm Don (or Debbie). What can I get you folks?" This friendliness is natural and not entirely influenced by the hope of a high tip. In any case, people usually tip about 15 percent of the check. One of the most pleasant things about waiters and waitresses is that they refill your coffee cup or water glass several times for no extra charge.

Word tips

passion 对……的强烈爱好, 热爱
cardboard 硬纸板制的
container 容器
tight-fitting (盖子) 严密的, 严实的
lid 盖子
drive-in (餐厅、电影院等) 免下车的, 可驾车进去的
microphone 麦克风, 话筒
yard 码 (长度单位)
cashier 柜台收账员
Mexican 墨西哥的
refill 再注满

1 Listen to Part A of a passage about fast food and complete the following sentences with the information you get.

- 1 In a fast-food restaurant, when a customer says "to go", it means to take out. The cooked and hot food in a fast-food restaurant is usually packed into cardboard or plastic containers. Hot drinks are poured into plastic cups with tight-fitting lids.
- 2 People who eat at a drive-in restaurant first stop at the menu board where the available food items are displayed, give an order through a microphone and then drive another 20 yards to a cashier's window, where a girl collects the money and hands them the meal.
- 3 Those who eat at a table in a fast-food restaurant also receive their food in the same containers, and the knives, forks, and spoons are plastic too. When they have finished, customers throw away everything except the tray into a trash can.



2 Listen to Part B of the passage and decide whether the following statements are true (T) or false (F).

1 Mexican or Italian food is usually available only in big cities.	<u>F</u>
2 Coffee shops in small towns provide simple meals as well as excellent fresh coffee.	<u>T</u>
3 The waiters or waitresses are very friendly in order to get more tips.	<u>F</u>
4 The appropriate amount of a tip is 50 percent of the check.	<u>F</u>
5 The waiters or waitresses fill your coffee cup and water glass again and again with no extra charge.	<u>T</u>

3 Listen to the whole passage. Work in groups to talk about the following topics.

- 1 Fast-Food Restaurants in the U.S.
- 2 Coffee Shops in the U.S.

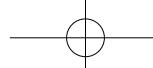
SAMPLE

- 1 Fast-food restaurants are quite common and popular in the United States. Besides McDonald's, there are Burger King, Subway, Wendy's, Denny's, KFC, and many others. One thing that strikes people is that these fast-food restaurants offer really quick service. People in a hurry like to go to those restaurants. Customers choose their own drinks and can refill their cups when they feel like it. There are also drive-in fast-food restaurants where people don't have to leave their cars to get their food, which saves them time and the trouble of parking.
- 2 Coffee shops, rather than places to provide coffee only, are shops that provide simple meals like sandwiches, bagels, bread of different kinds, etc. There is also a great variety of drinks for people to choose from. Of course, there is excellent, freshly made coffee as well. You can sit at the counter or have your food or drinks at a table. The service, just like any fast-food restaurant's, is efficient and friendly too.

Listening III

- 1 The big baker bakes black bread.
- 2 "The bun is better buttered," Bill muttered.
- 3 Cheryl's cheap chip shop sells cheap chips.
- 4 You can have:
Fried fresh fish,
Fish fried fresh,
Fresh fried fish,
Fresh fish fried,
Or fish fresh fried.

SCRIPT



5 All I want is a proper cup of coffee
Made in a proper coffee pot.
You can believe it or not—
I want a cup of coffee
In a proper coffee pot.

Tin coffee pots or
Iron coffee pots,
They're no use to me.
If I can't have a
Proper cup of coffee
In a proper copper coffee pot,
I'll have a cup of tea.

Word tips

baker 面包师, 烤师
bun 小圆面包
mutter 嘀咕; 悄声说
Cheryl 谢丽尔 (人名)
copper 铜

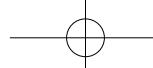
1 Listen to some tongue twisters and complete the following sentences with the information you get.

- 1 The big baker bakes black bread.
- 2 "The bun is better buttered," Bill muttered.
- 3 Cheryl's cheap chip shop sells cheap chips.
- 4 You can have:
Fried fresh fish,
Fish fried fresh,
Fresh fried fish,
Fresh fish fried,
Or fish fresh fried.
- 5 All I want is a proper cup of coffee
Made in a proper coffee pot.
You can believe it or not—
I want a cup of coffee
In a proper coffee pot.

Tin coffee pots or
Iron coffee pots,
They're no use to me.
If I can't have a
Proper cup of coffee
In a proper copper coffee pot,
I'll have a cup of tea.

2 Work in pairs to practice saying these tongue twisters.

3 Work in groups to choose the one who says the tongue twisters the best in each group. Then hold a competition in the class.



Listening IV

SCRIPT

Dan: Here's a quiz on how much you know about chili. Are you ready?

Ellen: OK, I'm ready.

Dan: Question 1: Where did chilies come from originally?

Ellen: Easy! They came from Mexico.

Dan: That's right. They came from Mexico and were introduced into Europe about 500 years ago. Question 2: Who brought chilies to Spain in 1493?

Ellen: I'll make a guess... Christopher Columbus?

Dan: Well done. Question 3: What other foods did Columbus bring to Spain?

Ellen: I have no idea. Uh, maybe corn... or sweet potatoes?

Dan: Well done. Yes, corn, sweet potatoes and pineapples. Question 4: Do chilies make you fat?

Ellen: Impossible! They are very hot and you can't eat many.

Dan: Actually, eating chilies makes some people eat more food. They don't realize their stomach is already full. And the last question: Are chilies good for athletes?

Ellen: I have no idea. I'll say "no".

Dan: Wrong! A study has found that if you eat chilies before exercise, you'll perform better because you burn carbohydrates better.

1 Listen to a quiz about chili and decide whether the following statements are true (T) or false (F).

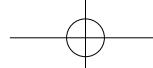
1 Chilies originated in North America.	T
2 Christopher Columbus brought chilies to Spain.	T
3 Columbus also brought some other foods to Europe.	T
4 Chilies are so hot that people who eat chilies will refuse to eat more food.	F
5 Eating chilies will help improve an athlete's performance.	T

Word tips

chili	辣椒
Christopher Columbus	克里斯托弗·哥伦布 (意大利航海家、新大陆发现者)
athlete	运动员
carbohydrate	碳水化合物

2 Listen to the quiz again and complete the following sentences with the information you get.

- 1 Chilies were introduced into Europe about 500 years ago.
- 2 Chilies were brought to Spain in 1493.
- 3 Apart from chilies, the explorer also brought corn, sweet potatoes and pineapples to Spain.
- 4 People don't realize their stomach is already full when they eat chilies.
- 5 If one eats chilies before exercise, he'll perform better because he burns carbohydrates better.



3 Work in groups to discuss the following questions.

- 1 What do you know about chilies?
- 2 How do people like chilies in China?

SAMPLE

- 1 Chilies were introduced into Europe about 500 years ago. Christopher Columbus brought chilies to Spain in 1493. He also brought corn, sweet potatoes and pineapples to Spain. Chilies are very hot and they make some people eat more food because they don't realize their stomach is already full. Chilies can help athletes to perform better because they burn carbohydrates better.
- 2 A large number of people in China love chilies. For example, people from Sichuan, Hunan, Hubei, Yunnan, Jiangxi, etc. eat a lot of chillies because they enjoy hot flavored food very much. They can't imagine how people can have food that is not hot. As these people travel a lot, most restaurants in China offer dishes with chilies to meet their taste. Even some people from other places begin to enjoy chilies very much. According to nutritionists, chilies have a lot of nutrients we humans need, not to say it increases one's appetite and improves athletes' performance.

PART 2

Viewing, Understanding and Speaking

Topic

Food Likes and Dislikes

Characters

James (man)

Laura (woman)

Charlie (man)

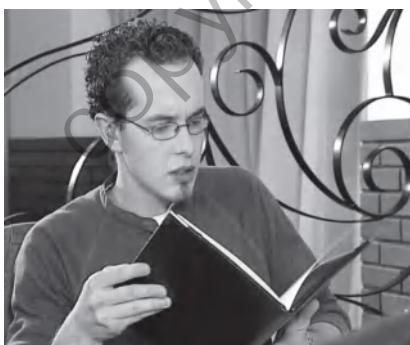
Lisa (woman)

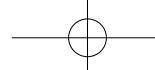
A waitress

Setting

In a restaurant

(Four young people are talking about food in a restaurant.)





SCRIPT

Waitress: Good evening, sir. Good evening, madam.

James: Good evening. Give us a table for four, please.

Waitress: Certainly. Would you like to sit by the window or further back?

James: By the window, please. I think it's much quieter.

Waitress: Sure. This way, please.

All: Thank you.

(The waitress shows the customers to a table by the window.)

Waitress: Is this all right?

All: All right. Wonderful, thank you. Thanks. Wonderful.

(After all are seated, the waitress hands them each a menu.)

Waitress: Hello, I'll give you a few minutes to look at the menus.

James: Thank you. Yeah, we should be ready in a few minutes. Thank you.

Waitress: I'll be back then.

(The waitress leaves.)

James: So, should I just order for every one? Is there anything particular that anyone does not want to eat?

Laura: Well, yeah, I don't eat lamb. My family influenced me. My parents never eat lamb. They think it smells. So I don't eat it either. I don't even know how lamb tastes like. Maybe it doesn't taste so bad, but we won't just try it.

Charlie: Oh, I see. I thought that had something to do with religious beliefs.

Laura: Oh, no, not in my case. But you know religion plays an important role in people's choice of food. For example, Muslims don't eat pork.

Charlie: Yeah, and in China devout Buddhists think it's sinful to eat animals.

James: Oh, Charlie, I almost forgot. You just got back from China. What was the food like in Sichuan where you were working?

Charlie: It's very spicy. People in Sichuan won't eat food without chilies and hot peppers.

Lisa: Do you like spicy foods?

Charlie: I didn't at the very beginning. But I remember at first I could only eat a little bit of it. Then gradually I got used to it and realized it's quite good, and now I like it.

James: Lisa, you were in China for several years. Which part were you in?

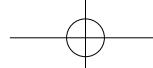
Lisa: The southeast part.

Charlie: I heard people there are brought up on sweet, not so spicy food. Is that so?

Lisa: Yes, everything fixed there is sweet. People even add sugar to meat.

James: That sounds interesting. Were you worried about putting on weight when you were there? Some women, in order to keep their figures slim, do not eat sweet food even though they like chocolate and desserts very much.

Lisa: No, I actually love eating sweet food. I don't care whether it's fattening or not. For me, taste is more important than my figure.



Laura: Yeah. Sometimes, people's likes and dislikes of food are related to one's opinions about health and nutrition. For instance, some people like rich food, while others prefer vegetables, green food and salads.

James: Sure, and nowadays with the development of sciences, people know more about food. Something that used to be thought of as disgusting now seems delicious and nutritious.

Charlie: I think it's also related to the cultures and traditions of the country. The Chinese people like food with... that smells good, tastes good, looks good. They also like food to have a pleasant and nice-sounding name.
(*The waitress comes again.*)

Waitress: Excuse me. Are you ready to order?

James: Yes. Er... can I get the 24-ounce porterhouse? Can I get that done medium rare, please?

Waitress: Certainly.

James: And can I just get a Miller Lite to go with that?

Waitress: Miller Lite. OK.

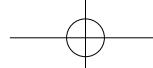
Teaching tips

Attitudinal Function of Intonation

Native speakers use different types of intonation to express their feelings, emotions and attitudes. Generally speaking, there are three types of intonation which native speakers often use in communicating with others. The following is a summary of the types of intonation, their meanings and the occasions on which they can be used.

Types of intonation	Feelings expressed	Occasions used
Falling intonation	completeness, definiteness	ordinary statements, commands, special questions, exclamations
Rising intonation	incompleteness, uncertainty, politeness	general questions, tag questions, incomplete phrases, enumeration
Falling-rising intonation	contrast, reservation, implication, disagreement, contradiction	statements where contrast is implied, statements which show implication, reservation and contradiction

If students can use a proper intonation to communicate with native speakers, they may avoid misunderstandings caused by the misuse of the intonation. Their English will sound natural, fluent and appropriate.



Word tips

lamb *n.* the meat of a young sheep 羔羊肉

e.g. *I chose lamb for the meat course.*

devout *adj.* believing strongly in a religion and carefully obeying its rules 虔诚的

e.g. *Rachel's parents are devout Catholics.*

Buddhist *n.* a person whose religion is based on the teachings of Gautama Buddha 佛教徒

e.g. *My nephew is a practicing Buddhist.*

sinful *adj.* morally wrong or bad 有罪的；罪恶的

e.g. *They believe that humans are sinful by nature.*

spicy *adj.* having a strong hot flavor 辛辣的

e.g. *I added ginger (姜) to give the rice a spicy flavor.*

hot pepper *n.* 辣椒

fattening *adj.* likely to make you fat 可能使人发胖的

e.g. *Avoid fattening foods and take more exercise.*

nutrition *n.* the process of giving or getting the right kind of food for good health and growth 营养

e.g. *Nutrition and exercise are essential to fitness and health.*

rich *adj.* containing foods such as butter, cream, and eggs, which make you feel full very quickly 油腻的

e.g. *He likes rich chocolate desserts.*

disgusting *adj.* extremely unpleasant and making you feel sick 令人恶心的；令人厌恶的

e.g. *I think chewing tobacco is a disgusting habit.*

ounce *n.* a unit for measuring weight, equal to 28.35 grams 盎司 (重量单位)

e.g. *For this recipe you need six ounces of flour.*

porterhouse *n.* a cut of beef taken from the thick end of the short loin, also called porterhouse steak 大脊骨牛排

e.g. *Our customers have made the porterhouse one of the most popular steaks.*

rare *adj.* meat that is rare has only been cooked for a short time and is still red inside (肉) 烹得半熟的

e.g. *I'd like a good steak, cooked rare, and a drink.*

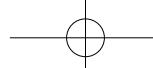
Miller Lite an American light beer, which has reduced alcohol and calories 米勒淡啤酒

e.g. *Would you like Miller Lite or heavy beer?*

1 Watch a video about the factors related to people's choice of food and check (✓) the factors that are mentioned.

Food likes and dislikes are related to:

✓ A family	✓ B religious belief
C weather conditions	✓ D region
E age	✓ F taste
✓ G knowledge of food	✓ H tradition and culture
I availability of food	



2 Watch the video again and complete the following sentences with the information you get.

- 1 But you know religion plays an important role in people's choice of food.
- 2 Yeah, and in China devout Buddhists think it's sinful to eat animals.
- 3 Then gradually I got used to it and realized it's quite good, and now I like it.
- 4 I heard people there are brought up on sweet, not so spicy food.
- 5 Some women, in order to keep their figures slim, do not eat sweet food even though they like chocolate and desserts very much.
- 6 Sure, and nowadays with the development of sciences, people know more about food.
- 7 Something that used to be thought of as disgusting now seems delicious and nutritious.
- 8 They also like food to have a pleasant and nice-sounding name.

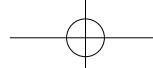
3 Repeat a few important lines and try to imitate the speakers' pronunciation and intonation.

- 1 – Good evening. Give us a table for four, please.
– Certainly. Would you like to sit by the window or further back?
- 2 Is there anything particular that anyone does not want to eat?
- 3 My parents never eat lamb. They think it smells.
- 4 Maybe it doesn't taste so bad, but we won't just try it.
- 5 I thought that had something to do with religious beliefs.
- 6 – What was the food like in Sichuan where you were working?
– It's very spicy. People in Sichuan won't eat food without chilies and hot peppers.
- 7 – Yes, everything fixed there is sweet. People even add sugar to meat.
– That sounds interesting. Were you worried about putting on weight when you were there?
- 8 I don't care whether it's fattening or not. For me, taste is more important than my figure.
- 9 Sometimes, people's likes and dislikes of food are related to one's opinions about health and nutrition.
- 10 For instance, some people like rich food, while others prefer vegetables, green food and salads.

4 Work in groups to describe the food you like and dislike.

SAMPLE

- Chocolate is something I really like. It is sweet, creamy and soft. Tasting it is a pleasant and enjoyable experience. When I have it, I feel happy and satisfied. Besides, chocolate contains something that lowers the risk of heart diseases. Some people think that one will put on weight because of chocolate, but I don't care. I just like the taste and the satisfaction chocolate gives me.



- I don't like eating lamb. Although it is quite nutritious, it smells. I just can't stand the smell and the taste. I tried to get used to the smell and the taste. But when I tasted it, I felt nauseated (作呕的) right away and lost my appetite for other food. So I never order lamb when I go to a restaurant. Moreover, my family never cooks it. The meat my mom cooks at home is pork and beef, so I don't like lamb at all.

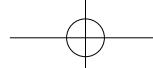
PART 3 Video Appreciation and Singing for Fun

Video Appreciation



■ About the video:

The video is about the function of food in the treatment of diseases. It gives people some ideas about simple food remedies which can help people stay healthy and prevent diseases.



SCRIPT

We're all different. But food affects us all, wherever we live and whatever we do.

This woman is overtired with the first signs of a cold. Could she use food as medicine? Should she ditch the doctor and head straight for the supermarket?

We all know a balanced diet is what we need to feel healthy. But could there be more to food than that? Can some foods actually cure diseases and treat symptoms in the same way as modern medicine?

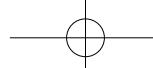
These days we're surrounded by health claims about food. Every week a different fruit or vegetable seems to become a "superfood" capable of curing almost anything. And food as medicine goes back a long way.

Chinese herbal remedies are thought to be 5,000 years old, and are still in use today. But in the West it's a different story. Modern Western medicine concentrates on pills. It's an approach that's proved incredibly successful, and yet it's still failed to tame a disease which affects just about all of us—the common cold.

Perhaps food can help. We all know what it's like to have a cold. You'd really rather not get out of bed. You're overtired, and your head just feels terrible. In the Western world the answer might be to reach for that morning cup of coffee. A quick dose of caffeine to perk you up. Some scientists are starting to see coffee as a wonder drug—linked with everything from preventing cancer to staving off Alzheimer's. But whatever its good points really are, it certainly won't cure your cold.

So surely if you eat foods packed with vitamin C you won't get a cold, right? Well not quite. It's a popularly held belief that vitamin C boosts the immune system and stops you getting a cold, but it's unlikely to do anything of the sort. It's still worth taking though. Current research points to the antioxidant properties of vitamin C helping to alleviate symptoms. It really does work up to a point. But there are other more "homemade" cold cures based around food. One of these is good old chicken soup. Incredibly it really does work. Theories range from the simple benefit of steam through to the anti-inflammatory effect of this super soup. One study even found chicken soup to contain the same chemicals found in modern cold remedies. So it looks as though food can help with less severe health problems but what about something more serious, like third-degree burns.

Well, there is a food that prevents wound infection. It's been used as a cure-all for thousands of years from the ancient Chinese to the Aztecs. It's all to do with these. To keep the hive safe, bees need to fend off disease, and honey's one of the best weapons they have available. With its antibiotic properties it's more than just energy packed food. And we can use these properties to treat patients today. Serious burns are easily infected, and some Western hospitals are applying honey directly to the wound to speed up the healing process. Something to think about the next time you spread some on your toast. So whether it's a cold or something more serious, perhaps food really could help. And putting the right foods in the blender could make you wake up feeling just a little healthier.



Word tips

overtire *vt.* make sb. feel extremely tired 使过度疲劳

e.g. *We don't want to overtire Mrs. Smith.*

ditch *vt.* get rid of sb. or sth. because you no longer like or need them 抛弃

e.g. *I decided to ditch the old yard furniture.*

cure *vt.* make an illness disappear completely, usually by medical treatment 治疗, 治好(疾病)

e.g. *Many formerly fatal diseases can now be cured.*

symptom *n.* a physical condition which shows that you have a particular illness 症状

e.g. *The symptoms of this flu are aching joints, high fever, and stomach pains.*

herbal *adj.* made of herbs 药草的

e.g. *Many herbal prescriptions contain more than one active ingredient.*

remedy *n.* a medicine to cure an illness or pain that is not very serious 药物; 治疗物

e.g. *She has an excellent remedy for headache.*

concentrate on give most of your attention to one aim or activity 把注意力集中于, 全神贯注于

e.g. *Luke wants to concentrate on his film career.*

incredibly *adv.* extremely; in a way that is hard to believe 非常地; 难以置信地

e.g. I) *He was incredibly good company; he used to make me laugh all the time.*

II) *Incredibly, his wife did not know the truth.*

tame *vt.* reduce the power or strength of sth. and prevent it from causing trouble 制服, 控制

e.g. *Over the years, a series of dams has tamed the might of the Colorado river.*

dose *n.* a measured amount of a medicine (药物的) 一剂, 一服

e.g. *The patient gets better after each dose but requires it more and more frequently in order to sustain the benefit.*

caffeine *n.* a substance in tea, coffee, and some other drinks that makes you feel more active 咖啡因

e.g. *Avoid caffeine three to four hours before bedtime.*

perk sb. up make sb. more cheerful, active, and interested in what is happening around 使振作

e.g. *Have a cup of tea—that'll perk you up.*

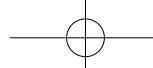
stave off keep sb. or sth. from reaching you or affecting you for a period of time 避开; 挡开

e.g. *She brought some fruit on the journey to stave off hunger.*

Alzheimer's *n.* a serious illness affecting your brain that makes it difficult for you to remember things and becomes worse as time passes 阿耳茨海默氏病, 早老性痴呆病

packed with containing a lot of sth. 富含……的

e.g. *This new series is packed with drama and excitement.*



boost *vt.* help sth. to increase, improve, or become more successful 提高；增强
e.g. *Their share price climbed again today, boosted by rising sales.*

immune system *n.* the system by which your body protects itself against disease (身体的) 免疫系统

e.g. *If the immune system has broken down, there is a risk of further infection.*

antioxidant *adj.* of a substance preventing oxygen from combining with other substances 抗氧化的

e.g. *Vitamin A and its metabolites (代谢物) appear to have potent antioxidant properties.*

property *n.* a quality or power that belongs naturally to sth. 特性；性能

e.g. *One of the most important properties of gold is its malleability (延展性).*

alleviate *vt.* make sth. less painful, severe, or serious 缓解，减轻

e.g. *The doctor has prescribed some drugs to alleviate the pain.*

anti-inflammatory *adj.* acting to prevent swelling and soreness on or in part of your body, which is often red and hot to touch 消炎的

e.g. *Doctor gave the patient anti-inflammatory drugs to further suppress the immune response.*

third-degree burn *n.* the most serious kind of burn that goes right through your skin 三度烧伤

e.g. *He suffered third-degree burns to his face and hands.*

infection *n.* a disease caused by bacteria or a virus that affects a particular part of your body 感染

e.g. *There are many things you can do to reduce your risk of infection.*

cure-all *n.* sth. that people think will cure any problem or illness 灵丹妙药

e.g. *The ancient Romans used garlic as a cure-all for everything from boils to bee stings.*

Aztec *n.* 阿兹特克人 (墨西哥印第安人)

hive *n.* a container in which bees live and make honey 蜂箱；蜂巢

e.g. *They gathered 20 pounds of honey each hive.*

fend off defend yourself against an attack 挡开；避开

e.g. *She uses her secretary to fend off unwanted phone calls.*

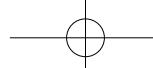
blender *n.* a piece of electrical equipment that mixes foods or turns soft food into a liquid (食品) 搅拌器

e.g. *Place the egg yolks in a food processor or blender and add the mustard and half of the vinegar.*

1 Watch a video about food used as medicine and complete the following paragraph with the information you get.

Can some foods actually cure diseases and treat symptoms in the same way as modern medicine? Food as medicine can go back a long way.

Chinese 1) herbal remedies are thought to be 5,000 years old, and are still in use today. But in the West, modern medicine concentrates on 2) pills. It's



an approach that's proved very successful, and yet it's still failed to tame the common 3) cold. Some foods might help. When one catches a cold, a cup of 4) coffee may perk him up. But it won't cure the cold. He can eat foods packed with vitamin C since it's a popularly held belief that vitamin C boosts the 5) immune system and stops one from getting a cold, but it's unlikely to do anything of the sort. There is one "homemade" cold 6) cure which really does work—good old chicken soup. In addition, food can help with something more serious, like third-degree 7) burns. There is a food that prevents wound 8) infection. It's been used as a 9) cure-all for thousands of years from the ancient Chinese to the Aztecs. It's honey. Some Western hospitals are 10) applying honey directly to the wound to prevent it from being infected.

2 Watch the video again and match the food in Column A with the functions in Column B.

Column A	Column B
1 coffee	A offering the benefit of steam
2 foods rich in vitamin C	B staving off Alzheimer's
3 chicken soup	C a cold cure with chemicals found in modern cold remedies
4 honey	D preventing cancer
	E speeding up the healing process with its antibiotic properties
	F alleviating cold symptoms with its antioxidant properties
	G having anti-inflammatory effect

3 Work in pairs to role-play the following scene.

Student A

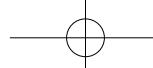
You are a student and you've caught a cold.

Student B

You are Student A's friend. You advise Student A to eat some food instead of going to see a doctor.

SAMPLE

Student B: Hey, what's the matter with you? You don't look well.
Student A: I'm feeling extremely tired and dizzy. I think I've got a cold.
But I don't want to go to the doctor.
Student B: Why don't you have a cup of coffee?
Student A: What do you mean?
Student B: Westerners think caffeine can help perk you up.
Student A: No. I don't like drinking coffee. It will keep me awake all the time.



Student B: But some scientists think coffee can prevent cancer and Alzheimer's.

Student A: No, I won't try it. It can't cure the cold, can it?

Student B: No, it can't. But you can have some fruit that is rich in vitamin C, say, oranges.

Student A: I like oranges, one of my favorite fruits. It's said vitamin C can help boost one's immune system.

Student B: Yes. But actually the most recent research suggests that it's the antioxidant properties of vitamin C that help alleviate symptoms. So you might feel better.

Student A: Really! Then what else do you suggest?

Student B: How about some chicken soup?

Student A: Chicken soup? Are you kidding!

Student B: No, it really works.

Student A: How?

Student B: Some talk about its steam benefits. Others speak highly of its anti-inflammatory effect.

Student A: Great!

Student B: One study shows that chicken soup contains some of the same chemicals found in modern cold remedies.

Student A: Amazing! I will make chicken soup right away!

Singing for Fun

■ About the song:



“Food, Glorious Food” is written by Lionel Bart, a British writer and composer of pop music and musicals. It is the opening song from the musical *Oliver*, which is based on the novel *Oliver Twist* by the famous British writer Charles Dickens.

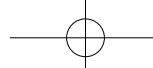
The song is sung when the workhouse (济贫院) boys are dreaming and fantasizing about food while going to collect their gruel (稀粥) from the staff of the workhouse.

Listen to the song “Food, Glorious Food” and learn to sing it.

LYRICS

Food, Glorious Food

Is it worth the waiting for
If we live till eighty-four



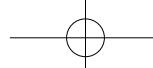
All we ever get is GRUEL
Everyday we say our prayer
Will they change the bill of fare
Still we get the same old GRUEL
There's not a crust, not a crumb
Can we find, can we beg, can we borrow or cadge
But there's nothing to stop us from getting a thrill
When we all close our eyes and imagine

Food, glorious food
Hot sausage and mustard
While we're in the mood
Cold jelly and custard
Peas pudding and saveloys
What next is the question
Rich gentlemen have it, boy
IN-DI-GESTION

Food, glorious food
We're anxious to try it
Three banquets a day
Our favourite diet
Just picture a great big steak
Fried, roasted or stewed
Oh! Food, wonderful food, marvellous food, glorious food

Food, glorious food
Don't care what it looks like
Burned, underdone, crude
Don't care what the cook's like
Just thinking of growing fat
Our senses go reeling
One moment of knowing that
Full up FEELING

Food, glorious food
What wouldn't we give for
That's extra bit more
That's all that we live for
Why should we be fated
To do nothing but brood
Oh! Food, magical food, wonderful food, marvellous food
Fabulous food, beautiful food, glorious food



PART 4

Further Speaking and Listening

Step ONE

Further Speaking

Work in groups to do the following activities.

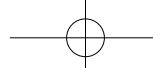
Work in groups to introduce to each other a kind of popular or special food in your hometown.

Words and expressions you may use

tasty sweet soft crisp greasy pungent (辣的)
fresh tender delicious nutritious stuffing
ingredient fragrance whet sb.'s appetite (引起某人的食欲)
ease one's hunger have a bite be characterized by
be renowned for preserve the natural flavor
elegant presentation of the dishes

SAMPLE

- *Small noodles* (小面) are really very popular in Chongqing. You might think the noodles are very thin or the quantity of the food served is not much. But in fact, the noodles are of normal size and each bowl of *small noodles* served in the restaurants of Chongqing is full. The success of *small noodles* lies in its tasty soup. The chef puts chili, Sichuan peppercorn, pepper, soy sauce, ginger, sesame, scallion (嫩洋葱) and pickled mustard tuber in the soup along with pieces of fresh vegetables. It produces a hot, tingly-numbing and tasty flavor. The price for *small noodles* is very low. People of Chongqing often eat *small noodles* as their breakfast, lunch or supper. In this way, those who work far away from home don't have to cook their meals at home. For those who come back to the hometown, *small noodles* are the right food for them to enjoy the food flavor of their hometown!
- *Egg pancake* is one of the popular snacks in Chengdu. It is tasty and cheap. Above all, it is a kind of snack sold with easy access to the salesperson on a tricycle. The stuffing is optional, such as sesame paste, pickles, cream, etc. It can either be salty or sweet. When I was in primary school, the most cheerful thing after school was to buy an egg pancake with merely 0.5 yuan and enjoy it on the way home. It's so cheap that any kids with pocket money could afford it. Vendors each riding a tricycle moved about streets and lanes to find more potential buyers for good business. The tricycle was actually a "small kitchen". The pancakes were made on the spot so I was able to witness how mine would be made. There were two tiny stoves on the tricycle. On top of each stove was placed a small pan with a long handle. The cook spooned up some egg paste onto the pan and covered it with a lid. After one minute the hot soft yellow pancake was done with its tempting smell. But don't forget the stuffing! The cook would put a spoonful of stuffing onto the pancake, roll it so that it could hold the stuffing and then wrap it with a small piece of paper for you to hold without burning your hand. Then, it's time to enjoy!



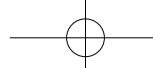
- *Lotus root stuffed with sticky rice* is a kind of sweet food very popular in many big restaurants in Hangzhou. Even though I haven't tried to cook it myself, I know a little about how it is made. First, cut the lotus roots into sections and then cut one end of each section off so that many small holes will be exposed. Next, fill the small holes with wet sticky rice. Then, put the head of each section back and fix it with toothpicks so that the sticky rice in the holes won't come out. Put those sections filled with sticky rice into a wok with water, sugar and red dates to heat and boil for about 30 minutes. Finally, take out the sections and cut them into pieces. Pour osmanthus syrup and honey over the pieces. They are very tasty with the mixed sweetness of osmanthus, sugar and honey. What's more, the root of lotus has good medicinal effect and can accelerate the circulation of blood in the body. Sticky rice is also good for the stomach. Besides this, the snack suggests a very good meaning. As we know, when the lotus root is torn apart, you'll see a bunch of sticky threads connecting the two pieces which symbolize a good bond between couples and lovers even though they are physically separated. So have a bite if you haven't tried it before and I'm sure you will love it.

Each group selects the best introduction and makes a presentation in the class. Then the class vote for the best introduction.

Words and expressions you may use

Condiments (调味品)	salt	sugar	pepper	vinegar	soy sauce
	spices	mustard	tomato sauce / ketchup	(番茄酱)	
Kitchen appliances	stove	oven	toaster	refrigerator	dishwasher
	kettle	microwave oven		food processor	
	frying pan		pressure cooker		
Kitchen utensils	fork	knife	chopsticks	spoon	bowl
	goblet	(无柄高脚杯)	cup	saucer	pot
	pan	spatula	(铲)	corkscrew	(瓶塞钻)
					can opener
Actions in food preparation	cut	chop	slice	carve	sift (筛)
	mix	drain	peel	knead (揉, 捏)	whisk (搅打)
	squeeze		spread	sprinkle (洒; 撒)	mash
Cooking methods	fry	bake	roast	boil	grill
	braise (炖, 焖)		sauté (快炒; 快炸)	stew	steam
					pickle (腌制)
Eating actions	gnaw (啃)	chew	stuff	swallow	nibble
	bite	lick	devour	dip	tear apart
	wolf down (狼吞虎咽地吃)				

**Step
TWO**



Further Listening

Listening I

SCRIPT

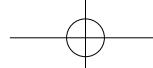
Tim: What do you want to have for supper tonight?
Alice: Well, the refrigerator is empty, so we'll have to go to the supermarket.
Tim: Well, how about going out to eat to save the trouble? But... let's not go to the French restaurant on Broadway. Maybe it's the best in town but it's too expensive.
Alice: There's a new Mexican place called Tortilla Flat. I don't know about the prices, though.
Tim: But we both love hot food. Why not take a chance? Where is the place?
Alice: It's on Hope Street, just past the high school.
Tim: Oh, we'd better hurry. It'll take us a half hour to get there. It's already eight, and most restaurants around here stop serving dinner by nine or so.
Alice: Relax! I can be ready in five minutes. We'll get there in plenty of time.

1 Listen to a conversation about eating out and decide whether the following statements are true (T) or false (F).

1 The couple have decided to eat out to save the trouble of going to the supermarket.	T
2 Neither the husband nor the wife enjoys spicy food.	F
3 Mexican food is not spicy.	F
4 The couple have chosen to go to a Mexican restaurant.	T
5 The woman thinks they have plenty of time to get to the restaurant.	T

2 Listen to the conversation again and choose the best answer to each of the following questions.

1 Why don't they choose to go to the French restaurant? <u>D</u>
A Because it's far away.
B Because it's always crowded.
C Because it's not the best.
D Because it's very expensive.
2 Where is the Mexican restaurant located? <u>C</u>
A On Broadway.
B On High Street.
C On Hope Street.
D On Tortilla Flat.
3 How long will it take the couple to go to the Mexican restaurant? <u>C</u>
A Five minutes.
B Twenty minutes.
C Half an hour.
D An hour.



- 4 When will restaurants normally stop serving dinner? B
A At 8 p.m.
B At 9 p.m.
C At 10 p.m.
D At 11 p.m.

- 5 What time will the couple probably arrive at the restaurant? B
A At 8:25 p.m.
B At 8:35 p.m.
C At 8:05 p.m.
D At 9 p.m.

Listening II

Dr. Young: Here's your diet, Simon. Remember to follow it carefully.

Simon: Is this all I can eat? One small glass of juice, one hard-boiled egg... That isn't enough! I'm going to be hungry all day! Can't I have any fried food?

Dr. Young: I'm sorry, Simon. Not when you're on a diet.

Simon: Can't I even eat bread?

Dr. Young: You can have some bread, but you can't have any butter.

Simon: How about fruit?

Dr. Young: Fruit is OK, but don't eat too much because it's too sweet.

Simon: What about pizza and spaghetti?

Dr. Young: No pizza and no spaghetti.

Simon: How about potatoes? Can I have potatoes?

Dr. Young: No, potatoes are also fattening food.

Simon: Oh, boy! It's going to be a long six weeks!

SCRIPT

1 Listen to a conversation about Simon's diet and check (✓) the food items that are mentioned.

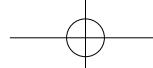
✓ A juice	✓ B egg
C chocolate	✓ D fried food
E hamburger	✓ F bread
✓ G butter	H ice cream
✓ I fruit	✓ J pizza
✓ K spaghetti	✓ L potato

Word tips

hard-boiled (鸡蛋) 煮得老的
pizza 比萨饼
spaghetti 意大利式细面条

2 Listen to the conversation again and check (✓) the food items that Simon is allowed to have.

✓ A juice	✓ B egg
C chocolate	D fried food
E hamburger	✓ F bread
G butter	H ice cream
✓ I fruit	J pizza
K spaghetti	L potato



Listening III

SCRIPT

Visitors to Britain frequently complain about English food. But they do not really know what they are talking about because they rarely get a chance to eat it. Most of the restaurants in large towns have foreign owners and serve foreign food.

When visitors are invited to eat in an English home, their hosts often feel they must offer them something foreign and exotic. Those of us who do know English food are aware that at its best it can be really very good. On the other hand it is true to say that sometimes it is terrible. Part of the problem is that we are not really interested in food—we eat to live; we do not live to eat. So we don't generally spend the necessary time and effort needed to cook really good meals. We prefer food that is simple and easy to cook, or ready-prepared food which only needs heating up before eating. You can find the best English food in the country away from the large towns, where life is slower and people are not in such a hurry. But, of course, most visitors come to London. They come because they are interested in shopping and sightseeing. They do not come because of food, so why should they complain about it?

Word tips

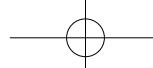
exotic 异国风情的

1 Listen to a passage about English food and decide whether the following statements are true (T) or false (F).

- 1 Visitors who complain about English food actually rarely have the chance to taste it. **T**
- 2 Visitors can really taste the genuine English food when they are invited to English homes. **F**
- 3 English food sometimes can be really terrible. **T**
- 4 English people live to eat; they do not eat to live. **F**
- 5 Visitors can find the best English food in the countryside. **T**
- 6 Most visitors do not go to London for a nice meal. **T**

2 Listen to the passage again and complete the following sentences with the information you get.

- 1 Most of the restaurants in large towns have foreign owners and serve foreign food.
- 2 Those who do know English food are aware that at its best it can be really very good.
- 3 English people don't generally spend the necessary time and effort needed to cook really good meals.
- 4 Life in the countryside is slower and people are not in such a hurry.
- 5 Most visitors come to London because they are interested in shopping and sightseeing.



Listening IV

All right! Enough biscuits, cola, and chips! It seems that junk food is all that the children want to eat these days. Television controls their tastes. The kids see well-known personalities eating potato chips, candy, and other processed food, and they want to be like their heroes. How do they do it? They eat the same food. I wish there were more characters like old Popeye the sailor, who ate spinach and not chips.

Just because I like brown rice, beans, and fresh vegetables, I don't expect my children to eat this "health food". I'm glad to cook traditional meals of meat and potatoes for them. I really can't be too upset with the kids because most adults aren't careful about what they eat. The other night, my wife and I went to a party where there was plenty to drink but very little for us to eat. They served hot dogs and hamburgers. I can't eat hot dogs, with all those preservatives, and hamburgers are filled with chemicals so that they look good. Besides the meat, they had sugar-filled biscuits and cakes, and, of course, chips. Terrible! I don't want the world to change because of me, but I think that people should realize that there are alternatives to eating meat. They always tell me that I probably don't get my essential proteins. But I feel better than ever and I'm sure that it's because I'm vegetarian. I would really like to see more television advertisements which show the benefits of good, healthy, natural food.

SCRIPT

1 Listen to a passage about a person's view on food and check (/) the food items the speaker would like to have.

A biscuits	B chips	✓ C brown rice
✓ D beans	✓ E vegetables	F meat
G potatoes	H hamburgers	

2 Listen to the passage again and answer the following questions.

1 What affects children's choice of food?

Television.

2 What do traditional meals consist of?

Meat and potatoes.

3 What were served at the party that night besides hot dogs and hamburgers?

Sugar-filled biscuits, cakes and chips.

4 Why are hamburgers filled with chemicals?

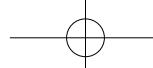
Because chemicals make the hamburgers look good.

5 What is the speaker's attitude toward a diet without meat?

One can remain healthy without meat.

Word tips

cola	可乐类饮料
personality	名人
processed food	加工食品
Popeye the sailor	大力水手 (连环画中的人物)
spinach	菠菜
brown rice	糙米
health food	保健食品
preservative	防腐剂
alternative	可供选择的事物
vegetarian	吃素的；主张素食的



Unit 7

Culture

PART 1

Listening, Understanding and Speaking

Listening I

SCRIPT

Terry talks about her experience of living and working in England, where she has been for the past 11 years.

Interviewer: So, Terry, you've been in England for quite a long time now.

Terry: Mm.

Interviewer: What differences do you notice between England and the United States?

Terry: Obviously the biggest difference is the people. The typical Englishman is... mm, cold and not very open.

Interviewer: Oh.

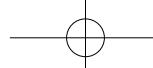
Terry: In the United States it's very different. We start conversations with people in the street, in the subway; we're a lot more outgoing than most English people. You know, when I first came, I couldn't understand why I was getting so little reaction from people, but now I see that they thought I was overpowering and too friendly too soon.

Interviewer: But, tell me, does the Englishman's openness improve as you get to know him?

Terry: Oh yes.

Interviewer: That's good.

Terry: Once you have made a friend, it's a friend for life, but it takes a very long time. I'll tell you something that I think is very important. An Englishman in America is respected. Everyone wants to talk to him. We're inquisitive. We love his accent and his country. But Americans in England are thought to be a little inferior because of their loud behavior and their language. One thing I've learned is that English people like to keep a certain distance. When I was talking to someone, he would move away, you know, move backward, and I thought, "Do I smell? Am I boring him?" The reason is, you see, Americans stand closer when they're talking while English people like a certain distance.



1 Listen to an interview with Terry and decide whether the following statements are true (T) or false (F).

- 1 Terry, the interviewee, is being asked about her stay in England. F
- 2 The biggest difference Terry notices between England and the United States is the accent. F
- 3 It is more difficult to start a conversation with an Englishman. T
- 4 When Terry first went to England, she got little reaction from the people there. T
- 5 Friendship with an Englishman lasts longer than that with an American according to Terry. T
- 6 Terry thinks that Americans and English people respect each other. F
- 7 When Terry talked with the English people, they usually moved backward because of her bad smell. F
- 8 Terry thinks that Americans are superior to English people. F

Word tips

Terry	泰莉 (人名)
outgoing	好交际的, 外向的
overpowering	个性强的
inquisitive	过分好奇的, 好追根究底的
accent	口音
inferior	低等的
loud	(举止等) 招摇的, 炫耀的, 显眼的

2 Listen to the interview again and complete the following sentences with the information you get.

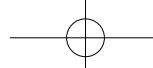
- 1 English people, in general, are cold and not very open. Compared with the English people, Americans are more outgoing.
- 2 When the interviewee first went to England, she was considered overpowering and too friendly too soon.
- 3 It takes a long time to make friends with English people. But once a friend is made, it is a friend for life.
- 4 The Americans like to talk with an Englishman because they love his accent and his country, while Americans in England are considered inferior because of their loud behavior and their language.
- 5 When talking with each other, Americans stand closer, while English people like a certain distance.

3 Work in groups to discuss the following question.

Whom would you like to make friends with, the Americans or the English people? Give your reasons.

SAMPLE

I can't tell exactly whom I'd like to make friends with. It all depends. I have both American friends and English friends and I find them all warm and friendly. Generally speaking Americans are more open and it takes a shorter time to develop friendship with Americans. Compared with Americans, English people are quieter and they are more formal in manners. Of course, one big difference is their accent. Personally I like the American accent, so I find it easier to communicate with Americans.



SCRIPT

Listening II

Many centuries ago, a group of Jews landed in India and immediately went to the king. They told him that they were lost and wanted to settle in his kingdom.

In those days any foreigner was viewed with suspicion. So the king was hesitant about letting them in. He sent for a glass of milk and a glass of water. He asked the leader of the Jews to taste the milk. Then he poured out some milk and added some water. He asked the leader to taste the milk again and said, "What is the difference in taste?"

The leader said, "The second time the milk tastes terrible." "That is because of the water added to the milk," said the king. "The water dilutes the milk and spoils its taste. So too your addition might spoil the kingdom." The leader of the Jews thought for a moment and asked for another glass of milk. He then added sugar to the milk and asked the king to taste it. "It tastes sweet," said the king.

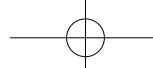
The leader of the Jews bowed his head and said, "Oh, Your Majesty! That is how we would like to live here: as the small amount of sugar which sweetens the large quantity of milk and not as the water which dilutes the milk." Pleased with him, the king granted the group permission to stay.

Word tips

Jew 犹太人
suspicion 怀疑
hesitant 犹豫的
dilute 把(液体)稀释
spoil 破坏, 损坏
sweeten 使变甜
permission 允许, 许可

1 Listen to a story about a group of Jews and choose the best answer to each of the following questions.

- 1 The Jews went to the king when they landed in India because they wanted to _____. C
A give the king a gift B tell the king what had happened
C stay in the kingdom D borrow something from the king
- 2 The king was suspicious of the Jews because _____. A
A they were foreigners
B Jewish people were not popular anywhere
C he didn't believe their story
D the Jews were considered a threat to the kingdom
- 3 The king sent for some milk and water to _____. D
A entertain the Jews
B play a magic trick
C show his cleverness
D show why he refused the Jews' request
- 4 The leader of the Jews asked for another glass of milk because _____. C
A the first glass of milk tasted terrible
B he was very hungry and wanted to have more
C he wanted to convince the king of his group's value
D he forgot to add sugar to the first glass of milk



2 Listen to the story again and complete the following paragraph with the information you get.

A group of Jews got 1) lost in 2) India, so they went to ask the king for permission to 3) settle / stay there. At first, the king was quite suspicious of them. He asked the leader of the Jews to 4) compare the taste of a glass of milk and the taste of the milk with 5) water poured into it in order to show them that their stay might 6) spoil the kingdom. The leader, however, added 7) sugar to a second glass of milk to improve its taste. Finally the king was persuaded into letting them 8) stay.

3 Work in pairs to role-play the conversation between the leader of the Jews and the king.

SAMPLE

L = Leader of the Jews K = King

L: (He bows to the king.) Your Majesty, we are Jews and we got lost. Would you give us permission to stay in your kingdom?

K: (*suspiciously*) You mean you want to settle down here?

L: Yes, Your Majesty.

K: (*He says to his servant.*) Go and get a glass of milk and a glass of water.
(*He gives the glass of milk to the leader of the Jews.*) Now, taste it and see
what it's like.

J: (He tastes the milk.) It's milk, nice milk.

K: (He pours some water into the milk.) Now taste it again.

1: (He tastes the milk with water added.) Oh, it tastes terrible.

K: You see, that is my answer to your request. You are just like the water and your stay might spoil my kingdom.

L: Can I have another glass of milk, Your Majesty?

K: (*suspiciously*) Another glass of milk?... OK.

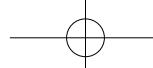
L: (*The servant brings in another glass of milk and gives it to the leader of the Jews. The leader adds some sugar to the milk.*) Now, Your Majesty, please taste it and see how you like it this time.

K: (He tastes the milk with sugar added.) Mm, it tastes really good.

L: Ah, that's what we want to be. We want to be the sugar which sweetens the milk rather than the water which dilutes the milk.

K: Good, that's a clever response. I give you my permission to stay in my kingdom.

L: Thank you, Your Majesty.



SCRIPT

Listening III

Different cultures adhere to different business customs. For example, the British consider it impolite to interrupt a visitor, even after all business has been done. Thus a visitor should know when to stop talking and when to leave.

Spanish business people prefer to see samples, so samples of products or services should be offered whenever possible. Visitors also need to know that in Spain offices and some retail establishments generally close from 1:00 p.m. to as late as 4:30 p.m. In addition, black shoes, not brown, are considered proper for business occasions. The Spanish historically have favored black.

In Finland, business guests may be asked to shed their clothes and join their hosts in a sauna. The invitation is a sign that a good working relationship has been established.

In Denmark, a visitor who is invited to a business associate's home should take flowers or some unusual food.

In Norway, a visitor is expected to send a gift the day after a dinner.

In France, one sends flowers before visiting a home for dinner, but not chrysanthemums; they're for funerals. More than flowers and gifts, the French prefer a business visitor to give a party after major dealings.

In Germany, flowers are an appropriate gift to take to a business colleague's wife when invited to dinner, but not red roses; they're for lovers. Here men are expected to stand when a woman rises from the table and when she returns. Fortunately, German women have reached a silent understanding that when one has to be excused, the other women leave also.

Word tips

adhere 坚持, 遵守

retail 零售

establishment 机构

Finland 芬兰 (北欧国家)

shed 脱

sauna 桑拿浴; 桑拿浴室

Denmark 丹麦 (北欧国家)

Norway 挪威 (北欧国家)

chrysanthemum 菊花

dealing 交易

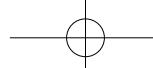
1 Listen to a passage about various business customs and match the countries in Column A with the customs in Column B.

Column A

- 1 in Britain
- 2 in Spain
- 3 in Finland
- 4 in Denmark
- 5 in Norway
- 6 in France
- 7 in Germany

Column B

- A A visitor should take flowers or some unusual food.
- B People favor the color black.
- C Visitors don't bring red roses.
- D A visitor should send a gift the day after a dinner.
- E People consider it impolite to interrupt a visitor.
- F Visitors don't send chrysanthemums.
- G Guests may be asked to join the hosts in a sauna.



2 Listen to the passage again and complete the following sentences with the information you get.

- 1 The passage is mainly about different business customs in different European countries.
- 2 In Spain offices and some retail establishments generally close from 1:00 p.m. to as late as 4:30 p.m.
- 3 The Spanish do not like brown shoes for business occasions.
- 4 The French prefer a business visitor to give a party after major dealings.
- 5 In Germany, men are expected to stand when a woman rises.

3 Suppose you are conducting a training program for the European Branch staff of your company. Give a short talk on the various business customs of some European countries, based on the information you have learned from the listening material.

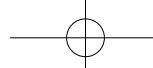
SAMPLE

Different cultures have different business customs and knowing the business customs of various cultures is very important for the success of a company like ours.

Let's start from Britain. In Britain, it's considered impolite to interrupt a visitor, so you should know when to stop talking and leave after business is done, to avoid embarrassing your British host. In France, if you're visiting a family, you should send flowers before you go, but remember you should never send chrysanthemums. And you should give a party after major business dealings. If you are invited to a German colleague's family for dinner, it's considered proper to bring some flowers, not red roses though, to your colleague's wife. In Spain, you should always bring samples of your products when you meet business people because the Spanish businessmen need to see samples before they make any decision.

Now let's move on to Northern Europe. In Finland, don't feel surprised if you're invited to join your hosts in a sauna, because that's a sign of the beginning of a good working relationship. Flowers or some unusual food are proper gifts for your host family if you are invited to your Danish business partner's home for dinner. In Norway, you are expected to send a gift the day after a dinner that you've been to, a custom different from your home country and many other countries.

I hope you can remember all these customs when dealing with people from the countries where these customs are observed.



Listening IV

Background information

A Hindu (印度教徒) is someone who believes in Hinduism (印度教), the main religion of India. According to Hindu belief, there are three main gods, Brahma (婆罗贺摩, 创造之神), Siva (湿婆, 生殖与毁灭之神) and Vishnu (毗瑟, 守护之神), and many other godlike beings. Hindus believe in reincarnation (轮回转世说) (the idea that people are born again after they die, and this process continues forever), and they also believe in the idea of Karma (业), by which a person's actions when they are alive influence the way in which they are born again after death.

SCRIPT

A Hindu priest, a Jewish rabbi and a lawyer were driving down the road when their car broke down. Fortunately, finding a farmhouse nearby, they asked the farmer if they could stay overnight with him. The farmer informed them that he had only one spare room, and that it had only two twin beds.

They were welcome to it, but one of them would have to sleep in the barn. After much discussion, the Hindu volunteered to go to the barn. A few moments later, there was a knock on the bedroom door, and the Hindu explained that there was a cow in the barn, and cows are sacred so he could not possibly sleep in the barn with a cow.

Annoyed, the rabbi volunteered to sleep in the barn. A few moments later, there was a knock on the bedroom door. The rabbi explained that there was a pig in the barn and that he, being very orthodox, did not eat pork, and could not possibly spend the evening in the barn with a pig from which pork is derived.

Finally, the lawyer said that he would go to the barn. A few moments later there was a knock on the bedroom door. It was the cow and the pig!

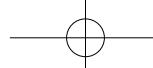
Word tips

Jewish 犹太教的；犹太人的
rabbi 拉比（犹太教教士）
sacred 受崇敬的；神圣的
orthodox 正统的；循规蹈矩的

1 Listen to a story about three people who are from different cultures and put the following sentences in correct order.

- 1 The Hindu came back and knocked on the bedroom door.
- 2 The lawyer went to the barn.
- 3 The rabbi went to the barn.
- 4 A Hindu priest, a Jewish rabbi and a lawyer went to a farmhouse for shelter.
- 5 The cow and the pig knocked on the bedroom door.
- 6 The Hindu went to the barn.
- 7 They were told that one of them had to stay in the barn.
- 8 The rabbi came back and knocked on the bedroom door.

The correct order is 4, 7, 6, 1, 3, 8, 2, 5.



2 Listen to the story again and decide whether the following statements are true (T) or false (F).

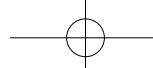
- 1 The three people went to a farmhouse for lodging because they got lost. F
- 2 In the farmhouse, there was one spare room with two twin beds. T
- 3 The Hindu refused to stay in the barn because there was a cow there. T
- 4 The rabbi refused to stay in the barn because he was afraid of pig. F
- 5 The lawyer knocked on the bedroom door too after going to the barn. F

3 Work in groups to discuss the following questions.

- 1 Which of the three travelers do you think is being made fun of in the story?
- 2 How do you feel about degrading (侮辱) another person or group by using jokes or humor?

SAMPLE

- 1 It is the lawyer who is being made fun of in the story. First of all, the story refers to two very widely recognized types of religious behavior commonly associated with devout Hindus (the priest) and Jews (the rabbi), and it compares these with a commonly held opinion of lawyers as inferred in the response of the cow and the pig. The inference is that the reputation of lawyers is so bad that even a cow or a pig could not be expected to sleep with a person so badly thought of! The story could lead one to believe that lawyers have a very bad reputation, and, also, like much humor, the inference is a bit degrading. While it is true that many people dislike lawyers for what they say and do, it must be recognized that lawyers must represent their clients as effectively as possible, and sometimes what the lawyers say or do in defense of their clients may be objectionable, unfair, in poor taste, or not appreciated by the opposing person or persons in a legal case.
- 2 From my experience, lots of humor uses derogatory remarks or inferences about a person or group of persons. Some people insist that all humor is derogatory and should not be used in polite company, but I do not feel this is entirely fair. Humor is often based on stereotypes, and stereotypes can be harmful in understanding another person or group. I don't like to hear people being put down, or made fun of, but I must admit, sometimes a joke or story really does seem funny even though it may be offensive.



PART 2

Viewing, Understanding and Speaking

Topic

Talking About Chinese Taboos

Characters

Wang and Zhang
(a Chinese couple)

Ellen and Robert
(an American couple)

Setting

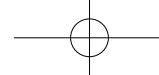
In a living room

(An American couple are going to China. They are visiting a Chinese couple to ask about Chinese taboos.)



SCRIPT

Ellen: (She talks to Wang & Zhang.) You know Robert and I are going to China this fall and we'll stay there for at least six months. You know, every culture has its taboos, ...
Wang: Yeah, that's right.
Ellen: ... and we'd like to learn something about Chinese taboos so we won't make stupid mistakes or offend people.
Wang: Ah, yes, er, in China there are lots of taboos and I think it's useful to know some of them. Er, for instance, certain things are never given as presents.
Robert: Yes, yes, that would be very important to know. We've been racking our brains in choosing gifts for our Chinese friends. So far, we've bought some nice plates, clocks and gift watches...
Zhang: Hang on! Did you say clocks?
Robert: Yes, what's wrong? I've bought some ornamental clocks, really lovely ones. They make wonderful gifts. I'm sure our Chinese friends will like them.
Wang: No, no, no, no, you should never give them as presents, especially to older Chinese.
Ellen: (She looks puzzled.) Why not?



Wang: Oh, you know, clocks have a funeral connotation.

Ellen & Robert: (*They look even more puzzled.*) Ah... (*with their mouths wide open*)

Zhang: Well, it may sound strange, even absurd to you, but in China it's indeed the case. It has something to do with the pronunciation. The word for "clock" has the same pronunciation as the Chinese word "zhong", meaning "the end of one's life".

Wang: Yeah, and similarly, always avoid the number "four" because the pronunciation of the word "four" is "si", the same as the word for "death".

Robert: How interesting! Are there any other taboos which are pronunciation-related?

Wang: Er... yes, if you're invited to a Chinese home on the eve of the Spring Festival, there is one dish you should not entirely finish eating. That is fish.

Ellen: But isn't it true that the host is happy to see the dishes all finished, which means that the guests enjoyed the dishes he fixes? Besides, unlike other dishes, fish is better eaten when it's fresh. Right?

Zhang: Yes, exactly, but on that particular occasion, you'd better be careful. You know, the pronunciation of the word for "fish" is "yu", and Chinese would like to say "niannian youyu", meaning "one must leave something for the next year", indicating good luck for the coming year.

Ellen: It's so interesting! Can you tell us more about Chinese taboos?

Wang: Mm... let me see. Oh, yes, if you pay a visit to a Chinese family and you want to bring some flowers, you should never bring chrysanthemums which are a symbol of death.

Robert: All right. Please tell us more.

Wang: Ah, yes, if you're invited to a Chinese home for dinner, don't arrive exactly on time because the hosts may think you've only come for the dinner alone.

Robert: When should we arrive then?

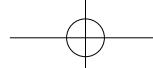
Wang: Mm, several minutes earlier.

Robert: I see.

Zhang: Well, there is one more thing I want to remind you of. You should not unwrap a present in front of the person who gives it to you.

Ellen: But that's what we do at home, er, so we can show our gratitude and appreciation right away.

Zhang: Yes, it's a cultural difference and that's why I mention it.



Ellen: Wow, China really is a fascinating country. Thanks so much for your advice; otherwise we might've made some mistakes and spoiled our visit to your country.

Robert: Yes, indeed. We'll keep those taboos in mind so that we will enjoy our stay more. Thanks again.

Wang & Zhang: You're welcome!

Word tips

taboo *n.* sth. that people do not do or talk about because it is very offensive or shocking 禁忌, 忌讳

e.g. *It was once a taboo to discuss pregnancy on television.*

offend *vt.* make sb. angry or upset 冒犯, 得罪, 使生气

e.g. *They avoided saying anything that might offend their audience.*

rack one's brains think very hard or for a long time 绞尽脑汁

e.g. *He racked his brains trying to remember where he had seen her before.*

hang on used to ask or tell sb. to wait 等等

e.g. *Hang on! I'll be back in a minute.*

ornamental *adj.* designed to decorate sth. 装饰(用)的, 观赏(用)的

e.g. *These buttons are only ornamental.*

connotation *n.* a feeling or an idea that a word makes you think of that is not its actual meaning 联想含义

e.g. *The word "home" often has the connotation "a place of warmth and affection".*

absurd *adj.* completely stupid or unreasonable; ridiculous 荒谬的

e.g. *She makes the most absurd claims about her past achievements.*

unwrap *vt.* remove the paper or plastic from around sth. such as a parcel 打开

e.g. *He began to unwrap the package which John had taken from the dwarf.*

gratitude *n.* the feeling of being grateful 感激

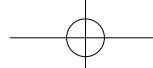
e.g. *I couldn't adequately express my gratitude to Francis.*

appreciation *n.* the feeling you have when you are grateful to sb. 感谢, 感激

e.g. *This is just a small token of our appreciation.*

fascinating *adj.* extremely interesting 有极大吸引力的, 迷人的

e.g. *I found his tale of a wild and lawless life fascinating.*

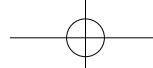


1 Watch a video about Chinese taboos and decide whether the following statements are true (T) or false (F).

- 1 The American couple are going to China and will stay there for some time. T
- 2 The American couple think that plates make nice gifts in China. T
- 3 According to the Chinese couple, clocks are nice gifts for the young, but not for the old. F
- 4 Taboos against "clocks" and "four" are pronunciation-related. T
- 5 In China, the fish on the dinner table should remain untouched during the Spring Festival. F
- 6 Chrysanthemums are not recommended for guests to bring to a Chinese family. T
- 7 When invited to a Chinese family for dinner, guests are expected to arrive several minutes early. T
- 8 The American couple find Chinese taboos funny and unreasonable. F

2 Watch the video again and complete the following sentences with the information you get.

- 1 We'd like to learn something about Chinese taboos so we won't make stupid mistakes or offend people.
- 2 I've bought some ornamental clocks, really lovely ones. They make wonderful gifts.
- 3 If you're invited to a Chinese home on the eve of the Spring Festival, there is one dish you should not entirely finish eating. That is fish.
- 4 But isn't it true that the host is happy to see the dishes all finished, which means that the guests enjoyed the dishes he fixes?
- 5 Oh, yes, if you pay a visit to a Chinese family and you want to bring some flowers, you should never bring chrysanthemums which are a symbol of death.
- 6 Ah, yes, if you're invited to a Chinese home for dinner, don't arrive exactly on time because the hosts may think you've only come for the dinner alone.
- 7 Well, there is one more thing I want to remind you of. You should not unwrap a present in front of the person who gives it to you.
- 8 But that's what we do at home, so we can show our gratitude and appreciation right away.



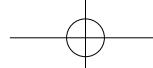
3 Repeat a few important lines and try to imitate the speakers' pronunciation and intonation.

- 1 Ah, yes, er, in China there are lots of taboos and I think it's useful to know some of them.
- 2 We've been racking our brains in choosing gifts for our Chinese friends.
- 3 I'm sure our Chinese friends will like them.
- 4 Well, it may sound strange, even absurd to you, but in China it's indeed the case.
- 5 How interesting! Are there any other taboos which are pronunciation-related?
- 6 Besides, unlike other dishes, fish is better eaten when it's fresh.
- 7 Yes, exactly, but on that particular occasion, you'd better be careful.
- 8 It's so interesting! Can you tell us more about Chinese taboos?
- 9 Thanks so much for your advice; otherwise we might've made some mistakes and spoiled our visit to your country.
- 10 Yes, indeed. We'll keep those taboos in mind so that we will enjoy our stay more.

4 Work in pairs to share with each other something more about Chinese taboos.

SAMPLE

China is a huge country and customs vary from place to place. In the area where I'm from, people are not supposed to sweep the floor on the first day of the Chinese New Year because they might sweep their luck away if they do that. Also, we're not supposed to stick the chopsticks in the bowl of rice because that's how people serve rice when they hold a memorial ceremony for the dead. In my family, I remember when I was a little kid my parents didn't allow me to say anything inauspicious on the Chinese New Year's Eve or New Year's Day. They said that would bring bad luck to the family in the new year. Also, during that time, everybody should be careful not to break anything, such as cups, plates or bowls. If anyone in the family does that, the family will be supposed to have a bad year physically or financially.



PART 3

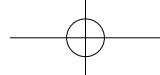
Video Appreciation and Singing for Fun

Video Appreciation



■ About the documentary:

The documentary *How the World Dresses: Clothing and Global Culture* introduces various clothing and the culture related to it. It covers such topics as ethnic costume, tradition and fashion, the headwear, religion and clothing. A conclusion is made at the end of the documentary which goes like this: We tend to place ourselves in the center of the universe, and judge others by how much they are “like us”; we might stereotype a culture as “more advanced” if it dresses like us or consider it “stuck in the past” if its clothing differs; but we all follow traditions, from how we fasten our garments, to what we wear, and how we drive to work. The way we dress is a combination of fashion and tradition.



■ About the video clip:

The video clip is about ethnic clothing, introducing various ethnic costumes. It shows that clothing is a visual display of cultural values, as is dance, music, and food. It represents not a nation, but a culture. Ethnic costume often looks strange to outsiders, but it is one way a culture looks back at its past. Costumes only have meaning if one understands the culture that produced them.

SCRIPT

Around the globe ethnic clothing is enjoying a revival in the face of global culture. Worldwide, cultures signal special events by wearing traditional clothing, often called ethnic costume. Parents all over the world outfit their children as one way to pass on the cultural traditions, as here in India. Clothing is a visual display of cultural values, as is dance, and music, and food. These special ethnic costumes do NOT reflect “the way people used to dress everyday”. They are modeled on the way ordinary people once dressed for extraordinary celebrations.

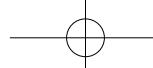
Each is a “freeze-frame” from the culture’s history. And, like a movie, the garments evoke memories and deep feelings. They are like flags that represent not a nation, but a culture. To outsiders, much ethnic garb looks strange. But that very “outside the everyday” strangeness is part of what gives the garments meaning.

Why is there no “ethnic costume” the world can identify as American? Remember that ethnic costume springs from a culture, not a nation. Since the United States is a mix of many cultures, you will find a wealth of ethnic dress on display in ceremonies and celebrations from coast to coast. You might find Scottish kilts—one of the world’s most recognized ethnic outfits. And indeed the dress is still worn by Scottish men on special occasions. Native American tribes have distinctive costumes for special occasions, but not for everyday wear. Dress varies according to tribe—there is no such thing as a single “native American costume”.

Mariachi is at the heart of Mexican folk music. Both the music and its costume are an important symbol of Mexican music and culture. A Mexican mariachi group wears a costume based on the “charro”, or Mexican cowboy. The outfit includes a wide belt, ankle boots, a large tie, a short jacket, buttons on the side of the pants, and often a sombrero.

A Swedish Day’s celebration brings out native peasant wear. These dresses were once popular in rural Sweden but you would not find them much today in downtown Stockholm. Yet they can carry deep meanings for Swedish Americans.

Ethnic costume often looks strange to outsiders. But realize it is one way a culture looks back at its past. These costumes only have meaning if you understand the culture that produced them. The German phrase for “leather pants” is “lederhosen”, an ethnic costume of Bavaria and Austria still seen today during Oktoberfest celebrations.



Word tips

revival *n.* the fact of sth. becoming popular again 重新流行

e.g. *Opera is enjoying a revival.*

costume *n.* clothes that are typical of a particular place or of a period in history (代表某一特定地方或历史时期的) 服装

e.g. *Written 100 years ago, it is performed here in the costumes of that period.*

outfit

vt. provide sb. with a set of clothes or equipment for a special purpose 为……提供全套服装

e.g. *Police had been outfitted with protective riot gear.*

n. a set of clothes worn together, especially for a special occasion (尤指供特殊场合穿的) 全套服装

e.g. *She was wearing an outfit she had bought the previous day.*

freeze-frame *n.* a single image produced when you stop a film 定格画面

e.g. *The jury watched the tape dozens of times in slow motion and in freeze-frame.*

garment *n.* a piece of clothing (一件) 衣服

e.g. *The garment industry has grown by 20 percent in this area in the past five years.*

evoke *vt.* produce a strong feeling or memory in sb. 唤起, 引起

e.g. *Jackson's speech evoked strong responses from the audience.*

spring from be caused by sth. 发源 (于); 来 (自)

e.g. *Most creative ideas spring from analogy (比拟) of some kind.*

a wealth of a large number or amount of 丰富的; 大量的

e.g. *On the positive side, the authors have assembled a wealth of material.*

Scottish 苏格兰的

kilt *n.* a type of thick skirt, traditionally worn by Scottish men 褶裥短裙

e.g. *Then he climbed the steps to his bedroom, stripping off his kilt, and lay down stiffly.*

tribe *n.* a social group consisting of people of the same race who have the same beliefs, customs, language, etc., and usually live in one particular area ruled by their leader 部落

e.g. *The tribe danced for three days in the hope that the Great Spirits would send them rain.*

mariachi *n.* a type of traditional Mexican music played by a small group of musicians; a group of musicians who play mariachi (墨西哥街头乐队所演奏的) 街头音乐; 墨西哥街头乐队

charro *n.* a Mexican cowboy 墨西哥牛仔

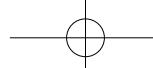
e.g. *The traditional charro is known for colorful clothing.*

ankle boots *n.* boots that only come up to your ankle (仅到脚踝的) 短靴

e.g. *She was dressed casually in a pair of faded jeans, brown ankle boots and a baggy white T-shirt.*

sombrero *n.* a Mexican hat for men that is tall with a wide, round brim turned up at the edges (流行于美国西南部、墨西哥和西班牙的) 阔边帽

e.g. *I've seen several big sombreros which are unusual and rather pretty.*



Sweden 瑞典 (北欧国家)

Stockholm 斯德哥尔摩（瑞典首都）

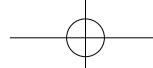
lederhosen *n.*(尤指巴伐利亚等地的)吊带花饰皮裤

Bavaria 巴伐利亚州（德国州名）

Austria 奥地利 (欧洲中部国家)

Oktoberfest *n.* (德国慕尼黑的) 啤酒节

1 Watch a video about ethnic costume and choose the best answer to each of the following questions.



2 Watch the video again and complete the following paragraph with the information you get.

Why is there no “ethnic costume” the world can identify as American? Remember that ethnic costume springs from a 1) culture, not a 2) nation. Since the United States is a 3) mix of many cultures, you will find a wealth of ethnic dress on display in 4) ceremonies and 5) celebrations from coast to coast. You might find Scottish kilts—one of the world’s most 6) recognized ethnic outfits. And indeed the dress is still 7) worn by Scottish men on special occasions. Native American tribes have 8) distinctive costumes for special occasions, but not for 9) everyday wear. Dress 10) varies according to tribe—there is no such thing as a single “native American costume”.

3 Work in groups to talk about Chinese costume.

Words and expressions you may use

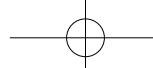
<i>qipao</i>	Western-style suit	tight-fitting (紧身的; 贴身的)
flowery	colorful	embroidery (刺绣)
exquisite (精美的)	ornament (装饰; 点缀)	fabric (织物; 衣料)

SAMPLE

- In China, everyday wear of the largest ethnic group, Han Chinese, is like what people all over the world wear. People, especially the young, wear blue jeans, T-shirts, jackets, sweaters, etc., and on some formal occasions, males wear Western-style suits with ties and females wear very formal dresses. One Chinese costume that is worth mentioning is the *qipao*, or cheongsam, also known in English as a mandarin gown. The male version is the *changshan* (or *magua*). On some very special occasions, females may wear *qipao*, but the male version, *changshan*, is hardly seen now, except in some teahouses, or during some traditional festivals.

The original *qipao* was wide and baggy (肥大的). The one-piece dress featured a high neck and straight skirt. It covered all of a woman’s body except for her head, hands, and toes. The *qipao* was traditionally made of silk and featured intricate embroidery.

The *qipao* worn today are modeled after those made in Shanghai in the 1920s. The modern *qipao* is a one-piece, formfitting (紧贴合身的), floor length dress that has a high slit on one or both sides. Modern variations may have bell sleeves (喇叭袖口) or be sleeveless and are made out of a variety of fabrics.



- For ethnic costumes, there is a lot to say about Chinese ethnic minorities. In China, there are 55 ethnic minorities and each has its own costume. Clothes of Chinese ethnic minorities are flowery and colorful, extremely exquisite, and highly distinctive. They constitute an important part of the rich history and culture of the ethnic groups.

Every aspect of their garments, such as raw materials, textile technology, fashion and decoration, retains a distinct characteristic of the ethnic group and the locality. For example, the farming ethnic minorities usually take the locally produced cotton or hemp thread (麻线) as raw materials to spin cloth and make clothes.

There are numerous clothing designs and forms of these costumes. Generally speaking, they can be classified into two types: long gowns and short clothes. People usually wear a hat and boots to match long gowns, and headcloth and shoes to match short clothes. The gowns take various forms: the high-collar and big-front type worn by the Mongol (蒙古族人), the Manchu (满族人), the Tu and so on; the collarless tilted-front type worn by the Tibetan (藏族人), etc., the tilted-front type worn by the Uygur (维吾尔族人) and other ethnic minorities. As for short clothes, they fall into two types: trousers and skirts.

In a vast country like China, with so many ethnic groups, styles of clothes vary also due to different, natural environments, geographical and climatic conditions.

Singing for Fun

■ About the song:



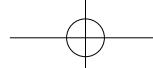
“Englishman in New York” is a song by Sting, from his 1987 album *Nothing Like the Sun*. The “Englishman” in question is the famous eccentric (古怪的人) Quentin Crisp. Sting wrote the song not long after Crisp moved from London to New York. Crisp had remarked jokingly to the musician “... that he looked forward to receiving his naturalization papers so that he could commit a crime and not be deported (把……驱逐出境).”

Listen to the song “Englishman in New York” and learn to sing it.

LYRICS

Englishman in New York

I don't drink coffee I take tea my dear
I like my toast done on one side



And you can hear it in my accent when I talk
I'm an Englishman in New York

See me walking down Fifth Avenue
A walking cane here at my side
I take it everywhere I walk
I'm an Englishman in New York

I'm an alien I'm a legal alien
I'm an Englishman in New York
I'm an alien I'm a legal alien
I'm an Englishman in New York

If, "Manners maketh man" as someone said
Then he's the hero of the day
It takes a man to suffer ignorance and smile
Be yourself no matter what they say

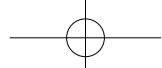
I'm an alien I'm a legal alien
I'm an Englishman in New York
I'm an alien I'm a legal alien
I'm an Englishman in New York

Modesty, propriety can lead to notoriety
You could end up as the only one
Gentleness, sobriety are rare in this society
At night a candle's brighter than the sun

Takes more than combat gear to make a man
Takes more than a license for a gun
Confront your enemies, avoid them when you can
A gentleman will walk but never run

If, "Manners maketh man" as someone said
Then he's the hero of the day
It takes a man to suffer ignorance and smile
Be yourself no matter what they say

I'm an alien I'm a legal alien
I'm an Englishman in New York
I'm an alien I'm a legal alien
I'm an Englishman in New York



PART 4

Further Speaking and Listening

Further Speaking

Work in groups to do the following activities.

Step ONE

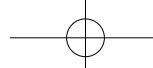
Read the important features of individualism and collectivism and discuss where Chinese culture stands in this individualism-collectivism continuum.

Salient Features of Individualism and Collectivism

Individualism—Representative of prevailing U.S. culture	Collectivism—Representative of many immigrant cultures in the U.S.
1 Fostering independence and individual achievement	1 Fostering interdependence and group success
2 Promoting self-expression, individual thinking, personal choice	2 Promoting adherence to norms, respect for authority / elders, group consensus
3 Associated with egalitarian relationships and flexibility in roles (e.g., upward mobility)	3 Associated with stable, hierarchical roles (dependent on gender, family background, age)
4 Understanding the physical world as knowable apart from its meaning for human life	4 Understanding the physical world in the context of its meaning for human life
5 Associated with private property, individual ownership	5 Associated with shared property, group ownership

SAMPLE

I think, by and large, Chinese culture stands on the collectivism side, although individual achievements and independence are also highly valued now. Due to China's long period of feudalism, adherence to norms and respect for authority were greatly emphasized. Efforts had been made in seeking group consensus on many important issues. Also females were considered inferior in feudal society and had to respect and obey their parents before marriage, and their husbands as wives. Nowadays even though females are said to "hold up half of the sky", a close look at the governmental organs at different levels will reveal an imbalance between male and female officials. In education, boys have more opportunities to be well-educated than girls, especially in the country and underdeveloped areas. Secondly, in China, group ownership as well as interdependence and group success have long been valued. Two old Chinese sayings well sum up the idea: "One who sticks his neck out gets hit first," and "Fame is fatal to men as fatness to pigs."



Apparently, things have been changing. More and more private-owned enterprises appear in China and quite a few of them are very successful. Anyway, they are still not strong enough and need powerful support for their further development. Young people, born in the 1980s and 1990s, value their personal achievements more than the older generations. However, Rome wasn't built overnight. All the new things and events can't change the collectivism features of Chinese culture. Anyway, each culture has its strengths and weaknesses. We can't say one is better than another. Each culture evolves over time but can never be replaced. That's why the U.S., a country of immigrants, is said to be a salad bowl in terms of its culture.

Read the story and discuss the reason for the communication failure between the teacher and the father.

As a female European American teacher reports to an immigrant Latino father that his daughter is doing well in class—speaking out, expressing herself, taking an active role, he looks down at his lap and does not respond. Thinking that perhaps he has not understood, the teacher again praises his daughter's ability to speak out in class and explains that it is very important for children to participate orally. Looking even more uncomfortable, the father changes the subject. The teacher gets the impression that this parent is not interested in his daughter's school success, and she feels frustrated and a bit resentful. Toward the end of the conference, the father asks, with evident concern, "How is she doing? She is talking too much?" The teacher is confused. This parent does care whether his daughter is doing well, but why doesn't he understand what she has been telling him?

**Step
TWO**

SAMPLE

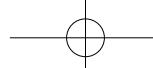
I think the reason for the communication failure lies in cultural differences. The teacher is a European American, and by her standard, being outspoken and expressive is a commendable behavior. Therefore she thinks the father will be very glad to hear her comment on his daughter. The father, being a Latino, however, comes from a culture where reservedness (矜持寡言) and implicitness (含蓄) are highly valued. He doesn't like his daughter to show off in class. So in cross-cultural communication, it is important to understand cultural differences. It is especially true in countries like the United States where people from diverse cultural backgrounds come to seek better educational and economic opportunities.

It is necessary to know cultural differences to facilitate mutual understanding and better communication. Share with each other the cultural differences you know.

**Step
THREE**

SAMPLE

- Westerners are usually very direct. When they have a problem with another person, for example, they tell them immediately. We Chinese, however, are hesitant to express our true feelings, especially when they would embarrass our company. We try to hide our true feelings and do our best to keep a harmonious atmosphere.



- People in North America and South America have different time concepts. People in North America value punctuality a lot, and they consider being late impolite or disrespectful, while for people in South America, being late for half an hour or even longer is nothing too serious.
- When invited to a wedding, people are expected to give the newly-weds a red paper envelope containing money. The amount of money given varies from place to place. In some parts of China, such as the southeastern provinces like Zhejiang and Jiangsu, 600 *yuan* seems to be the minimum, and 800, 1000, 1680, etc. are by no means the maximum.
- There is also a difference between low-context culture and high-context culture. A low-context culture is one in which things are fully spelled out. Things are made explicit, and there is considerable dependence on what is actually said or written. A high-context culture is one in which the communicators assume a great deal of commonality of knowledge and views, so that less is spelled out explicitly and much more is implicit or communicated in indirect ways. Low-context cultures include Anglos, Germanics and Scandinavians, and high-context cultures include Japanese, Arabs and French. Low-context cultures are vulnerable to communication breakdowns when they assume more shared understanding than there really is. This is especially true in an age of diversity. High-context cultures are not known for their ability to tolerate or understand diversity, and tend to be more insular (思想狭隘的).

Interactions between high- and low-context peoples can be problematic. For instance, Japanese can find Westerners to be offensively blunt. Westerners can find Japanese to be secretive, devious and bafflingly (令人困惑的) unforthcoming (不乐于助人的) with information. French can feel that Germans insult their intelligence by explaining the obvious, while Germans can feel that French managers provide no direction.

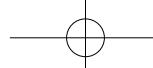
Further Listening

Listening I

SCRIPT

Customs differ from country to country. Does a man walk on the left or on the right of a woman in your country? Or doesn't it matter? What about table manners? Should you use both hands when you are eating? Should you leave one in your lap, or on the table?

The Americans and the British not only speak the same language but also share a large number of social customs. For example, in both America and Britain people shake hands when they meet each other for the first time. Also, most Englishmen will open a door for a woman or offer their seat to a woman, and so will most Americans. Promptness is important both in Britain and in America. That is, if one is invited to a dinner at seven o'clock, the dinner guest either arrives close to that time or calls up to explain his delay.



The important thing to remember about social customs is not to do anything that might make other people feel uncomfortable—especially if they are your guests. There is an old story about a man who gave a normal dinner party. When the food was served, one of the guests started to eat his peas with a knife. The other guests were surprised, but the host quietly picked up his knife and began eating in the same way. It would have been bad manners to make his guest feel foolish or uncomfortable.

Listen to a passage about customs and complete the following passage with the information you get. For blanks numbered 1) to 7), fill in the exact words. For blanks numbered 8) to 10), fill in the missing information.

Customs differ from country to country. Does a man 1) walk on the left or on the right of a woman in your country? Or doesn't it 2) matter? What about table manners? Should you use 3) both hands when you are eating? Should you 4) leave one in your lap, or on the table?

The Americans and the British not only speak the same language but also 5) share a large number of social customs. For example, in both America and Britain people 6) shake hands when they meet each other for the first time. Also, most Englishmen will open a door for a woman or 7) offer their seat to a woman, and so will most Americans. 8) **Promptness is important both in Britain and in America.** That is, if one is invited to a dinner at seven o'clock, the dinner guest either arrives close to that time or calls up to explain his delay.

The important thing to remember about social customs is not to do anything that might make other people feel uncomfortable—especially if they are your guests. 9) **There is an old story about a man who gave a normal dinner party.** When the food was served, one of the guests started to eat his peas with a knife. The other guests were surprised, but the host quietly picked up his knife and began eating in the same way. 10) **It would have been bad manners to make his guest feel foolish or uncomfortable.**

Word tips

lap (人坐着时) 腰以下

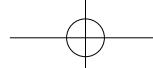
到膝为止的大腿部

promptness 准时

Listening II

Throughout the world children are taught to eat politely at the table, not to stuff their mouths with food, and not to be “piggish” with their eating habits. However, more and more countries have eating contests in which as much food is eaten as fast as possible, and no one cares about manners.

Today, eating contests have become a sport in many countries, including Japan, the U.S., Canada, Germany, Thailand, Britain, and Russia. In the U.S. the best-known eating contest is the Fourth of July Hot Dog Eating Contest. Each fourth of July contestants gather at Coney Island, New York City's



popular beach and amusement park. The contest was first held in 1916 and has been held each year except 1941 and 1971. From 2001 to 2006, the world record is held by Takeru Kobayashi of Japan, who ate $53\frac{3}{4}$ hot dogs in 12 minutes. In 2004, a tiny Korean American woman, Sonya Thomas ate 37 hot dogs and buns in 12 minutes. This broke the previous women's eating record.

Sonya Thomas holds several eating records. She ate 23 pork sandwiches in 10 minutes at a contest in Mississippi, and at a competition in Indiana, she shocked the crowd by eating 65 hard-boiled eggs in only six minutes and 40 seconds. She thinks her biggest win was when she ate 36 dozen oysters in 10 minutes. Despite all the food she eats, Sonya weighs less than 45 kg. She keeps fit by eating lots of rice, vegetables and chicken and she walks on a treadmill four times a week. She also says that when she is not competing in a contest she likes leisurely meals.

Word tips

stuff 塞满 (嘴巴)

piggish 邋遢的; 令人讨厌的

contestant 选手; 参加竞赛者

Coney Island 科尼岛 (美国纽约市布鲁克林区南部的一个海滨游憩地带)

Takeru Kobayashi 小林建 (人名)

Sonya Thomas 桑娅·托马斯 (人名)

Mississippi 密西西比州 (美国州名)

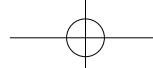
treadmill (锻炼身体用的) 跑步机

1 Listen to a passage about eating contests and check (✓) the things that are mentioned.

- A children's eating habits
- B the purpose of eating contests
- ✓ C the countries where eating contests are held
- ✓ D the Hot Dog Eating Contest in the U.S.
- ✓ E the winners of some eating contests
- F records of some world famous eating contests
- ✓ G personal information about a woman record-holder of eating contests
- H the number of people involved in eating contests

2 Listen to the passage again and decide whether the following statements are true (T) or false (F).

- 1 Manners are not considered important in eating contests. T
- 2 Eating contests have become a sport in many countries. T
- 3 The U.S. Hot Dog Eating Contest has been held for more than 90 years continuously. F
- 4 The Hot Dog Eating Contest is held in a national park. F
- 5 The all-time world record-holder of The Hot Dog Eating Contest is a South Korean. F
- 6 The woman record-holder of The Hot Dog Eating Contest is a Korean American. T
- 7 Sonya Thomas holds several eating records including pork sandwiches and hard-boiled eggs. T
- 8 Sonya Thomas keeps fit by exercising a lot and eating light meals when she is not competing in a contest. T



Listening III

SCRIPT

When people live in a new country, they often find it uncomfortable to adjust to life in the new culture. They might feel confused, anxious or lonely, especially when the new culture is greatly different from their own. These feelings are called symptoms of culture shock.

There are three stages of culture shock. In the first stage, the newcomers like their new environment. Then, when the newness wears off, they begin to dislike the city, the country, the people, etc. in the new culture. In the final stage of culture shock, the newcomers begin to adjust to their surroundings and again enjoy their life.

Some of the factors in culture shock are obvious. Maybe the weather is unpleasant. Perhaps the customs are different. Perhaps public service systems such as the telephone, post office, or transportation are difficult to figure out and you make mistakes. The simplest things seem difficult. The language may be difficult. The food may seem strange to you and you may miss the familiar smells of the food of your own country. If you don't look like the natives, you may feel strange. You may feel like everyone is watching you. In fact, you are just self-conscious.

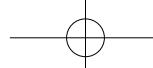
Culture shock may produce a feeling of homesickness, imagined illness, or even unreasonable fear. When people have such feelings, they sometimes feel like staying inside all the time. They want to protect themselves from the unfamiliar environment. This solves the problem of culture shock for a short while, but it does nothing to help the person learn the culture. Familiarity with the new culture and experience are the long-term solutions to the problem of culture shock.

1 Listen to a passage about culture shock and choose the best answer to each of the following questions.

- 1 Which feeling is NOT caused by culture shock according to the passage? C
A Confusion. B Anxiety.
C Curiosity. D Loneliness.
- 2 Which of the following is NOT a stage of culture shock? C
A Like the new environment. B Hate the place and country.
C Change the environment. D Adjust to the environment.
- 3 Which of the following is NOT mentioned as an example of public service systems? B
A Telephone. B Library.
C Post office. D Transportation.
- 4 Which of the following is NOT listed as a factor in culture shock? D
A Weather. B Language.
C Food. D Housing.

Word tips

newcomer 新来的人
wear off 逐渐消失
self-conscious (因在乎自己的外貌或他人的看法而) 害羞的, 不自然的



5 Which of the following is NOT considered as a result of culture shock? D
A Homesickness. B Imagined illness.
C Unreasonable fear. D Ethnic hatred.

6 How do some people deal with culture shock according to the speaker? A
A They avoid the unfamiliar environment.
B They go back to their homeland.
C They work very hard to forget it.
D They try to seek medical advice.

2 Listen to the passage again and decide whether the following statements are true (T) or false (F).

1 Culture shock refers to the feelings people experience when they live in a new culture. T

2 The three stages of culture shock are overlapping in some way. F

3 The newcomers begin to enjoy their life in the second stage of culture shock. F

4 Newcomers tend to make mistakes in using the public service systems. T

5 If a newcomer looks different, the natives around him will feel he is strange. F

6 The long-term solutions to the problem of culture shock are familiarity with the new culture and experience. T

Teaching tips

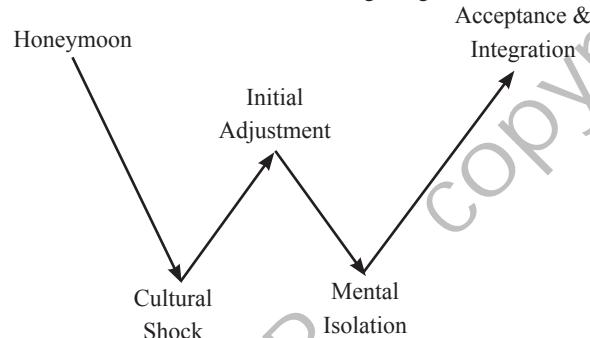
Helping Students to Understand and Deal with Culture Shock

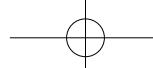
Introduction

Culture shock includes the shock of a new environment, meeting lots of new people and learning the ways of a different country. It also includes the shock of being separated from the important people in your life, such as family, friends, colleagues, or teachers. Apart from climate, food, language, and dress, you may find certain social behaviors confusing, surprising or even offensive.

Stages of culture shock

The process of culture shock can be illustrated by a model known as the “W” curve, as is shown in the following diagram:

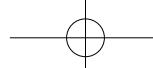




- **The “honeymoon” stage:** a period of excitement, fascination, bewilderment, of discovery and inquisitiveness, curiosity and amazement
- **The “culture shock” stage:** a stage when differences create an impact and you may feel confused, isolated or inadequate as cultural differences intrude and familiar supports (e.g. family or friends) are not immediately available
- **The “initial adjustment” stage:** a stage when you grow accustomed to the new culture and develop routines. You know what to expect in most situations and the host country no longer feels all that new. The culture begins to make sense, and negative reactions and responses to the culture are reduced.
- **The “mental isolation” stage:** a stage when you begin to feel lonely and suffer from nostalgia. Even though you are able to live in the new culture without any problem, you still feel inadequate and have lost self-confidence.
- **The “acceptance and integration” stage:** a stage when differences and similarities are valued and important. Most situations become enjoyable and you are able to make choices according to preferences and values.

Ways of dealing with culture shock: tips for students studying in a foreign country

- **Developing an understanding that culture shock is a product of history**
The culture of any people is the product of history and is built up over time largely through processes which are beyond people's awareness. It is by means of culture that the young learn to adapt themselves to the physical environment and to the people with whom they associate.
- **Adopting an objective treatment of one's cultural background and that of one's new environment**
Once you realize that your trouble is due to a lack of understanding of other people's cultural background and your own lack of the means of communication rather than the hostility of an alien environment, you also realize that you can gain this understanding and these means of communication. And the sooner you do this, the sooner culture shock will disappear.
- **Keeping in touch with home**
Keeping in touch with home is an important part of living in a different country. Try to balance maintaining contact with home with taking time to get to know the new environment.
- **Making friends with international students**
Making friends with international students, and being prepared to take the first step and find activities which will give you a common interest e.g. sports, music or volunteering.



- **Using the university or college services**

Using the university or college services, e.g. health service, the counseling service, the International Office, where there will be professional and experienced staff.

- **Investigating the Students' Union and its societies**

There may be an opportunity to learn a new sport or activity or continue an interest from home. A further advantage is that these societies bring together students from different courses and countries with a shared interest.

Conclusion

It is important to stress that culture shock is entirely normal, usually unavoidable, and not a sign that you have made a mistake, or that you can't manage. In fact there are very positive aspects of culture shock. The experience can be a significant learning experience, making you more aware of aspects of your own culture as well as the new culture you have entered. It will give you valuable skills that will serve in many ways now and in the future and which will be part of the benefit of an international education.

SCRIPT

Listening IV

An American traveler, John Smith, has just arrived in Britain. He wants to know something about British pubs, so he is talking with a British pub owner.

John Smith: Pub is a funny word. Why are pubs called pubs?

Pub owner: It's short for public house, a place that has a special license to sell drinks.

John Smith: Why do most pubs have signs hanging outside?

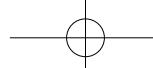
Pub owner: Because until the beginning of the 20th century, most people couldn't read, so a picture was best for showing travelers where they could get a drink.

John Smith: I see, but I've noticed in Britain that many of the pubs have the same name. I've seen three called The Red Lion. Why?

Pub owner: Well, many years ago, huge areas of Britain were owned by a few families, and innkeepers named their pubs after these families who each had their own family symbol. A Red Lion was the Gaunt family's symbol, and the Tudors had a greyhound, for example. So many pubs all over the country have the same name. Other pubs got their names from religious events, ways of traveling, sports, jobs, famous people, famous battles and so on. Studying pub names is a really good way of learning a bit about our history.

John Smith: Your pub's a "free house". What's that?

Pub owner: It doesn't mean that the drinks are free! Most pubs are owned



by big breweries which sell only their own brand of beer. But some landlords, like me, own our own pubs. We're free to sell any beer from any brewery.

John Smith: This beer is lovely and different.

Pub owner: We call it real ale. It's usually made by small local breweries so each type has a different taste. It's normally much stronger than the beer made by big breweries—when you're traveling round England you should try to taste some of the different types.

1 Listen to a conversation about British pubs and check (✓) the true statements.

- ✓ 1 A license is needed to sell drinks.
- ✓ 2 A lot of pubs in Britain have the same name.
- 3 Studying pub names is important to one's business.
- 4 All the pubs in Britain are owned by big breweries.
- ✓ 5 Each type of real ale has a different taste.

2 Listen to the conversation again and choose the best answer to each of the following questions.

1 What is pub short for? A
A Public house. B Public relations.
C Public place. D Public activities.

2 Why do most pubs have signs hanging outside them? D
A To decorate the pubs.
B To show travelers the direction.
C To tell the history of the pubs.
D To show the travelers where to have a drink.

3 What is the thing the American traveler noticed in Britain about pubs? A
A A lot of pubs have the same name.
B A lot of pubs are called The Red Lion.
C A lot of pubs have their own symbols.
D A lot of pubs are run by the same innkeeper.

4 What is a good way of learning about British history? B
A By visiting different pubs. B By studying pub names.
C By visiting famous pubs. D By attending religious events in pubs.

5 Why is the pub mentioned in the conversation called a "free house"? B
A Because the drinks there are free.
B Because any beer can be sold there.
C Because people can talk loudly there.
D Because the drinks there are duty-free.

6 Which of the following statements is true about real ale? D
A It is made by big breweries. B It tastes better than any other beer.
C It is something tourists should try. D It is usually made by small breweries.

Word tips

license 许可证, 执照

innkeeper 小酒馆老板

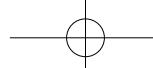
greyhound 灵缇 (一种身细腿长的猎犬)

brewery 啤酒厂

landlord (酒店 酒馆)

（等的）店主

real ale (在桶中继续发酵的) 散装啤酒



Unit 8

Money

PART 1

Listening, Understanding and Speaking

Listening I

SCRIPT

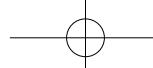
Joshua: Dad. Allowance day. Can I have my allowance?
Father: Oh, I forgot about that.
Joshua: You ALWAYS forget.
Father: I guess I do. How much do I owe you?
Joshua: Just \$13.
Father: Thirteen dollars?! Why do I owe you that much? It seems like I paid you just the other day.
Joshua: No. You forget every Saturday, and it's been piling up.
Father: Well, I'm not sure if I have enough cash.
Joshua: Go to the bank, Dad. You have lots of money.
Father: Lots of money, uh? Uh, well, I think the bank is closed.
Joshua: Then, what about your secret money jar under your bed?
Father: Oh, I guess I could do that. So, what are you going to do with the money?
Joshua: I'm going to put some in savings, buy Mom a gift for her birthday, and use the rest to buy books.
Father: Well, that sounds great, Joshua.

Word tips

allowance 零用钱
owe 欠（钱）
pile up 积累
Joshua 乔舒亚（人名）

1 Listen to a conversation about allowance and answer the following questions.

- 1 What does the boy ask for?
His allowance.
- 2 When does the father usually give it to his son?
Every Saturday.
- 3 Why does the boy suggest that his father go to the bank?
Because the father isn't sure if he's got enough cash.
- 4 Where does the father keep his secret money jar?
Under his bed.



2 Listen to the conversation again and decide whether the following statements are true (T) or false (F).

1 The father usually gives his son \$13 every week.	F
2 The father usually gives his son more than he asks for.	F
3 The father will go to the bedroom to get money for his son.	T
4 The boy will spend some of the money on books.	T
5 The father doesn't care how his son will spend the money.	F

3 Work in groups to discuss the following question.

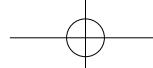
Some children have to earn their allowance by working in and around the house. Others will receive no allowance at all. Still others will get money from their parents without doing any work for the family. Which do you think is best and why?

SAMPLE

Kids have many things they are interested in, such as games, books and electronic devices. There are also activities they want to do with friends. So pocket money will be really desired. Among the three options mentioned, I think the first one works best, especially for me in my childhood. I received my allowance after doing household chores, such as tidying my room, putting away my clothes, picking up and organizing my toys, and making my bed. Gradually, I began to appreciate the value of the money I earned by working and knew how much the things I enjoyed as a kid actually cost. I also learned how to make good use of the money, deciding what to buy and what not to buy. What's more, I would never take everything for granted at home. At the same time, I knew the importance of good work and gained a sense of personal accomplishment. The pocket money system really worked very well and helped me grow. That's the best option of the three.

Listening II

I know a man called John Smith who is a very unusual millionaire. What makes him unusual is that he has no money. He says the average millionaire never uses money and always gets other people to pay for taxis or drinks. This is because he is so used to thinking in millions that small amounts of money are not worth thinking about. But this does not mean he has no worries. On the contrary, the average millionaire worries constantly about his businesses. His great wealth also makes it difficult for him to be happy and comfortable with other people. Are they friendly because they like him? Or do they pretend to like him because they want his money? John Smith says he feels very sorry for millionaires, who, instead of being masters of their wealth,



are slaves of their millions. In one way, however, John Smith always behaves exactly like a millionaire. He never has any money and generally manages to persuade someone else to pay for his drinks. But unlike other very rich men, he gives back good value for money. He is full of jokes and fun. An evening spent with him is not cheap, because he is usually very thirsty, but he always makes people happy. He does not give much thought for tomorrow. He is the happiest man I have ever met. Whenever I meet him, he tells me, "In money I am not rich, but in peace of mind I am a millionaire." And then the world's richest, penniless man usually adds, with a smile, "Do you have time for another drink?" How can I refuse?

Word tips

thirsty 口渴的

peace of mind 心境的平静, 安心

1 The passage you're going to listen to is about an unusual millionaire.
Work in pairs to guess what the passage might tell us about the man.

SAMPLE

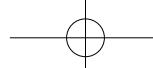
The passage might tell us how rich the man is but never spends any. He could have inherited the money from his parents and, in spite of his fortune, he's very careful with his money. He doesn't even want to get married since he's afraid that his wife will share his fortune. He avoids all the social activities because he's afraid people might take advantage of his money by asking for his donations. He shuts himself from the outside world and people seldom see him in public places. He makes himself the most unfortunate and miserable millionaire in the world.

2 Listen to the passage and decide whether the following statements are true (T) or false (F).

- 1 John Smith has a lot of money. F
- 2 John Smith is used to thinking in millions and never uses money. F
- 3 The average millionaire usually worries about his businesses and his relationship with other people. T
- 4 Some people like to associate with the average millionaire probably because they want his money. T
- 5 According to John Smith, millionaires are slaves of their wealth. T
- 6 John Smith usually drinks a lot if other people treat him. T

3 Listen to the passage again and complete the following paragraph with the information you get.

John Smith is considered an unusual millionaire. He has 1) no money, but he behaves like a millionaire by 2) persuading / getting other people to pay for his drinks. He has no worries, as he does not give much 3) thought for tomorrow. He's full of jokes and 4) fun. In this way he makes people happy



and is thought of as the 5) happiest man. In conclusion, he is the world's richest, 6) penniless man—he's not rich in 7) money, but he's a millionaire in 8) peace of mind.

Listening III

For reasons long forgotten, a 14-year-old girl in Cleveland got so angry with her parents that she ran away to New York City. Cold and hungry, she was shivering on a street corner when a taxi pulled up. As some partygoers got out, a man in the group noticed the girl and, asking if she needed help, insisted that she join them for dinner in a nearby restaurant.

After hearing her story, the man took her to the train station and bought her a ticket back to Cleveland. "Whatever you desire," he told her, "if you want it enough, you can make it happen." Then he gave her \$20 and his address and telephone number. If she ever needed anything, she was to call him.

She returned to her family, but could not find the paper with his name and phone number. Twenty-five years later, she found the lost paper in a diary. Ralph Burke received a letter and a check for \$300. The woman asked that he accept it with the love and spirit in which it was sent. The idea, she said, wasn't to repay a "kindness that has no price"; rather, she hoped he would come to meet her family. Accepting the invitation, Ralph was welcomed like a long-lost uncle.

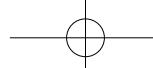
Today he insists that one should perform those "simple acts of kindness" whenever one can. "Sometime, some way," Ralph says, "they always come back to you."

1 Listen to a passage about Ralph Burke and choose the best answer to each of the following questions.

- 1 Why did the girl run away from her parents? D
A For no specific reason.
B Because she felt she was neglected.
C Because her parents got divorced.
D Because she was angry with her parents.

- 2 Where was she when the man noticed her? C
A In a restaurant.
B At a party.
C On a street corner.
D In a taxi.

SCRIPT



3 What did the man do to help her? B
A He drove her back home in person.
B He bought her a ticket to Cleveland.
C He gave her \$20 to buy a ticket back home.
D He took her to his home and put her up for the night.

4 How old was she when she met the man again? D
A 14. B 20. C 30. D 39.

5 Which of the following would be the best title for the passage you've just heard? A
A A Kindness Beyond Price B A Returned Love
C A Thoughtful Woman D An Unforgettable Man

2 Listen to the passage again and complete the following sentences with the information you get.

- 1 When the taxi stopped beside her, she was shivering there, cold and hungry.
- 2 The man encouraged her by saying, "Whatever you desire, if you want it enough, you can make it happen."
- 3 When she found the paper with his name and address, she sent him a letter and a check for \$300.
- 4 She said in her letter that she didn't mean to repay his kindness that had no price by sending him \$300.
- 5 The man accepted her invitation to go to meet her family.
- 6 Today the man insists that one should perform those "simple acts of kindness" whenever one can.

3 Work in pairs to role-play the following scenes.

Scene I

Student A

You are a girl who runs away from home. You have no money and you feel cold and hungry.

Student B

You are Ralph Burke and you buy Student A a train ticket to send her home.

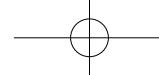
Scene II

Student A

You are the girl 25 years later. You send Student B \$300 and invite him to meet your family.

Student B

You are Ralph Burke and you accept Student A's invitation to meet her family.



SAMPLE

Scene I

(A girl is shivering on a street corner, cold and hungry.)

Ralph: What can I do for you?

Girl: I am feeling extremely cold and hungry.

Ralph: Would you like to join us for dinner?

Girl: I'd love to, but...

Ralph: What's the problem?

Girl: I ran away from my home in Cleveland and my parents know nothing about it.

Ralph: Why?

Girl: I... I was angry with them. They were too demanding with endless dos and don'ts, really unbearable to me.

Ralph: I see. There are always problems like that between parents and children. It's just part of our growing pain. Whatever your parents do to you, they love you.

Girl: Hmm, I understand. I shouldn't have argued with them and run away from home.

Ralph: Now, I'll take you to the train station and buy you a ticket back to Cleveland.

Girl: Thank you so much for your kindness.

Ralph: You're welcome. Remember that whatever you desire, if you want it enough, you can make it happen.

Girl: Sure.

(At the train station)

Ralph: Here is the ticket, \$20, my address and telephone number. If you need anything, you can call me.

Girl: Thank you. It's really very generous of you.

Scene II

(Twenty-five years later, the woman is reading her diary.)

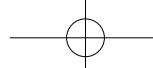
Overhead voice of the woman: Wow! I found it. Ralph's address and telephone number. I should send him a letter and a check for his help 25 years ago. (The woman is writing a letter to Ralph in her study.)

Dear Ralph,

I am writing to express my sincere gratitude for your kind act 25 years ago. Maybe you've already forgotten about it, but I still have fresh memories of what you did for me at that time. Without your generous help, I wouldn't have appreciated what my parents had done for me.

Attached is a check for \$300. I hope you accept it with the love and spirit in which it is sent. It isn't to repay a kindness that has no price; rather, I look forward to your meeting my family.

Yours,
Jane



SCRIPT

Listening IV

Gilbert: Sophia, could I borrow a few bucks? I'm a little strapped for cash.

Sophia: I'm pinching pennies myself, and you still owe me \$20. How are things going anyway?

Gilbert: Not very well. To be honest, I'm really in the hole these days.

Sophia: What do you mean? I thought you landed a great job recently, so you must be loaded.

Gilbert: I do have a job, but I've used my credit cards to pay off a lot of things recently.

Sophia: Do you have a budget?

Gilbert: No, but I guess I should have some financial plan.

Sophia: Well, let me see if I can help you. How much money do you spend on your apartment?

Gilbert: I pay \$750 on rent for the studio apartment downtown, not including utilities and cable TV.

Sophia: Seven hundred and fifty dollars! Why not find a cheaper one somewhere outside of the downtown area?

Gilbert: OK.

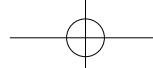
Sophia: How much money do you spend on food a month?

Gilbert: Around \$600. I go out to eat at least four times a week, so those expenses add up. I just don't enjoy eating alone, and I don't have a knack for cooking like you do.

Sophia: Perhaps you ought to buy some microwaveable meals you could prepare at home.

Gilbert: I guess I could.

Sophia: And entertainment?



Gilbert: I spend a few dollars here and there on basketball and movie tickets, a concert or two, and dance lessons.

Sophia: Just a “few” dollars?

Gilbert: About \$450 or so.

Sophia: Or so? No wonder you’re having money problems. And what about transportation?

Gilbert: Oh, I go to work every day in my new sports car, and my monthly payments are only \$480.

Sophia: No, I’ve heard enough. You’ve got to curb your spending. I suggest you get rid of your credit cards, cut back on your entertainment expenses, and sell your car. Take public transportation from now on.

Gilbert: Sell my car?! I can’t date without a car. What am I going to say? “Uh, could you meet me downtown at the bus stop at 7:00?” Come on!

Sophia: And you need to create a budget for yourself and stick to it, and start with paying off your bills, starting with me. You owe me \$50.

Gilbert: Fifty dollars! Wait, I only borrowed \$20 from you last week. How did you come up with \$50?

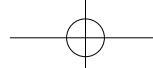
Sophia: Financial consulting fees. My advice is at least worth \$30!

1 Listen to a conversation between Gilbert and Sophia and choose the best answer to each of the following questions.

- 1 Which of the following is true about Gilbert’s current situation? C
A He relies mainly on student loans.
B He has a decent job, but he’s looking for a new one.
C He’s in debt and is trying to borrow money.
D He is unfortunate and has lost his credit cards.
- 2 How would you describe Gilbert’s apartment? B
A A large apartment that includes cable TV.
B A small apartment in the downtown area.
C An apartment downtown with free parking.
D A cheap apartment downtown.
- 3 What advice does Sophia give to Gilbert about reducing his food expenses? B
A He shouldn’t eat out too often, to a maximum of four times a week.
B He should use the microwave oven to cook his meals.
C He shouldn’t invite his friends to dinner in a restaurant.
D He should learn to cook his meals at home.
- 4 How much money does Gilbert spend on entertainment each month? A
A About \$450.
B About \$480.
C About \$600.
D About \$750.

Word tips

buck	美元
strapped for cash	缺乏现金
pinch pennies	精打细算
in the hole	财政窘迫；亏空
land	得到；找到
loaded	富有的，很有钱的
credit card	信用卡
studio apartment	单室公寓房
cable TV	有线电视
knack	技能，本领
microwaveable	可用微波炉烹调的
curb	控制
cut back on	削减
consulting fees	咨询费



5 What's Sophia's last suggestion for Gilbert reducing his expenses? B
A Use his credit cards for payments.
B Sell his car to save money.
C Spend no money on entertainment.
D Take public transportation for dating.

2 Listen to the conversation again and answer the following questions.

1 What is Sophia's suggestion when it comes to apartment renting?
He should find a cheaper apartment outside of the downtown area.

2 What sport might Gilbert like most?
Basketball.

3 How would Gilbert feel if he dated without a car?
He would feel ashamed.

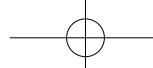
4 How much does Sophia finally ask Gilbert to pay her? Why?
Fifty dollars including her financial consulting fees.

3 Work in groups to discuss the following questions.

- 1 Have you ever been strapped for cash? What did you do when it happened?
- 2 Have you ever pinched pennies? Why or why not?
- 3 How much money do you spend on each area every month? Write a list of your common monthly expenses.
- 4 Do you think making a budget is important for a college student? Why or why not?

SAMPLE

- 1 • No, I have never been strapped for cash. If it does happen, I will turn to my parents for help. I bet they will transfer money to my account in a minute.
• Yes, I have been strapped for cash. When it happened, I would borrow money from my friends. They were willing to help me out. But I shouldn't do that often because my friends were not rich. And I paid back as soon as I had received money from my parents.
- 2 I am always pinching pennies. I think it is of vital importance to be prudent with money. As a college student, I have to depend on my parents financially. It's not easy for them to pay for my college education and my daily expenses. I should learn to be economical.
- 3 My monthly expenses include food (600 *yuan*), books (80 *yuan*), clothing (300 *yuan*), Internet and phone bills (80 *yuan*), and entertainment (200 *yuan*). I also travel twice every semester with each trip costing 500 *yuan* on average.



4 • No, I don't think it is important for a college student to make a budget, for most of our expenses are fixed and seldom does a college student fail to make the ends meet.

• Yes, I think it is important to keep track of the expenses. A student can set up a yearly, monthly, or semester budget. However, a semester budget probably makes more sense since expenses vary at different points throughout the semester. Making a budget means planning and understanding where the money should go. It is hard to see how money is wasted and how some expenses can be cut out unless you have a good budget in place. In brief, with a budget, a student can spend their money wisely.

PART 2

Viewing, Understanding and Speaking

Topic

The Lottery

Characters

Tony (boy)

Bill (boy)

Michael (boy)

Liz (girl)

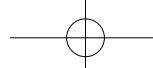
Alice (girl)

Setting

- 1) In a lakeside park
- 2) Outside of a lottery booth
- 3) In a dormitory

(A group of college students are having a picnic in a lakeside park. They are chatting and laughing cheerfully while listening to pop music on the radio.)





SCRIPT

(The disc jockey: For everybody who's interested to buy lottery tickets, the jackpot is \$18 million. \$18 million! That's what you can take home tonight if you are the lucky winner.)

Tony: Hey, Bill, you hear that? Eighteen million bucks! It'll be so cool to win it.

Bill: Yeah, I'd be thrilled to death if I were the winner.

Michael: Why don't you try your luck and buy a lottery ticket?

Tony & Bill: That's a good idea.

Liz: Don't be silly. You guys are daydreaming.

Alice: That's right. It's a waste of money. By the way, you don't even have the money to buy a lottery ticket, Tony. You haven't returned the 10 dollars you borrowed from me yesterday.

Tony: That's... that's exactly why I'm interested in the lottery. If I won it, I'd pay off all my debts.

Bill: Who doesn't want to be rich? Actually, I think it's not a bad idea if we buy one ticket for all of us. We could share the prize money if we won. For one ticket, it's only two bucks. I think we could spare the two bucks by skipping dessert at dinner time.

Alice: Two dollars isn't a big deal. I just don't think we could be that lucky. I've heard about so many people who buy the tickets every week and still haven't won a cent.

Bill: Come on, Alice! It may be our lucky day.

Liz: Oh, I hope we'll be lucky, of course. Wait a minute! There's no lottery booth in this area. Where can we go and buy the ticket?

Michael: That's no problem. We can stop at the lottery booth, can't we?

Liz: OK, let's go.

(outside of a lottery booth)

Tony: Liz, you're the treasurer. You should go and buy the ticket.

Liz: All right. But what numbers do we choose?

Michael: Just let the machine randomly select them.

Alice: I don't trust the machine. Let's try something unique.

Tony: What do you mean by "unique"?

Alice: Like...

Bill: Like what?

Alice: Like our lucky numbers.

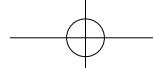
Michael: I've an idea. There're five of us, and seven numbers on the ticket. Why don't we just use our birthdays and today's date, October 25th?

Tony: That's a good idea. So mine's 23rd of May, that'll be 23 for me.

Bill: I'm 14.

Michael: I'm 7.

Alice: I'm 2.



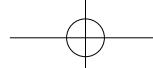
Liz: I'm 28.
Liz: OK, guys. Listen, so the numbers are 23, 7, 28, 14, 2, 10 and 25.
OK.
Others: Yes, right, here we go.

(They have had a good time at the park. It's evening now and the students are listening to the radio for the result of the lottery in the dormitory.)

Michael: So, Bill, what would you say we should do if we won the lottery?
Bill: We could start a company like...
Alice: Do you mean drop out of university? No way!
Bill: What would you do then?
Alice: I think we should use the money to make a movie we could all star in.
Liz: I'll be scared to death in front of the cameras. Mm, I'd say we should travel around the world if we did win.
Tony: I would like to see the world too. I would also like to own the Houston Rockets. You know, I love the NBA so much.
Michael: But you're not ever going to be tall enough to make it to the NBA. I think we should buy an old castle in England and live there like kings and queens.
Liz: Shh..., be quiet please. The result is coming!

(The disc jockey: And now for this week's Power Ball jackpot. The numbers are: 02, 07, 10, 14, 23, 25, and... 28!)

Chorus: (excitedly) Oh, my God! I can't believe it! That's our numbers!
Tony: Can't believe it! We won the lottery!
(noisy excitement)
Alice: Who's got the ticket?
Michael: Liz, of course. She's the one that bought it for us.
Liz: Hold on. It's... in the backpack. *(She picks up her backpack and searches for a while. The others wait anxiously. Liz takes out the ticket and checks the numbers. Her face suddenly turns pale.)*
Bill...
Bill: Yeah, what?
Liz: You said your birthday was on the 13th, right?
Bill: No! It's 14th!
Liz: I'm sorry. I thought I heard 13.
Bill: No, you're kidding, right?
The others: Oh! No! No!...
Liz: Sorry...
The others: Oh! No!... 18 million...



Word tips

jackpot *n.* a large amount of money that you can win in a game that is decided by chance 巨额奖金

e.g. *He sounded a bit doubtful when he telephoned with his claim for the £10,000 jackpot in Saturday's game with number 10-10-02-13.*

pay off give sb. all the money you owe them 还清 (债务)

e.g. *Only another six months and the house will be paid off.*

dessert *n.* sweet food served after the main part of a meal 甜点, 甜品

e.g. *There's ice cream for dessert.*

treasurer *n.* sb. who is in charge of the money for an organization, club, political party, etc. 财务主管

e.g. *I am the treasurer of an organization devoted to writing to prisoners under sentence of death.*

randomly *adv.* used to describe the way that sth. is happening or chosen without any definite plan, aim, or pattern 随机地, 任意地

e.g. *Patients were randomly allocated to groups for each test substance.*

star *vi.* act the part of the main character in a film or play 主演, 担任主角

e.g. *She will star in the Los Angeles production of Phantom this year.*

Houston Rockets 休斯敦火箭队

make it be successful in a particular activity or profession 成功; 做到

e.g. *I never thought Clare would make it as an actress.*

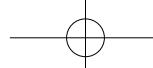
backpack *n.* a bag that you carry on your back, used when you are walking long distances or traveling to several different places 背包

e.g. *Why don't you give our young friend a hand with her backpack?*

1 Watch a video about buying a lottery and pay attention to the reasons why some of the speakers choose to or not to buy lottery tickets. Check (✓) the reasons the speakers give in the video.

1 Why do some speakers choose to buy lottery tickets?

- A Winning the lottery will enable them to pay off their debts of 10,000 dollars.
- ✓ B Everybody longs to become rich.
- ✓ C It won't cost them much to try their luck by buying only one ticket.
- D They count themselves luckier and therefore more likely to win the lottery than other people.
- ✓ E They can share the prize if they become the winner.
- F They will all become millionaires and won't have to pursue their studies.
- G They will get to know the psychology of lottery winners, in which they are interested.



2 Why do some others in the same group choose not to buy lottery tickets?

- A They will get a heart attack if they win the lottery.
- ✓ B It's a waste of money to buy lottery tickets.
- C It will leave them with no money to buy their dinner.
- ✓ D Their chances of winning the lottery are remote.
- E It's inconvenient for them to buy the lottery ticket at the gas station.
- F They cannot get a good deal as businessmen do.
- ✓ G They consider it a daydream that they are going to be the lottery winner.

Teaching tips

Common Expressions in Discussions and Debates

Inevitably, people will agree and disagree with one another on a certain topic. You may know exactly what you want to say in Chinese, but are unsure of how to express your views in English. You may also worry that your words will not come out properly or that you might hurt someone's feelings by being too straightforward. Although it is easier to sit back and say nothing at all, you will become bored or frustrated if all you can do is nod your head or shake your head, especially if you have a strong opinion about something.

The best thing to do is to learn and practice some common expressions that are used in discussions and debates. For example, there is a difference between agreeing strongly or only slightly. The following expressions are for your reference:

Stating an opinion

In my opinion...

The way I see it...

If you want my honest / humble opinion...

As far as I'm concerned / I understand / I can see...

As I see it, ...

From my point of view, ...

I'm of the opinion that...

I take the view that...

Asking for an opinion

What's your idea?

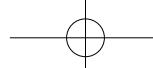
What are your thoughts on all of this?

How do you feel about that?

What do you think?

What do you reckon (about...)?

Where do you stand on...?



Expressing agreement

I agree with you 100 percent.
I'm 100 percent with you on this!
I couldn't agree with you more.
That's so true.
You're absolutely right.
That's exactly how I feel.
Exactly.
Absolutely.
Can't say I don't agree.
No doubt about it.
I suppose so.
I guess so.
You have a point there.
I was just going to say that.

Expressing disagreement

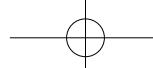
I don't think so.
No way.
I'm afraid I disagree.
I totally disagree.
I beg to differ.
I'd say the exact opposite.
That's not always true / the case.
You've got to be kidding!
You are dead / way wrong.

Interruption

Can I add something here?
Is it okay if I jump in for a second?
Can I throw my two cents in?
Sorry to interrupt, but...

Settling an argument

Let's just move on, shall we?
Let's drop it.
I think we're going to have to agree / disagree.
Whatever you say.
If you say so.



2 Watch the video again and complete the following sentences with the information you get.

- 1 I'd be thrilled to death if I were the winner.
- 2 By the way, you don't even have the money to buy a lottery ticket, Tony.
- 3 If I won it, I'd pay off all my debts.
- 4 I think we could spare the two bucks by skipping dessert at dinner time.
- 5 Two dollars isn't a big deal.
- 6 What do you mean by "unique"?
- 7 But you're not ever going to be tall enough to make it to the NBA.
- 8 The numbers are: 02, 07, 10, 14, 23, 25, and... 28!

3 Watch the video a third time and pay attention to what the speakers plan to do if they win the lottery. Then match the speakers with their plans.

1 Liz	A to live in an old castle in England
2 Alice	B to travel around the world
3 Tony	C to leave university and set up a company
4 Michael	D to buy the Houston Rockets
5 Bill	E to make a movie and feature themselves in it

4 Repeat a few important lines and try to imitate the speakers' pronunciation and intonation.

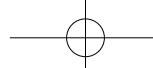
- 1 Why don't you try your luck and buy a lottery ticket?
- 2 You haven't returned the 10 dollars you borrowed from me yesterday.
- 3 That's... that's exactly why I'm interested in the lottery.
- 4 I just don't think we could be that lucky.
- 5 I've heard about so many people who buy the tickets every week and still haven't won a cent.
- 6 We can stop at the lottery booth, can't we?
- 7 Just let the machine randomly select them.
- 8 So, Bill, what would you say we should do if we won the lottery?
- 9 I think we should use the money to make a movie we could all star in.
- 10 I'll be scared to death in front of the cameras.
- 11 And now for this week's Power Ball jackpot.
- 12 You said your birthday was on the 13th, right?

5 Work in groups to discuss the following questions.

- 1 What's your opinion about the lottery?
- 2 What's your plan to spend the money if you won it?

SAMPLE

- 1 For better or worse, the lottery has gained much popularity all over the world. Many people worry about the negative effects the lottery may exert. Still others choose to criticize the way the lottery revenue is spent.



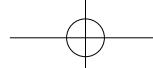
However, I think otherwise for the following reasons. First of all, the lottery is an effective way of raising money for welfare programs and other good causes. Although taxes have traditionally been the main source for such undertakings, people pay taxes reluctantly and increasing taxes may result in increasing public discontent. However, people are eager to try their luck on lottery tickets, so the lottery can serve as an important source of state revenues as long as it is well regulated.

For average people, especially those who have no marketable skills, the lottery might open up an opportunity for them to make a huge fortune—even to become a millionaire overnight. For instance, a friend of my father's has been in financial trouble for many years. The other day, he hit the jackpot by selecting the winning number in the lottery. Now he is the richest guy in our community, and is leading a life he had never dreamed of before.

Still for others, their enthusiasm for the lottery is not about money but about enjoyment. They don't care about winning or losing; they just love to play the lottery. They enjoy the excitement of analyzing the possibilities. For them, buying lottery tickets is just one of their hobbies.

All in all, I think the advantages of the lottery far outweigh its disadvantages.

- 2 I've always been fascinated with the stories of lottery winners who blow many lifetimes worth of money in a matter of years. So if I won a huge sum of money in a lottery, the first thing I would do after screaming and shouting excitedly is to arrange for a bank account just for this money alone to ensure that I would not go wild and spend it all. Next, I would give my parents a lot of money and tell them to quit their job (They work way too much.) so that they could enjoy their life in a financially better-off way. My parents have never traveled abroad, so I would also reserve a trip around the U.S. or Europe for them. Then, I'd go on a little shopping spree (狂欢), donate a sum to the Hope Project, and invest the rest of the money for my future life. Well, maybe I should go buy a couple of lottery tickets—maybe I would win, who knows. Except for these, my life and study would remain unchanged.



PART 3

Video Appreciation and Singing for Fun

Video Appreciation



■ About the movie:

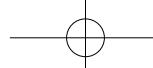
Wall Street: Money Never Sleeps is also known as *Wall Street 2*. The movie is a 2010 American film directed by Oliver Stone, which is a sequel (续集) to the 1987 film *Wall Street*. Set in New York, the film revolves around the 2008 financial crisis. Its plot is largely focused on the reformed (改过自新的) Gekko acting as more of an antihero (反英雄) rather than a villain (反面人物) and follows his attempts to help Wall Street before its soon-to-be stock market crash as well as trying to repair his relationship with his daughter Winnie with the help of Jacob, her fiancé (未婚夫). In return, Gekko helps Jacob get revenge (报复) on the man he blames for his mentor's (导师) death.

Main character



Gordon Gekko

an ex-Wall Street insider who gives the lecture in the video clip



■ About the video clip:

In this scene, Gordon Gekko, an ex-Wall Street insider, is delivering a lecture about greed to an audience of eager students. During his speech, he lays everything out on the table. He gives detailed information about the fundamental problem centering around the financial crisis almost poetically, and he tells everyone where we went wrong and how it's going to bite us. It is a bit dramatic but it is one of the best explanations for the financial crisis in a summary form.

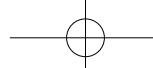
SCRIPT

Gordon Gekko: Uh, someone reminded me the other evening that I once said, "Greed is good." Now it seems it's legal. But, folks, you know it's greed that makes my bartender buy three houses he can't afford with, with no money down. And it's uh greed that makes uh your parents uh refinance their \$200,000 house for 250. And then they take that extra 50 they go down to the mall. And they buy a plasma TV, uh cellphones, computers, a SUV. And hey, why not a second home while we're at it? 'Cause, gee whiz, I mean we all know that the prices of houses in America always go up, right? And it's greed that makes the government in this country cut the interest rates to one percent, after 9/11. So we could all go shopping again. They got all these fancy names for trillions of dollars of credit: CMOs, CDOs, SIVs, ABSs. You know, I honestly think there's maybe only 75 people in the world who know what they are. But I'll tell you what they are. They're WMDs. Weapons of Mass Destruction. (When I was away) That's what they are. It seemed like greed got greedier with a little bit of envy mixed in. Hedge funders were walking home with 50 100 million bucks a year. So Mr. Bunker, he looks around, and he says, "My life looks pretty boring." So he starts leveraging his interests up to 40, 50 to one with your money. Not his, yours. Because he could. You're supposed to be borrowing, not them. And the beauty of the deal, no one is responsible. Because everybody's drinking the same Kool-Aid.

Word tips

bartender *n.* sb. who makes, pours, and serves drinks in a bar or restaurant 酒吧
服务员

e.g. Each time he gave the bartender a good tip.



money down cash 现款

e.g. *Hundreds of books promote the concept of buying a home with no money down or zero down payment.*

refinance *vt.* replace one loan with another one on which you pay less interest (以低利息) 再贷款

e.g. *A loan was arranged to refinance existing debt.*

plasma TV 等离子电视

e.g. *One advantage of plasma TVs over LCDs (液晶电视) is the quality of the images they produce.*

SUV (sport utility vehicle) *n.* 运动型多功能车

e.g. *She got into her SUV and drove away.*

gee whiz *interj.* used to show that you are surprised or annoyed 哇呀, 哇 (用来表示惊奇或生气)

e.g. *Gee whiz, what a beautiful day it is!*

interest rate the percentage amount charged by a bank, etc. when you borrow money or paid to you by a bank when you keep money in an account there 利率

e.g. *The government intends to keep interest rates low.*

trillions *quantifier* a very large number of sth. 大量, 巨额

e.g. *We have trillions of things to do this morning.*

CMO (collateralized mortgage obligation) 抵押贷款担保证券

CDO (collateralized debt obligation) 债务抵押凭证

SIV (structured investment vehicle) 结构性投资工具

ABS (asset-backed securities) 资产支持证券

hedge funder 对冲基金管理公司经理

leverage *vt.* borrow money to buy a business, hoping that the business will make enough profit to pay the interest on the money that is borrowed 举债经营

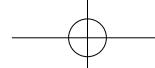
e.g. *He might feel that leveraging the company at a time when he sees tremendous growth opportunities would be a mistake.*

drink the Kool-Aid become a firm believer in sth.; accept an argument or philosophy wholeheartedly or blindly without critical examination 盲目相信, 顶礼膜拜

e.g. *You don't have to drink the Kool-Aid to appreciate how extraordinary this is.*

1 Watch a video clip and match the people or organizations with what they do due to their greed.

1 a bartender	A refinancing a \$200,000 house for \$250,000
2 parents	B cutting the interest rates
3 government	C leveraging interests
4 a banker	D buying three houses with no money down



2 Watch the video clip again and answer the following questions.

- 1 What do parents buy with the extra 50,000 dollars?
They buy a plasma TV, cellphones, computers, and a SUV.

- 2 What are the interest rates in the U.S. after 9/11?

One percent.

- 3 According to Gordon Gekko, what actually are CMOs, CDOs, SIVs and ABSs?

They are WMDs. Weapons of Mass Destruction.

- 4 How much do hedge funders earn a year?

Five thousand million bucks / dollars.

- 5 According to Gordon Gekko, what is the beauty of the deal?

No one is responsible.

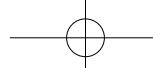
3 Work in groups to discuss the following questions.

In the original 1987 Wall Street film, Gordon Gekko once claimed that "Greed, for lack of a better word, is good. Greed is right. Greed works. Greed clarifies (阐明), cuts through, and captures, the essence (本质) of the evolutionary spirit. Greed, in all of its forms—greed for life, for money, for love, knowledge—has marked the upward surge (猛增) of mankind." Has Gordon Gekko changed his "Greed is good" philosophy in this movie clip? What's your opinion on the statement that "Greed is good"?

SAMPLE

- Yes, it appears that Gordon Gekko has added another dimension to greed. That is, greed seems legal. That's why a bartender can buy three houses he can't afford with no money down. That's why parents refinance their \$200,000 house for \$250,000 and take that extra \$50,000 and go down to the mall. That's why the American government cuts the interest rates to one percent, after 9/11 so that people could all go shopping again. And that's why Mr. Banker starts leveraging his interests up to 40, 50 to one with money of average people.
- To some extent, I do think that greed is good as long as it doesn't violate laws. Think about it. Without greed you wouldn't have any companies turning out new, exciting products. You wouldn't have companies pumping millions of dollars into researching new medicines that will cure different kinds of diseases. They do it for money—for profit—and we all get the benefit of feeling better or living longer.

There would be no Apple if it weren't for greed. Maybe Steve Jobs did actually have a more noble reason for pushing Apple as far as it could have gone. Maybe he's not for money, but he's still greedy. He aimed to be on the cutting edge of technology and design. He wanted his products to be the coolest. He wanted his business to be in control.



That thirst to accomplish these things—it's all greed, in one form or another. With our time, with our money, with our freedom. Think about these questions: Why do we want more money? Why do we want a promotion? Why do we want to pay as little as possible in taxes? Why do we want to leave work at 5 p.m. on the dot every day (or earlier)? Why do we want to be our own boss? Why is there such a thing as "alone time"?

It's all about greed—be it money, time, knowledge, or personal freedom. We want what we want and most of the time greed is the motivator.

Singing for Fun

■ About the song:

"If I Were a Rich Man" is a song from the 1964 musical *Fiddler on the Roof*. It was written by Sheldon Harnick and Jerry Bock. The song is performed by Tevye, the main character in the musical, and reflects his dreams of glory.



Listen to the song "If I Were a Rich Man" and learn to sing it.

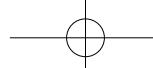
If I Were a Rich Man

LYRICS

Dear God, you made many, many poor people
I realize, of course, that it's no shame to be poor
But it's no great honor either
So, what would have been so terrible if I had a small fortune

If I were a rich man
Ya ha deedle deedle, bubba bubba deedle deedle dum¹
All day long I'd biddy biddy bum
If I were a wealthy man
I wouldn't have to work hard
Ya ha deedle deedle, bubba bubba deedle deedle dum

If I were a biddy biddy rich
Yidle-diddle-didle-didle man
I'd build a big tall house with rooms by the dozen



Right in the middle of the town
A fine tin roof with real wooden floors below
There could be one long staircase just going up
And one even longer coming down
And one more leading nowhere, just for show
I'd fill my yard with chicks and turkeys and geese and ducks
For the town to see and hear
Squawking just as noisily as they can
And each loud "cheep" "gobble" "honk" "quack"²
Would land like a trumpet on the ear
As if to say "Here lives a wealthy man."

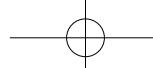
If I were a rich man
Ya ha deedle deedle, bubba bubba deedle deedle dum
All day long I'd biddy biddy bum
If I were a wealthy man
I wouldn't have to work hard
Ya ha deedle deedle, bubba bubba deedle deedle dum

If I were a biddy biddy rich
Yidle-diddle-didle-didle man
I see my wife, my Golde, looking like a rich man's wife
With a proper double-chin
Supervising meals to her heart's delight
I see her putting on airs and strutting like a peacock
Oy, what a happy mood she is in
Screaming at the servants, day and night

The most important men in town would come to fawn on me
They would ask me to advise them
Like a Solomon the Wise³
"If you please, Reb Tevye..."
"Pardon me, Reb Tevye..."
Posing problems that would cross a rabbi's eyes

And it won't make one bit of difference if I answer right or wrong
When you're rich, they think you really know

If I were rich, I'd have the time that I lack
To sit in the synagogue and pray
And maybe have a seat by the Eastern wall
And I'd discuss the holy books with the learned men, several hours every day
That would be the sweetest thing of all



If I were a rich man
Ya ha deedle deedle, bubba bubba deedle deedle dum
All day long I'd biddy biddy bum
If I were a wealthy man
I wouldn't have to work hard
Ya ha deedle deedle, bubba bubba deedle deedle dum

Lord who made the lion and the lamb
You decreed I should be what I am
Would it spoil some vast eternal plan
If I were a wealthy man

Notes:

- 1 Here, such sounds as "Ya ha deedle deedle, bubba bubba deedle deedle dum", etc. are a form of Jewish folk songs or tunes sung by groups. It is vocal music, often with repetitive sounds such as "bim-bim-bam" or "ai-ai-ai" instead of formal lyrics.
- 2 The singer is imitating the sound of chicks, turkeys, geese and ducks in the song.
- 3 Solomon was a king of Israel, the son of King David, who built the temple in Jerusalem. He is famous for being extremely wise.

PART 4

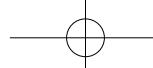
Further Speaking and Listening

Further Speaking

Work in groups to do the following activities.

Commemorative coins (纪念币) are issued to celebrate a special occasion, mark a particular event, or honor an important figure, etc. Work in groups to design a series of one-yuan coins. Talk about what is to be commemorated, what symbols or designs are to appear on the reverse (背面) of the coins, and what message the symbols on the coins are intended to convey.

Step
ONE



Step TWO

Present what your group has discussed to the class. The class vote for the best-designed series of coins.

SAMPLE

- Our group has designed a series of one-yuan coins to commemorate the establishment of the People's Republic of China. Each coin's reverse commemorates one of the 34 provincial administrative divisions, namely 23 provinces, 4 municipalities, 5 autonomous regions and 2 special administrative regions. Each has a design emblematic (标志性的) of its unique history, traditions or symbols.

This series of coins are designed to arouse the interest of the Chinese youth in province divisions, the local history and geography, and the rich diversity of the cultural heritage.

For example, the reverse of the Zhejiang coin features West Lake, which was inscribed in UNESCO's World Heritage List in 2011. The reverse of the Sichuan coin features the giant panda, for this province is a natural habitat for pandas and pandas are universally acknowledged as the national treasure of China. The reverse of the Jiangxi coin is a picture of Jinggangshan (Jinggang Mountain), known as the birthplace of the Chinese Red Army and the "cradle of the Chinese revolution".

- Our group thinks it is of vital importance to enhance the public awareness of UNESCO's world heritage sites in China, so a series of coins are designed for this purpose. The design includes the name of the world heritage, the province in which it is located and the year it was inscribed in UNESCO's World Heritage List. For example, the reverse of the Potala Palace coin includes an image of the Potala Palace, its name, its location, and the year. Other coins will just follow this pattern.

Further Listening

Listening I

SCRIPT

Each Friday evening the TV station chooses a "Person of the Week", someone who helps others. Two newscasters discuss this Friday's choice.

Jim: Our "Person of the Week" is Mr. Percy Ross, whose newspaper column, "Thanks a Million", is found in 200 newspapers. Mr. Ross lives here in Midville.

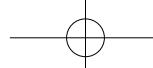
Ann: Right. Every week about 7,000 people write to him, asking for money. He reads the letters and sends money to some of the people. He also answers three or four letters every week in his newspaper column.

Jim: Who gets money from Mr. Ross?

Ann: Usually old people, sick people, and poor children.

Jim: Good.

Ann: Sometimes he doesn't send money. He sends people the things they need—shoes, a smoke alarm, a hearing aid, etc.



Jim: Why does he give away his money?

Ann: When he was young, he was poor. He worked hard, and now he is a successful businessman. But Mr. Ross remembers when he was poor. He wants to help poor people.

Jim: He also wants to give away his money before he dies and wants to choose who gets it.

Ann: He is a good choice for "Person of the Week".

1 Listen to a conversation about "Person of the Week" and decide whether the following statements are true (T) or false (F).

- 1 Mr. Ross is rich and generous. T
- 2 Every week about 7,000 people write letters to Mr. Ross. T
- 3 Mr. Ross answers most of the letters in his newspaper column. F
- 4 His newspaper column is a weekly one that appears every Friday. F
- 5 Mr. Ross gives money and things to people who really need them. T
- 6 Working very hard, Mr. Ross has become a successful businessman. T

Word tips

Percy Ross	珀西·罗斯
(人名)	
Midville	米德维尔 (美国地名)
hearing aid	助听器

2 Listen to the conversation again and complete the following sentences with the information you get.

- 1 Mr. Percy Ross is chosen by the TV station as a "Person of the Week".
- 2 He has a column, "Thanks a Million", in 200 newspapers.
- 3 He usually sends money to old people, sick people, and poor children.
- 4 Sometimes he sends people shoes, a smoke alarm, a hearing aid, etc.
- 5 He wants to give away his money before he dies.

Listening II

My brother, Henry, had an excellent job at a bank. I couldn't believe him when he told me that he had decided to give it up. Though I tried to make him change his mind, I failed completely.

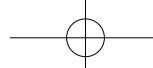
"You should reconsider your decision," I said. "You have already spent five years in the bank and you could have a wonderful career. You might become a bank manager by the time you're 35."

"I know," Henry answered. "I've got no complaints with the bank. It's a pleasant job in pleasant surroundings and we keep civilized hours. The bank manager told me that my prospects were excellent."

"Then why do you want to leave?" I exclaimed.

"It's the money," Henry said.

"But you're getting a good salary," I answered.



"I don't mean that," Henry said. "What do I do at the bank? Well, at the moment all I do is to count money. I find it very depressing."

"What's depressing about counting money?" I asked, unable to follow the logic of Henry's argument.

"You don't understand," Henry answered. "I enjoy counting my own money, but I hate counting other people's!"

Word tips

surroundings 环境

civilized 令人愉快的, 舒适的

prospects 前途, 前程

1 Listen to a passage about Henry's job and decide whether the following statements are true (T) or false (F).

- 1 Henry enjoyed working at the bank very much. F
- 2 Henry's brother tried in vain to change Henry's decision to quit his job. T
- 3 The bank manager promised that Henry would take over his position. F
- 4 Henry was quite content with his working environment. T
- 5 Henry complained that his salary was too low compared with his colleagues'. F
- 6 Henry liked to work long hours to get extra pay. F

2 Listen to the passage again and complete the following sentences with the information you get.

- 1 Henry had worked at the bank for five years.
- 2 He might become a bank manager at the age of 35.
- 3 Henry was told that his prospects at the bank were excellent.
- 4 Henry found his job depressing because he hates counting other people's money.

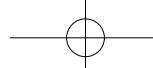
Listening III

SCRIPT

For a long time, Albert Smith had the reputation as a miser. But yesterday, people found they had wronged him.

Mr. Smith was known by other residents as the meanest man in the village. He was a farmer who also owned a building business, and made money on the stock market. A fellow villager, who had known him for more than 50 years, said, "He never spent money on himself. He never bought a new suit and he even mended his shoes with sticky tape rather than buy a new pair."

A woman villager added, "He was the meanest man I ever knew. He got the greatest pleasure from doing his account books. He worked on them for hours. We thought he was planning to take his money with him."



Mr. Smith died in October at the age of 85, and yesterday his will became known. He left \$175,000 for the building of houses for his former employees, and \$3,000 for a new village bus shelter. The rest of his estate, more than \$200,000 went to charity.

1 Listen to a passage about Mr. Smith and his money and complete the following sentences with the numbers you get.

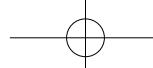
- 1 A fellow villager had known Mr. Smith for more than 50 years.
- 2 Mr. Smith died at the age of 85.
- 3 Mr. Smith left \$175,000 to build houses for his former employees.
- 4 Mr. Smith donated \$3,000 for a new village bus shelter.
- 5 Mr. Smith donated more than \$200,000 to charity.

2 Listen to the passage again and choose the best answer to each of the following questions.

- 1 How did Mr. Smith make his money besides farming? C
A He took care of a large building owned by a millionaire.
B He worked successfully as a stockbroker (股票经纪人).
C He had a building business and made money on the stock market.
D He made money by investing in building businesses.
- 2 Why did his fellow villagers regard him as a miser? B
A Because he spent no more than 50 dollars a month.
B Because he never spent money on himself.
C Because he never bought new shoes for his wife.
D Because he saved every cent to buy his account book.
- 3 What did the woman villager mean by saying "he was planning to take his money with him"? A
A He would take his money with him to the grave (坟墓).
B He would take all the money with him wherever he went.
C He would draw his money from the bank and go on a trip.
D He would show his money to other people.
- 4 What can we conclude from Mr. Smith's will? C
A He was kind to his family.
B He missed his former employees.
C He was no miser at all.
D He designed a new bus shelter.

Word tips

miser	守财奴
wrong	冤枉
mean	小气的，吝啬的
sticky tape	黏胶带
account book	账簿
will	遗嘱
estate	财产；遗产



Listening IV

SCRIPT

Narrator: It's a dark, cold, and rainy night. The taxi driver hasn't had a single passenger all day. When he goes by the entrance of the railway station, he sees a young man from the country coming out, carrying two suitcases. "Aha!" thinks the taxi driver. "Here's an opportunity to make up for the rest of this bad day." He quickly opens the door of the taxi.

Driver: Where do you want to go, sir?

Hayseed: To the Continental Hotel.

Narrator: Hearing this, the taxi driver loses hope for a big fare. The Continental Hotel is hardly two blocks away. The most the hayseed will give him is one dollar. What bad luck! The driver then decides to take a long trip around town and then back to the Continental Hotel. So he does, and after a long time they arrive at the hotel.

Driver: You owe me 30 dollars, sir.

Hayseed: What? Thirty dollars? Do you take me for a fool? You're trying to cheat me.

Driver: How dare you accuse me...

Hayseed: Only last week I took a taxi from the station to this hotel. I know how much the trip should cost!

Driver: Oh... oh... all right.

Hayseed: I think I should call the police.

Driver: Oh, no! Please don't! I have a sick wife and four hungry children.

Hayseed: All right! This time I'll let it go.

Driver: Thank you, sir. You're right. The trip isn't worth 30 dollars...

Hayseed: I know that. I may come from the country, but I'm as smart as you city folks.

Driver: Yes, sir.

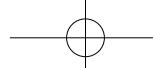
Hayseed: I won't pay you a cent more than I paid the other taxi driver last week... 26 dollars!

Word tips

hayseed 乡巴佬

1 Listen to a story about a young man and a taxi driver and choose the best answer to each of the following questions.

- 1 Why is the taxi driver happy to see the young man? C
A Because he has waited there all day for the young man.
B Because the young man is the only passenger on the train.
C Because he hopes to make big money from the young man.
D Because the young man brings him two suitcases of gifts.



- 2 Why is the taxi driver disappointed then? B
 - A Because the young man refuses to take a taxi.
 - B Because the young man goes to a nearby place.
 - C Because the young man appears to be a miser.
 - D Because the young man isn't the one he's been waiting for.

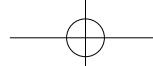
- 3 What does the taxi driver decide to do to achieve his goal? A
 - A Take a much longer route.
 - B Take the young man to a wrong place.
 - C Charge the young man less than he should.
 - D Tell the young man that he's a fool.

- 4 What is the young man's reaction to the taxi driver's charge? D
 - A He takes the driver to the police station.
 - B He asks to stop the taxi and takes the wheel.
 - C He refuses to pay the driver any money.
 - D He accuses the driver of cheating him.

- 5 Which of the following statements is true about the young man? A
 - A He was also cheated by a taxi driver last week.
 - B He is smarter than the taxi driver and takes the driver as a fool.
 - C He cares a lot about his wife and children and is a responsible man.
 - D He knows the place he wants to go too well to be cheated.

2 Listen to the story again and complete the following sentences with the information you get.

- 1 The Continental Hotel is hardly two blocks away from the railway station.
- 2 The driver charges the young man 30 dollars.
- 3 The driver asks the young man not to call the police because he has a sick wife and four hungry children.
- 4 The young man pays about 25 dollars more than he ought to.



Unit 9

Shopping

PART 1

Listening, Understanding and Speaking

Listening I

SCRIPT

Conversation 1

Maria Alma is looking around the shops in Athens before she catches the afternoon flight back to Zurich. Maria is looking for a pair of shoes.

Maria: Excuse me. Do you speak English?

Shop assistant: Yes, madam. Can I help you?

Maria: I'm looking for a pair of blue shoes to wear with a dress.

Shop assistant: Blue?

Maria: Yes, you've got some in the window at 1,450 drachmas. Could I try them on, please?

Shop assistant: What size are they?

Maria: Thirty-eight.

Shop assistant: Just a moment, please. ... Yes, here you are.

Maria: Are they leather?

Shop assistant: Oh, yes.

Maria: I like the style.

Shop assistant: Do they fit all right?

Maria: They feel a bit tight actually. Have you got a larger size?

Shop assistant: We haven't got those shoes in size 39, I'm afraid.

Maria: Have you anything similar in blue that would fit me?

Shop assistant: No, we haven't. I'm sorry.

Maria: I'll leave them then. Thank you very much.

Conversation 2

John is in a shop.

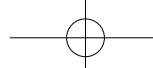
John: I'd like some nice lamb chops, please.

Shop assistant: English or New Zealand?

John: Is there much difference in price?

Shop assistant: The New Zealand is a little cheaper, but of course it's not quite of the same quality.

John: Could I have a look at the New Zealand?



Shop assistant: Of course.
John: They look fine. Six please.
Shop assistant: Two pounds thirty, please.
John: Thank you.

Conversation 3

Helen is buying bakery goods.

Shop assistant: Good morning.

Helen: Hello. A large wholemeal loaf, please.

Shop assistant: Thank you. Fifty-five pence please.

Helen: And half a dozen soft white rolls.

Shop assistant: Do you want the ones with sesame seeds?

Helen: They're for hamburgers, so yes, that'd be all right, wouldn't it?

Shop assistant: Yes.

Helen: Yes, that's fine.

Shop assistant: Anything else?

Helen: No, thanks. Not today.

1 Listen to three conversations about buying different goods and choose the best answer to each of the following questions.

2 Listen to the conversations again and complete the following sentences with the information you get.

- 1 The pair of shoes Maria tried on was made of leather.
- 2 The shoes displayed in the window cost 1,450 drachmas.
- 3 Maria felt the shoes she tried on were a bit tight.

Word tips

Maria Alma 玛丽亚·阿尔玛 (人名)

Athens 雅典 (希腊首都)

Zurich 苏黎世 (瑞士北部城市)

drachma 德拉克马（希腊在2002年采用欧元之前的货币单位）

chop 排骨

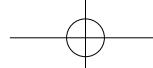
bakery 烘烤食品（面包、糕饼等的总称）

wholemeal 全麦的

pence 便士 (penny 的复数形式)

roll 面包卷, 小圆面包

sesame 芝麻



- 4 The meat from New Zealand was a little cheaper than the meat from England.
- 5 John paid 2.3 pounds for the meat.
- 6 Helen wanted a large wholemeal loaf.
- 7 Helen paid 55 pence for the loaf.
- 8 Helen took the soft white rolls with sesame seeds.

3 Work in pairs to role-play one of the three conversations.

Listening II

SCRIPT

Conversation 1

Friends are talking.

Friend A: Hey, tomorrow is Lily's birthday. I think we should buy her a present.

Friend B: Yes. Good idea.

Friend C: Lily likes hiking. Why don't we buy her hiking boots?

Friend A: She also likes roller skating. What about roller skates?

Friend B: I'm afraid we don't have enough money for roller skates.

Friend A: I have 50 dollars. How much you guys have?

Friend B: I have no money with me right now.

Friend C: I don't think money is a problem. Let's go shopping.

Conversation 2

At The Walking Company

Shop assistant: Hello, can I help you?

Friend A: Yes, we want to buy hiking boots. How much are these brown ones?

Shop assistant: One hundred and nineteen dollars. Would you like them?

Friend B: They look good, but 119 dollars is too expensive.

Friend A: Do you have cheaper ones?

Shop assistant: Yes, the black boots are cheaper.

Friend B: How much are they?

Shop assistant: Seventy-nine dollars.

Friend C: OK, we'll take them, 38, black ones.

Shop assistant: This way please. How would you like to pay?

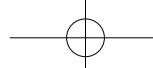
Friend C: By credit card.

(Friend C enters her credit card password.)

Shop assistant: Sign here please.

Shop assistant: Here're the boots and receipt. Thank you for shopping at The Walking Company.

Friends: Bye!



Conversation 3

At Lily's house

Friend A: Hi Lily, we've got a surprise for you.
Lily: What could it be?
Friend B: Open it.
Lily: Wow, hiking boots. They are beautiful. I like them. I'll enjoy my hiking more with the new boots on. Thank you so much.
Friends: Happy birthday to you!

Conversation 4

Lily at the mall

Lily: I'd like to return the boots.
Shop assistant: What seems to be the problem?
Lily: They are a little too tight for me. Can you exchange them for larger ones?
Shop assistant: Sure, no problem.
Lily: Good! They're my birthday present.
Shop assistant: What about these? Try them on.
Lily: Mm, they're just fine. Thank you.
Shop assistant: You're welcome.
Lily: Bye-bye!

1 Listen to a series of conversations about Lily's birthday present and complete the following paragraph with the information you get.

Lily's 1) birthday was coming soon. Lily likes 2) hiking and 3) roller skating. Her friends bought her 4) hiking boots, and they paid 5) 79 dollars for them by 6) credit card. Later on Lily tried the boots on and found they were 7) a little too tight. So she went to the mall and 8) exchanged for larger ones.

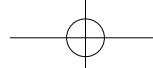
2 Listen to the conversations again and choose the best answer to each of the following questions.

1 Lily's friends chose the black boots because _____. **B**
A they were the right size B they were cheaper
C black was Lily's favorite color D black was the most popular color

2 Lily's friends paid by credit card because _____. **B**
A they could get a discount by doing so
B they did not have enough cash
C the shop assistant asked them to do so
D paying by credit card was more convenient

Word tips

roller skating 溜旱冰
roller skate 四轮旱冰鞋
password 密码
receipt 收据



3 Before she opened the present Lily _____. D

- A was expecting something unusual
- B thought it was a pair of roller skates
- C knew it was a pair of hiking boots
- D had no idea at all what it was

4 Lily went back to the mall and exchanged the boots for _____. C

- A brown ones
- B cheaper ones
- C larger ones
- D leather ones

3 Read Bella's story and her problems of how to ask for a birthday gift in a proper way. Work in groups to discuss the following questions.

- 1 What do you want as birthday gifts this year?
- 2 How would you ask for birthday gifts?

Bella's Story and Her Problems

My birthday is coming up, and I'm just going to have a small party with some close friends. There're a few things that I really want, that fit the birthday gift description, you know, under \$20, easy to find...

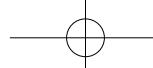
My friends always ask, "What do you want for your birthday?" and "What kind of present do you want?" I always answer, "You don't have to get me anything," because you want to be polite, and that's what you're supposed to say, I guess.

I always appreciate the presents from my friends, but sometimes they're not really something I like. Wouldn't it be easier to let your friends know exactly what you have in mind, so nobody's money goes to waste? I mean, of course I'd love anything they get me, but does that make sense?

So, how do you ask for certain things without sounding pushy (咄咄逼人的) or greedy? And should I respond to "What do you want for your birthday present?" with an actual answer?

SAMPLE

- 1 Here is my birthday wish list. First, some new clothes for the summer. I would like some nice clothes for going out or just clothes that fit. Then, new sunglasses. I would like a pair that look good on me and cost a little more than 200 yuan. I also want to get a purse like my friend Becca's. It's so pretty and grown-up.



2 • You could drop some hints without actually asking for a gift. For example, if you're hanging out with a friend and you're going through a shop or passing a shopping window or an ad with something you really like, you could just casually mention that you like that, like "Oh wow, do you see that skirt? That one looks great!" That way you'd be letting them know what you like without specifically asking them to give it to you, and then your friends might actually be really happy that they thought of a good gift for you "by themselves" and they might enjoy "surprising" you with it.

• Actually you would be doing them a favor by telling them what you want. Then they don't have to guess and waste their money on something you don't like. When you open the present and you get something that you like, they will feel happy that you like it.

Listening III

Shopping online offers lots of benefits that you won't find when shopping in a store or by mail. The Internet is always open—24 hours a day, seven days a week—and bargains can be numerous online. With a click of a mouse, you can buy an airline ticket, book a hotel, send flowers to a friend, or purchase your favorite fashions. But shopping on the Internet is a little different from checking out items at the mall. If you're buying items from an online retailer or auction website, here is my advice:

SCRIPT

Know whom you're dealing with. Anyone can set up a shop online under almost any name. Confirm the online seller's physical address and phone number in case you have questions or problems.

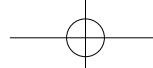
Know exactly what you're buying. Read the seller's description of the product closely, especially the fine print.

Know what it will cost. Check out websites that offer price comparisons and then, compare "apples" to "apples". Factor shipping into the total cost of the order.

Check out the terms of the deal. Can you return the item for a full refund if you're not satisfied? If you return it, find out who pays the shipping costs, and when you will receive your order.

Keep a paper trail. Print and save records of your online transactions, including the product description and price, the online receipt, and copies of every e-mail you send to or receive from the seller.

I hope my advice can help to keep your online shopping experience a safe one.



Word tips

online 在因特网上地；因特网上的
numerous 许多的，很多的
click (鼠标的)点击
fashion 时装
retailer 零售商
auction 拍卖
fine print 附属细则
comparison 比较
factor... into 把……作为因素计入
refund 退款
paper trail 书面记录
transaction 交易

1 Listen to a passage about the tips on online shopping and decide whether the following statements are true (T) or false (F) according to the speaker.

1 Only buy things from the online retailers you know well. F
2 Read the seller's description of the product carefully. T
3 Compare the prices before you buy something. T
4 Return the item for a full refund if you're not satisfied with it. F
5 Print and save records of your online transactions. T

2 Listen to the passage again and complete the following table with the information you get.

The benefits of online shopping	A The Internet is always 1) <u>open</u> . B 2) <u>Bargains</u> can be numerous online. C With a 3) <u>click of a mouse</u> , you can buy an airline ticket, book a hotel, send flowers to a friend, or purchase your favorite fashions.
The speaker's advice	A Know whom you're dealing with. Confirm the online seller's 4) <u>physical address</u> and phone number. B Know exactly what you're buying. Read the seller's description of the product closely, especially 5) <u>the fine print</u> . C Know what it will cost. Factor 6) <u>shipping</u> into the total cost of the order. D Check out the 7) <u>terms of the deal</u> , like refund policies and delivery dates. E Keep a 8) <u>paper trail</u> . Print and save records of your online transactions, including the product description and price, the online receipt, and copies of every e-mail.

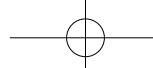
3 Work in groups to discuss the following questions.

1 Do you often shop online? Why or why not?
2 What do you think about the security or reliability of online shopping?

SAMPLE

1 • I buy lots of stuff online. For example, almost all my clothes have been bought online, because it's the only place I can find something I like. And I actually enjoy the surprise of what it REALLY looks like. It's always a little bit different from what you expected. Some things are also cheaper when you buy them online, cosmetics for example.

• I want to buy something online but I always have doubts about the quality of things being advertised there. There are reviews about online purchases and many of them are not very encouraging so I am holding off shopping online.



2 • Many people are suspicious about the quality of online purchases. There are a few websites that I buy from, and I'm satisfied with most of them. I did have a few bad experiences with a couple of the sellers. I make a note of the sellers and their websites so that I won't buy from them again. I think online shopping is a very good option for people who are busy. Just at the click of a mouse, one can order anything. However, online shopping differs from shopping at a store or in a mall, where you can see the actual items yourself. That's why many people are hesitant to shop online.

• I don't really trust online stores very much. I bought my girlfriend a watch last month online. The instruction said it was waterproof, but she found it's not true at all, and the watch doesn't work now. That's why I do not trust the goods available online. I'd like to go to supermarkets or stores if I want to buy something. There I can compare one brand with another with my own eyes. When I can see and feel anything physically, I can make good judgments.

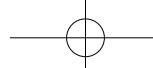
Listening IV

On the rooftop over a supermarket in North London is a garden that could be a model of sustainability in cities everywhere. Food grown there is sold in the supermarket two stories below. The garden is the brainchild of Azul-Valerie Thome. "We've done a lot of experimentation to find which crop grows well, because it's like a microclimate up here. It's five degrees warmer; it's more windy. You have to take all these into account." This is the garden's first year so there's been a lot of trial and error, she says. They grow endangered species to increase the seed pool, and waste from the supermarket downstairs is used for compost. "Our next step is to put beehives here to encourage biodiversity. This garden in the sky isn't just about food sustainability. It's also about educating the community."

SCRIPT

1 Listen to a report on an experimentation conducted by a London supermarket and check (✓) the sustainability measures already adopted by the supermarket.

- ✓ A growing food on the rooftop
- B selling their crops in cities everywhere
- ✓ C growing endangered species to increase the seed pool
- ✓ D using the waste from the supermarket to produce compost
- E running education programs to encourage roof gardening



Word tips

rooftop 屋顶

sustainability 可持续性

brainchild 脑力劳动的成果

Azul-Valerie Thome 阿祖尔-瓦莱丽·托梅 (人名)

experimentation 试验

microclimate 小气候

take sth. into account 把某事考虑在内

endangered species 濒于灭绝的物种

compost 堆肥；混合肥料

beehive 蜂窝；蜂箱

biodiversity 生物多样性

2 Listen to the report again and decide whether the following statements are true (T) or false (F).

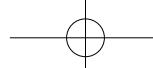
- 1 The rooftop garden is created by Azul-Valerie Thome. **T**
- 2 Most plants grow well on a rooftop garden. **F**
- 3 Azul-Valerie Thome plans to promote biodiversity by installing beehives on the roof. **T**
- 4 Azul-Valerie Thome believes that roof gardening can be a profitable business. **F**

3 Work in groups to discuss the following questions.

Do you think that people living in cities should be encouraged to grow vegetables on their rooftops? Why or why not?

SAMPLE

- In my opinion, people living in cities should be encouraged to grow vegetables on their rooftops. As we all know, we are losing agricultural land due to rapid urbanization, which has resulted in reduced supplies and higher prices of vegetables. If people can grow their own vegetables on rooftops, they can help to give some space back to agriculture. At the same time, they can get fresh chemical-free vegetables and save a lot of money. If possible, I would like to try it myself someday.
- I don't think it's a good idea to encourage people to grow vegetables on rooftops. Actually, gardening is not an easy job. Even if you spend a lot of time and energy, there is no guarantee that the plants will grow well. Besides, if the roof is not strong enough or leaking, growing vegetables on it can cause serious problems. What's more, in cities, there are many tall buildings, very often the roof is in the shade most of the day, but vegetables need sunshine to grow well. Therefore, it's not practical for people living in cities to grow their own vegetables on rooftops.



PART 2

Viewing, Understanding and Speaking

Topic
Making a Complaint
Characters
A shop assistant (woman) John (a customer) Mr. Anderson (a manager)
Setting
In a clothing store (John is complaining about a shirt bought in the store.)



Shop assistant: What can I do for you, sir?

John: I want a refund for a half a dozen shirts, immediately. (*He says very angrily.*)

Shop assistant: What's wrong with them?

John: Can't you see for yourself?
(*The man hands a half a dozen shirts over to the shop assistant.*)

Shop assistant: Oh, er, they faded a lot, didn't they? Were all of them bought from our shop? Can I see your receipt?

John: Here you are! Can-I-get-my-money-back-immediately?

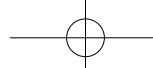
Shop assistant: (*hesitantly*) Er... but this sales receipt says you bought only one shirt from our shop. Yes, just this red one. And it was on sale.

John: Red? You call that red? It's PINK now! And, what about the other five? I read the instructions on the shirt carefully before washing it. It doesn't say a thing about the shirt shrinking or fading at all! When I put this in with the other five shirts into the washing machine, they all turned pink.

Shop assistant: Sorry, but we can only exchange this single shirt you bought here with a new one for you. It's really too bad about the other five, but you didn't buy them here, and we just cannot do anything for you about... about them.

John: What do you mean? There is no doubt that this shirt that

SCRIPT



I bought here is of very poor quality. It shrank badly after washing, and the color faded on everything in the washer! It ruined the rest of the new shirts! That really bugs me! My whole family has been buying clothes here for the last 10 years! What do you mean by saying that you just can't do anything about the other shirts, mm?

Shop assistant: I'm very sorry it happened, you know, but we just cannot give you a refund for a shirt bought on sale. Er, and, it's just not possible to pay you for the fading on the shirts bought from another store.

John: (angrily) I want to see your manager, now, right now! I can't believe this!

(*The manager comes over and the assistant walks toward him, murmuring, "Mr. Anderson, this gentleman wants a refund for six shirts bought at our store, but he only bought one shirt at our store, and it was on sale." The manager looks at the shirts and picks out the shirt which faded on all other shirts.*)

John: So you are the manager? Look what happened! When I washed this red shirt, it shrank so badly that I couldn't wear it anymore. But, even worse than that, it ruined the rest of my new shirts by fading on them.

Mr. Anderson: (He smiles.) We are very sorry about that. OK, I think we can replace that red shirt. And also, you can choose five additional shirts at no cost to you. Of course, they'll have to be the same price or less than the red one you bought last time. We do value your business and hate for you to be unhappy with us. I hope to see you soon.

John: Mm, that sounds more than fair, and of course I'll see you again.

Shop assistant: What colors would you like? I can help you with that.

John: I would like the yellow, and the red, and the blue one and the brown one...

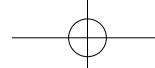
Word tips

fade *v.* lose color and brightness, or make sth. do this (使) 褪色
e.g. *The sun had faded the red curtains.*

bug *vt.* annoy 激怒; 使厌烦
e.g. *It really bugs me when people smoke in restaurants.*

additional *adj.* extra, and more than expected 另外的
e.g. *This is the total price of your holiday—with no additional charges.*

value *vt.* think that sth. is important to you 珍视, 重视
e.g. *I value your advice.*



1 Watch a video and pay attention to how the customer makes the complaint.

Decide whether the following statements are true (T) or false (F).

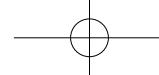
1 The man wanted to get a refund for five shirts.	F
2 The man bought only one shirt from the shop.	T
3 The shirt the man bought was pink.	F
4 The main problem with the shirt was that it shrank.	F
5 The manager agreed to replace the red shirt for the man.	T
6 The money was refunded for the other shirts that were ruined.	F

2 Watch the video again and complete the following sentences with the information you get.

- 1 I want a refund for a half a dozen shirts, immediately.
- 2 It doesn't say a thing about the shirt shrinking or fading at all!
- 3 Sorry, but we can only exchange this single shirt you bought here with a new one for you.
- 4 I'm very sorry it happened, you know, but we just cannot give you a refund for a shirt bought on sale.
- 5 When I washed this red shirt, it shrank so badly that I couldn't wear it anymore.
- 6 And also, you can choose five additional shirts at no cost to you.
- 7 We do value your business and hate for you to be unhappy with us.
- 8 Mm, that sounds more than fair, and of course I'll see you again.

3 Repeat a few important lines and try to imitate the speakers' pronunciation and intonation.

- 1 – What's wrong with them?
– Can't you see for yourself?
- 2 – Can I see your receipt?
– Here you are! Can-I-get-my-money-back-immediately?
- 3 Er... but this sales receipt says you bought only one shirt from our shop.
- 4 I read the instructions on the shirt carefully before washing it.
- 5 When I put this in with the other five shirts into the washing machine, they all turned pink.
- 6 There is no doubt that this shirt that I bought here is of very poor quality.
- 7 It shrank badly after washing, and the color faded on everything in the washer!
- 8 It ruined the rest of the new shirts! That really bugs me!
- 9 What do you mean by saying that you just can't do anything about the other shirts, mm?
- 10 ... it's just not possible to pay you for the fading on the shirts bought from another store.
- 11 I want to see your manager, now, right now! I can't believe this!



- 12 But, even worse than that, it ruined the rest of my new shirts by fading on them.
- 13 We are very sorry about that. OK, I think we can replace that red shirt.
- 14 Of course, they'll have to be the same price or less than the red one you bought last time.
- 15 What colors would you like? I can help you with that.

4 Work in pairs to role-play a conversation between a customer and a shop assistant.

Student A

You are a customer. You bought a shirt and a camera from a shop. The shirt was for your brother's birthday but he didn't like the color. After you took the camera to the beach, you discovered it was broken. You want to return both items and get your money back.

Student B

You are a shop assistant. You need to listen to the customer's complaint and find out: what items the customer bought; when they bought them; what are the problems with the items. Your manager doesn't like giving people their money back. You need to find a different solution.

SAMPLE

Shop assistant: What can I do for you, sir?

Customer: I want a refund for the shirt and the camera.

Shop assistant: When did you buy them? Can I see your receipt?

Customer: Here you are!

Shop assistant: So you bought them from our shop three weeks ago. What's wrong with them?

Customer: I bought the shirt for my brother, but he doesn't like the color.

Shop assistant: Oh, we can exchange this shirt for you. What color would he like?

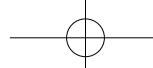
Customer: I'll take the yellow one.

Shop assistant: Great. What seems to be the problem with the camera, then?

Customer: This camera totally ruined my vacation. I thought it was a nice little camera to take on vacation, but after I took it to the beach, I discovered it was broken. I want to return it and get my money back.

Shop assistant: This is a very good brand. Broken? How is it possible? Let me have a look.

Customer: What do you mean? There is no doubt that this camera that I bought here is of very poor quality.



Shop assistant: Yeah, you are right. The camera somehow is not working. But according to our return policies, digital cameras need to be returned within 14 days. You should have come back earlier.

Customer: I can't believe this! Do you mean you just cannot do anything about the camera?

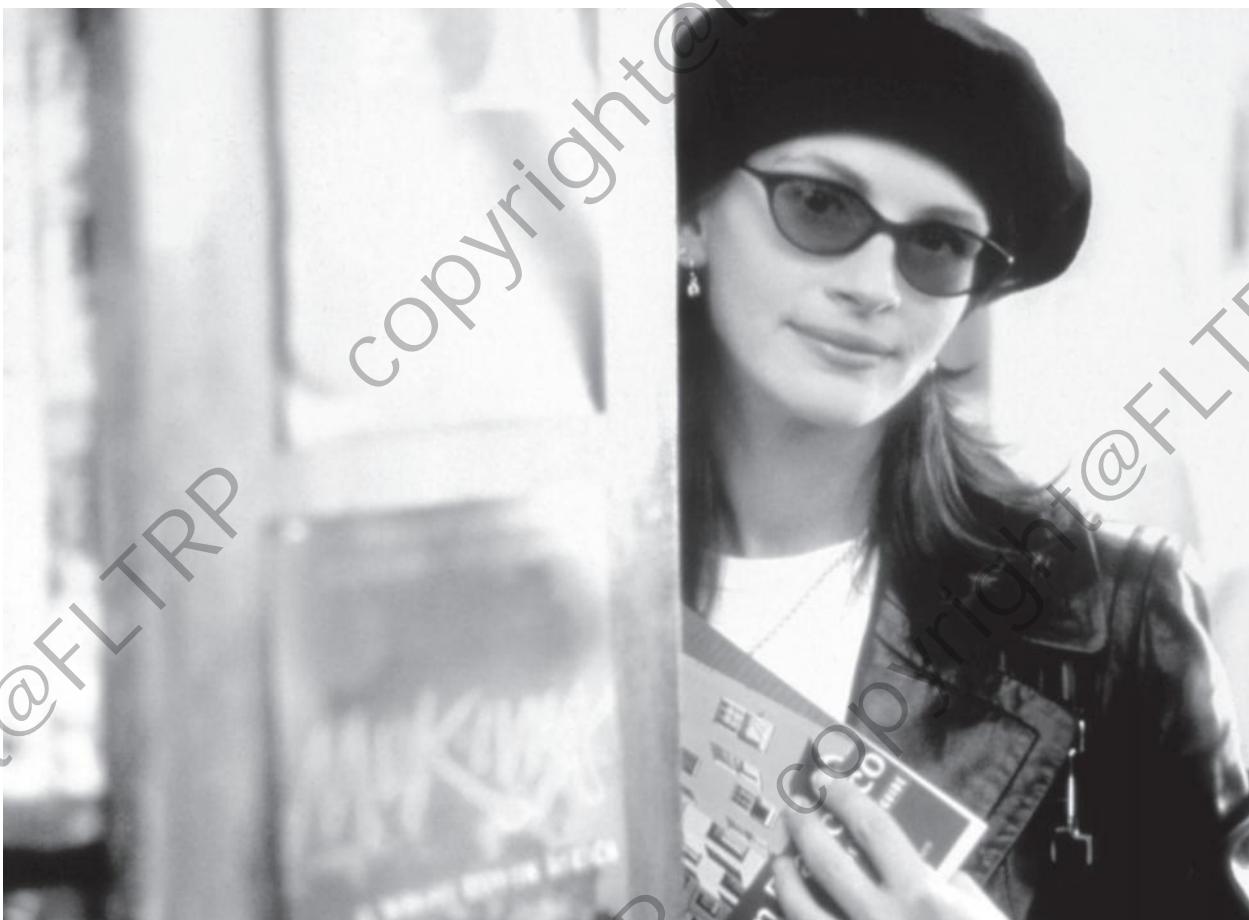
Shop assistant: I'm very sorry it happened, you know, but we just cannot give you a refund for the camera. If you want, we can help you return it to the manufacturer to have it repaired.

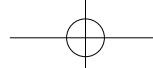
Customer: I'm afraid I have to agree. It's better than keeping a broken camera.

PART 3

Video Appreciation and Singing for Fun

Video Appreciation





■ About the movie:

Notting Hill is a 1999 British romantic comedy film set in Notting Hill, London. The film was well received and became the top-grossing (最高票房) British film released that year. It also won a few nominations (提名) and awards, for example, a British Comedy Award (英国喜剧奖). The film had generally positive reviews. As one review said, “The movie is bright, the dialogue has wit and intelligence, and Roberts and Grant are very easy to like.”

William Thacker (Hugh Grant) owns an independent bookshop in Notting Hill. He has been coping with divorce since his wife left him. One day William encounters Hollywood star actress Anna Scott (Julia Roberts) when she enters his shop to buy a book. Minutes later, the two people collide in the street, causing William to spill his orange juice on both of them. Then a series of events and incidents happen between them, leading finally to their marriage. The film ends with a shot (镜头；画面) of William and a pregnant Anna sitting on a park bench in Notting Hill.

Main characters



Anna Scott
a famous Hollywood actress



William Thacker
an unsuccessful Notting Hill
bookshop owner



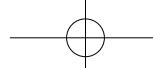
Rufus
a thief

■ About the video clip:

This video clip shows the first time Anna and William met each other when Anna came into William's bookshop in Notting Hill.

SCRIPT

William: Um, can I help you at all?
Anna: No, thanks. I'll just... look around.
William: Fine.
William: Uh, that book's really not great. Just in case, you know, browsing turned to buying. Uh, you'd be wasting your money. But if it's Turkey you're interested in, um, this one, on the other hand is very good.



William: Um, I think the man who wrote it has actually been to Turkey, which helps. Um, there's also a very amusing incident with a kebab, um, which is one of many amusing incidents.

Anna: Thanks. I'll think about it.

William: Or, in the bigger hardback variety, there's... I'm sorry. Can you just give me a second?

William: Excuse me.

Rufus: Yes?

William: Bad news.

Rufus: What?

William: Uh, we've got a security camera in this bit of the shop.

Rufus: So?

William: So I saw you put that book down your trousers.

Rufus: What book?

William: The one down your trousers.

Rufus: No, I don't have a book down my trousers.

William: Right. I tell you what. Um, I'll call the police, and, um. What can I say? If I'm wrong about the whole "book-down-the-trousers" scenario, I, I really apologize.

Rufus: OK. What if... I did have a book down my trousers?

William: Well, ideally, when I went back to the desk, you'd remove the *Cadogan Guide to Bali* from your trousers, and uh either wipe it and put it back or, or buy it. I'll see you in a sec.

William: Sorry about that.

Anna: No, it's fine. I was gonna steal one but now I've changed my mind. Oh, signed by the author, I see.

William: Um, yeah, couldn't stop him. If uh, if you can find an unsigned one, it's worth an absolute fortune.

Rufus: Excuse me.

Anna: Yes?

Rufus: Can I have your autograph?

Anna: Uh, sure. Uh.

William: Yes.

Anna: What's your name?

Rufus: Rufus.

Rufus: What does it say?

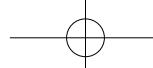
Anna: That's my signature, and above it, it says, "Dear Rufus, you belong in jail."

Rufus: Good one. Do you want my phone number?

Anna: Tempting. But... no. Thank you.

Anna: I will take this one.

William: Oh, right, right. So, uh. Well, on second thoughts, um maybe it's not that bad after all. Actually, it's a sort of classic, really.



Word tips

(just) in case as a way of being safe from sth. that might happen or might be true 以防万一

e.g. I'll make some sandwiches, just in case we get hungry later on.

browse *vi.* look through the pages of a book, magazine, etc. without a particular purpose, just reading the most interesting parts 随意翻阅, 浏览

e.g. I was browsing through a newspaper when I spotted your name.

amusing *adj.* funny and entertaining 好笑的, 有趣的

e.g. I don't find that type of humor very amusing at all.

incident *n.* sth. that happens, especially sth. that is unusual (尤指不平常的) 事件

e.g. After the children had been punished, nobody mentioned the incident again.

kebab *n.* small pieces of meat and vegetables cooked on a stick 烤肉串

e.g. Smoke drifted across the street from the grilled fish and kebab stalls.

hardback *n.* a book that has a strong stiff cover 硬皮书, 精装本

e.g. Her first novel sold over 40,000 copies in hardback.

security camera a video camera that records people's activities in order to detect and prevent crime (监控用的) 摄像头

e.g. There might be a security camera that catches them coming in.

scenario *n.* a situation that could possibly happen but has not happened yet 事态, 局面

e.g. Try to imagine a scenario where only 20 percent of people have a job.

ideally *adv.* used to describe the way you would like things to be, even though this may not be possible 理想地

e.g. Ideally I'd like a job where I can work from home.

Cadogan Guide to Bali 《卡多根巴厘岛旅游指南》

sign *v.* write your name on sth. in your own personal way 签(名), 署(名)

e.g. You haven't signed Rory's birthday card yet.

Rufus 鲁弗斯(人名)

autograph *n.* a famous person's signature that they give to sb. who admires them (名人的) 亲笔签名

e.g. My mother got Frank Sinatra's autograph in the 1970s.

signature *n.* a person's name written in a special way by that person 签字, 签名

e.g. Is it your signature on the letter?

jail *n.* a place where criminals are kept as part of their punishment, or where people who have been charged with a crime are kept before they are judged in a law court 监狱; 看守所

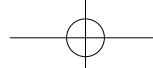
e.g. Adam spent three years in jail for drug possession.

tempting *adj.* sth. that is tempting seems very good and you would like to have it or do it 诱人的, 吸引人的

e.g. The pie looks tempting!

on second thoughts used to say that you have changed your mind about sth. 经过重新考虑之后(改变主意)

e.g. I'll have a coffee please. Oh no, on second thoughts, make it a beer.



1 Watch a video clip about the first encounter of Anna and William and answer the following questions.

- 1 Why does William Thacker recommend the book about Turkey to Anna Scott?

The book is well written because the author has been to Turkey.

- 2 What does William Thacker ask the thief to do when he discovers the theft?

He asks the thief to put the book back or buy it.

- 3 What does the thief ask Anna to do and what does Anna do afterward?

The thief asks for Anna's autograph. Anna signs her name and above her signature she writes "Dear Rufus, you belong in jail."

2 Watch the video clip again and complete the following sentences with the information you get.

- 1 That book's really not great. Just in case, you know, browsing turned to buying.

- 2 I think the man who wrote it has actually been to Turkey, which helps.

- 3 If I'm wrong about the whole "book-down-the-trousers" scenario, I, I really apologize.

- 4 I was gonna steal one but now I've changed my mind.

- 5 If you can find an unsigned one, it's worth an absolute fortune.

- 6 Well, on second thoughts, um maybe it's not that bad after all. Actually, it's a sort of classic, really.

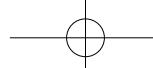
3 Work in groups to discuss the following questions.

- 1 How would you describe William Thacker and Anna Scott according to the video clip?

- 2 What are their first impressions of each other?

SAMPLE

- 1 William Thacker appears to be a typical British gentleman. He's very polite and has a good sense of humor. We can see that from the conversation between him and the thief. Anna Scott appears to be a smart and confident woman. She knows exactly what she needs. In spite of William's introduction or recommendation, she still takes the book she wants. When she speaks, she is very self-assured and self-contained. From the conversation between Anna and the thief, we can see that she's intelligent and humorous too. As far as the video clip is concerned, Anna is the strong-minded one whereas William has a softer personality.



2 The video shows us a handsome hero and a beautiful heroine, as always in movies. William may have found Anna a charming woman. In his conversation with her, William talks much more than Anna does. We can also sense his nervousness and his attempts to amuse her. Anna, however, may not be equally impressed by William. She refuses to follow William's advice regarding her book purchase. Still, she might have found William a kind, smart and funny man, who is charming in his own reserved way. She obviously hears the conversation between William and the thief, and supports William according to what she does to the thief.

Singing for Fun

■ About the song:



The song "Window Shopping" is performed by Lisa Loeb in the album named *The Way It Really Is*, which was released in 2004. Lisa Loeb is a Grammy-nominated American singer, songwriter and actress. She started her career with the platinum-selling number one hit song "Stay (I Missed You)" from the film *Reality Bites* (《四个毕业生》), and was the first unsigned artist (无约艺人) to top the American music charts.

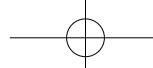
Listen to the song "Window Shopping" and learn to sing it.

LYRICS

Window Shopping

Try me on
Take me home
The tags are on
It's still a loan
Warranty is in the sack
You can always take me back
Go window shopping again
Window shopping again

Scan the shelves for something red
It's different
It's brighter than the ones you had to have
They didn't last
They just fade



And you go window shopping again
Window shopping again

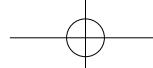
Window shopping again
Window shopping again
There's no stopping window shopping
Window shopping again

There's miles and miles of strip mall smiles
Waiting to check you out
And all the conversations
Not so subtle invitations
But isn't that what this is all about

Oops... there's a hole in the shrink wrap
You didn't notice that
Lucky you, they'll take it back
The warranty is in the sack
Besides there's always something more
Something better... a bigger store
To go...

Window shopping again
Window shopping again
There's no stopping window shopping
Window shopping again

Try me on
Take me home
The tags are on
It's still a loan
The warranty is in the sack
You can always take me back



PART 4

Further Speaking and Listening

Further Speaking

Work in groups to do the following activities.

Step ONE

Read the following passage.

Lots of students shop to reduce stress or just to pass the time with their friends. Shopping out of boredom or to cope with life's woes (困难; 灾难) can lead to much bigger problems. You think that buying things, even little things like make-up or gifts for others, is going to make you feel better and forget about your problems. Actually, it will make you feel worse. Living beyond your means (超出自己的财力, 负担不起) will cause financial hardship and anxiety on top of whatever was wrong to begin with. What's more, finding yourself in a financial struggle or deep in debt can strain relationships with your friends and family.

Do you go out for just a few things and come home with your trunk full? Do you seem to shop more after a stressful situation? These are questions that students with a problem don't want to face. Every time when you go shopping, ask yourself if what you are about to buy is a "need" or a "want". The hard part is not buying the things that you only "want".

Step TWO

Work in groups to discuss the following questions.

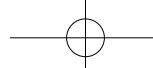
- 1 What do you think about shopping to reduce stress or pass time?
- 2 What's your usual shopping habit? How can you avoid buying things you don't need?

Step THREE

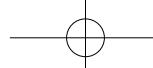
Share your discussion with the class.

SAMPLE

- 1 • Some students do shopping to reduce their stress now and then. They are usually from wealthy families and have enough money to buy what they want. When they fail to do something or feel the stress in their studies or whatever, they go shopping to satisfy their self-respect and enjoy their purchases. I don't think that's an effective way to reduce their stress. In fact, their problems can't be solved by shopping. They still have to face them later on. I never do that because I don't have money to do so. It's not easy for my parents to support my college life and pay for my tuition and other related expenses. Any problem or stress I face should be solved by myself instead of using my parents' hard-earned money.



- I enjoy shopping, I sometimes shop to reduce my stress. And I think it's a good way to relax. Since it's my first year in college, I often feel lonely. Sometimes I tell myself I have to face the situation and get it over by myself. I just want to do something to comfort myself. While shopping I can enjoy my purchases. I feel happy and forget my stress or problems for the time being. Nobody is a saint and we can't do everything by reasoning. Shopping means I spend my money for things I want. Sure I think about my budget before I do that. Fortunately my parents usually give me a little more money than I need. I'm lucky.
- 2 • I love shopping and I love to buy clothes, so I buy a lot of clothes. I don't always go shopping for any reason, I just go whenever I feel like it. I buy whatever I like if it fits me and looks good, and try to match it with something I already have. If I can't find anything to match it with, I'll find another excuse to buy the clothes. As a result, I have many more clothes than I actually need. I wish I could change this shopping habit to save some money, but it never happens!
- My shopping habit depends on my need and my budget. Generally, I shop when I have to. Shopping for me is not a wonderful experience. It can be fun, but I always have a sense of wanting to get it through faster, rather than enjoying every moment. As you can guess, I buy what I really need to save money and time. I always wait until the last minute when I need something like life necessities, books, stationery or whatever. Sometimes I also buy a couple of things I love and enjoy. In such cases, it means I have a little extra money to spend. I do this kind of purchase according to my budget.
- Below are some ways to avoid buying things we don't need and save money and resources in our daily lives.
 - 1) Think about if you really need to buy before shopping. Most of us buy far more stuff than we ever need. Every product we buy consumes energy when being made or transported. So we should only buy stuff we will actually use.
 - 2) Buy local food. Shipping food is expensive and uses unnecessary resources. By buying local food rather than food from distant places or overseas, we can reduce our impact on our resources and environment.
 - 3) Buy fewer packaged goods. The more packaging your goods have, the greater amount of energy was required to make it, so try to buy goods with less packaging. By doing so, we also send a signal to manufacturers that we don't need that kind of waste.
 - 4) Re-use rather than throwing away. Every time you throw something away, it gets buried in the ground and energy needs to be used to make another. We can also save money by keeping and re-using many things more than once, such as packages and bags.



Teaching tips

In many oral activities students are asked to present what their groups have discussed to the class. Here are some tips teachers can give to students about how to speak effectively.

- Talk to your audience. Don't read to them.
- Speak clearly and confidently. Don't shout or whisper.
- Don't rush or talk too slowly. Be natural—although not conversational.
- Use good eye contact—this establishes a relationship between you and your audience.
- Use your voice to emphasize important points and show enthusiasm.
- Deliberately pause at key points—this has the effect of emphasizing the importance of a particular point you are making.
- Use gestures and body movements to help clarify your meaning and emphasize important points.
- Don't stand in a position where you obscure the display screen.
- Don't face the display screen behind you and talk to it.
- Avoid random movements such as twirling your hair, pacing, rubbing your face or eyes, tapping your foot on the floor, or tapping your pencil on the desk.
- Be aware of how your audience is reacting. Know when to stop and also when to cut out a piece of the presentation.

Further Listening

Listening I

SCRIPT

The following conversation took place in a small town in England quite a few years ago.

Mrs. Ford looked at her shopping list.

"I want some butter and some cheese," she said. "And a packet of biscuits."

"Is that all, Mrs. Ford?" the grocer asked.

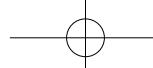
Mrs. Ford looked at her list again. "No. I want some sugar, some flour and a packet of tea."

"Sugar, flour, and tea," the grocer said and put them on the counter.

"And a tin of tomato soup," Mrs. Ford said.

"We haven't any tomato soup," the grocer said.

"What are those tins on that shelf?" Mrs. Ford asked.



“These, Mrs. Ford?” the grocer asked. “They’re tins of tomatoes. Do you want a tin?”

“No, thank you.”

“Is that all, Mrs. Ford?”

“Yes, thank you. Please send them to my house. Oh, and I want a dozen eggs, too, but don’t send them. I’ll carry them.”

“We can send the eggs, too,” the grocer said.

“No, thank you,” Mrs. Ford said. “Your new delivery boy is very careless. Last week he dropped the eggs on my doorstep.”

1 Listen to a passage about Mrs. Ford and the grocer and decide whether the following statements are true (T) or false (F).

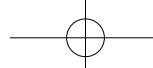
1 Mrs. Ford was shopping for some vegetables and fruit.	F
2 While shopping, Mrs. Ford referred to her shopping list from time to time.	
3 Mrs. Ford wanted a tin of tomatoes.	T
4 The grocer had been very kind to Mrs. Ford.	F
5 The grocer disagreed to send all the things to Mrs. Ford’s house.	T
6 Mrs. Ford was very satisfied with the service of the delivery boy.	F

2 Listen to the passage again and check (✓) the items that are on Mrs. Ford’s shopping list.

A milk	✓ B butter
✓ C cheese	D mushrooms
✓ E biscuits	✓ F sugar
✓ G flour	H coffee
✓ I tea	J bread
K tomatoes	L salt
M potatoes	✓ N eggs

Word tips

doorstep 门外的台阶



Listening II

SCRIPT

Ted: I believe you have a 1992 Toyota for sale.
Bill: That's right.
Ted: Can I ask you a few questions about it?
Bill: Sure. What would you like to know?
Ted: Well, what condition is it in?
Bill: It's in good condition. It's just been repainted. And the tires are only six months old.
Ted: And what color is it?
Bill: Dark blue.
Ted: Uh huh. How many miles does it have on it?
Bill: About 60,000.
Ted: Does it have air conditioning?
Bill: Well yes, but it's not working too well.
Ted: I see. And is it a two-door or four-door?
Bill: It's a two-door.
Ted: And you're asking \$4,500?
Bill: That's right, or the nearest offer.
Ted: Well, I'd like to come and have a look at it. Could I see it tonight?
Bill: Sure, I live at 6408 Grange Street. Could you come after 7:00? Someone else is coming at 6:30.
Ted: All right. And my name's Wilson.
Bill: Fine. Thanks, Mr. Wilson.

Word tips

Toyota 丰田 (日本汽车品牌)
tire 轮胎
air conditioning 空 (气)调 (节) 系统

1 Listen to a telephone conversation and decide whether the following statements are true (T) or false (F).

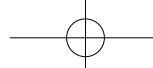
- 1 The car for sale was made in 1982.
- 2 The car for sale is in good condition.
- 3 The price for the car for sale is \$3,500.
- 4 The caller is interested in the car and wants to have a look at it.
- 5 The caller will come at 6:30 p.m.

F
T
F
T
F

2 Listen to the conversation again and complete the following table with the information you get.

A Toyota for Sale

Condition	It's newly 1) <u>repainted</u> , and the tires are only 2) <u>six</u> months old. Its 3) <u>air conditioning</u> isn't working too well.
Color	Dark 4) <u>blue</u> .
Mileage	About 5) <u>60,000</u> miles.
Type	It is a 6) <u>two-door</u> car.
Address	7) <u>6408 Grange Street</u> .



Listening III

SCRIPT

Oh, no! Here comes Mrs. Smith with her four children. Every Friday night, it's the same story. The supermarket manager is watching them from the service counter, his hand on his head.

Mrs. Smith is smiling, pushing her cart up and down the aisles. Sue, the youngest, is sitting in the cart, screaming. Mrs. Smith isn't listening. She's at the meat counter, picking out some chicken. Sue is crying louder and louder. She wants ice cream. Mike is helping his mother. He's putting food in the cart when she isn't looking. He's adding biscuits, potato chips, and cakes. The produce manager is talking to Helen. He's telling her she can't eat the bananas. He is taking a bunch of grapes from her, too. One of the employees is walking toward the manager. She is angry: She's pulling a child after her. While he was running, Tom knocked over five bottles of cola. Another employee is mopping the floor.

Thank goodness, Mrs. Smith is finished. She's walking out of the store, pushing her cart. Her children are following quietly behind her. "Goodbye," Mrs. Smith is smiling at the manager. "We'll see you next week."

1 Listen to a passage about Mrs. Smith and her children at a supermarket and decide whether the following statements are true (T) or false (F).

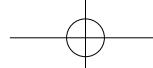
1 Mrs. Smith shops at the same supermarket every Friday night.	T
2 Mrs. Smith has five children.	F
3 The supermarket manager is always happy to see Mrs. Smith and her children.	F
4 Mrs. Smith is watching her children carefully while shopping.	F

2 Listen to the passage again and match the characters with their corresponding actions.

1 the supermarket manager	A screaming
2 Mrs. Smith	B knocking over five bottles of cola
3 Sue	C pushing the cart up and down the aisles
4 Mike	D watching from the service counter
5 the produce manager	E putting biscuits and potato chips in the cart
6 Helen	F mopping the floor
7 one of the employees	G eating bananas
8 Tom	H taking a bunch of grapes from Helen

Word tips

cart (超市中的) 手推车
aisle 通道, 过道
produce 产品, (尤指) 农产品
bunch 串
employee 受雇者, 雇员
mop 用湿拖把拖 (地板)



SCRIPT

Listening IV

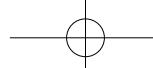
Mrs. Green: Hello. Worldwide Flowers. Mrs. Green speaking.
Jim: This is Jim Kelly. I'd like to order some flowers and have them sent to my home.
Mrs. Green: Fine, Mr. Kelly. What kind of flowers did you have in mind?
Jim: I'd like to send a dozen red roses.
Mrs. Green: A dozen red roses. Our long-stem red roses are selling for 12 dollars a dozen this week and they're really quite nice.
Jim: All right then. I'll take those.
Mrs. Green: I'll need your complete address with the zip code, Mr. Kelly.
Jim: The address is 43 Pennsylvania Avenue, Bloomington, Indiana, 47401.
Mrs. Green: What would you like us to put on the card?
Jim: Hmm, just something simple. How about: All my love, Jim?
Mrs. Green: OK. Now, when should they arrive?
Jim: They should be there before six in the evening on September 12.
Mrs. Green: That should be no problem. Just one more question, Mr. Kelly: How do you intend to make payment?
Jim: You can put it on my Visa card. The number is JK 4096239. The expiration date is April 5, 2015.
Mrs. Green: Let me repeat your card information: Visa card number JK 4096239, and expiration date: 4-5-15. Is that correct?
Jim: Yes.
Mrs. Green: And how does your name appear on the card?
Jim: James William Kelly.
Mrs. Green: Is that K-E-L-L-Y?
Jim: That's right.
Mrs. Green: OK. Thank you for calling Worldwide Flowers. We'll have those dozen red roses delivered before 6 p.m. on September 12.
Jim: Thank you very much.
Mrs. Green: You're welcome. Goodbye.
Jim: Bye.

Word tips

long-stem 长茎的
zip code 邮政编码
avenue (城市中的) 大街
Bloomington 布卢明顿
(美国城市)
payment 支付, 付款
Visa 威士信用卡 (商标名)
expiration date 失效日期

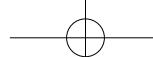
1 Listen to a conversation about ordering flowers and complete the following paragraph with the information you get.

Jim Kelly would like to order a dozen 1) red roses at the price of 2) 12 dollars. His address is 43 Pennsylvania 3) Avenue, Bloomington, 4) Indiana. He prefers to put something on the card and tells the woman to send the flowers on 5) September 12. He would like to make the payment using his 6) Visa card. The card number is 7) JK 4096239.



2 Listen to the conversation again and answer the following questions.

- 1 How is the man ordering flowers?
By telephoning Worldwide Flowers.
- 2 How can you describe the roses the man is ordering?
Long-stem red roses and quite nice.
- 3 What is the address' zip code?
47401.
- 4 When should the flowers be sent to the man's home?
Before 6 p.m / six in the evening.
- 5 What does the man want to be put on the card?
All my love, Jim.



Unit

10

Emotions and Health

PART 1

Listening, Understanding and Speaking

Listening I

SCRIPT

Dr. Harris: How are you feeling?

Linda: Awful. I've got a sore throat and a headache.

Dr. Harris: Well, I'll take your temperature and see if you've got a fever. It says 102° Fahrenheit. You do have a fever. Do you have a cough?

Linda: No.

Dr. Harris: Earache?

Linda: No.

Dr. Harris: A stomachache?

Linda: No, just a sore throat and a headache, and I'm really depressed.

Dr. Harris: You've probably got the flu, and that's making you depressed. I'll just examine your throat and listen to your chest. Your throat's a little red, but your chest sounds OK. You should stay in bed and drink a lot of water. I'm going to prescribe some pills for you. Take one four times a day for 10 days. OK?

Linda: OK. Thanks, Dr. Harris.

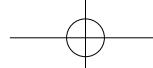
Dr. Harris: Not at all. Take it easy, Linda. You don't want to be sick for your wedding... Oh, wait a minute! Don't forget the prescription for your medicine!

Word tips

sore throat 喉咙痛
earache 耳痛
stomachache 胃痛; 肚子痛
prescribe 开药, 开处方
pill 药丸; 药片
prescription 药方, 处方

1 Look at the pictures and match each picture with the corresponding illness.





A a stomachache	B a fever	C a sore throat
D a cold	E a headache	F a cough
G the flu	H earache	

1-A 2-E 3-H 4-C 5-D 6-F 7-G 8-B

2 Listen to a conversation between Linda and Dr. Harris and complete the following paragraph with the information you get.

Linda was 1) sick / ill because she had a 2) sore throat and a 3) headache and it was a few days before her 4) wedding. She went to see Dr. Harris for an examination. Dr. Harris 5) took her temperature, 6) examined her throat and listened to her 7) chest. Then he 8) prescribed some pills for her. He told Linda to take one pill 9) four times a day for 10) 10 days.

3 Work in pairs to role-play a conversation between a doctor and a patient.

SAMPLE

Doctor: Morning, how are you feeling today?

Patient: Not very well, I'm afraid. I have a sore throat and a terrible headache.

Doctor: Let me take your temperature. Um, you do have a fever. Do you have a cough?

Patient: No.

Doctor: A stomachache?

Patient: No. I just have a sore throat and a headache and I'm feeling dizzy.

Doctor: (*after listening to the patient's chest*) Oh, nothing serious. You've got the flu. I'll prescribe some pills for you and you will be all right soon. Remember to take the pills three times a day for six days.

Patient: OK, doctor. Thank you very much. Bye.

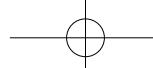
Doctor: Bye.

Listening II

Mary is a college student. She works hard and she usually gets good grades. She doesn't do very well in biology, however. There are so many things to memorize. She just can't keep everything straight.

Monday she had a biology exam scheduled for the afternoon and she felt very nervous. In fact she was so nervous that she started to feel really sick. She had a terrible headache and she felt hot all over.

"What can I do?" she asked her friend. "I just can't take my exam this afternoon."



“Why don’t you go to the campus doctor?” her friend suggested. “He can give you a note and you won’t have to take the exam today.”

“That’s a great idea!” Mary said and went off to see the doctor.

After the doctor had examined her, he asked Mary, “Do you, by any chance, have an exam this afternoon?”

“Yes, I do,” she answered. “How did you know?”

“Well, you have a sickness all right. It seems we’re having an epidemic of it this week. It’s called EXAMITIS. You’d better hurry along now so you won’t miss your exam!”

Word tips

memorize 记住

keep everything straight

把一切搞清楚

by any chance (口) 也許, 可能 (用于礼貌性地问某事是否属实)

epidemic 流行病, 传染病

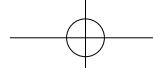
examitis 考试病

1 Listen to a passage about Mary and choose the best answer to each of the following questions.

- 1 Which of the following statements is true about Mary? A
A She is a hard-working student.
B She is test-wise.
C She doesn’t like biology.
D She feels nervous about all tests.
- 2 Why did Mary go to the doctor? C
A She tried to perform better in the exam.
B She tried to cure her disease.
C She was not feeling well.
D She wanted to get some medicine.
- 3 What did the doctor do after examining her? D
A He gave Mary a note.
B He gave Mary some pills.
C He advised Mary to apply for a sick leave.
D He advised Mary to take the exam.
- 4 When did the story take place? A
A During the exam week.
B At the end of the term.
C On Thursday afternoon.
D On Wednesday afternoon.

2 Listen to the passage again and decide whether the following statements are true (T) or false (F).

- 1 Biology is Mary’s poor subject. T
- 2 Mary had a biology exam on Monday morning. F
- 3 Mary pretended to be sick because she did not want to take the exam. F
- 4 Mary’s friend suggested that she should go to see the doctor. T



5 Everybody on campus suffered from examitis.
6 The tone of the doctor was ironic.

F
T

3 Work in groups to discuss the following question.

Have you ever had an experience similar to that of Mary's in the passage? If yes, share it with the class.

SAMPLE

I have had the same experience as that described in the passage. When I was in high school, I did well on every subject except physics. So when the physics exam came, I always felt nervous. One Monday morning there was a physics exam. When I got up, I felt dizzy and sick, and I got pale. My parents thought I was ill, so they took me to the hospital. The doctor found nothing wrong with me and asked me to go back home and take a rest. My father called the physics teacher, so I missed the exam. After listening to the passage, I now realize that I was actually suffering from examitis that day.

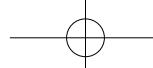
Listening III

Research shows that simply setting aside some time to enjoy the beauty of nature can lower your blood pressure, protect your bones and more. If you haven't walked among fallen leaves, gazed at the beauty of the sunset or strolled along the shores of a quiet lake or pond, you are missing some excellent health benefits. This conclusion has been reached by a group of scientists at Texas A&M University.

When the researchers took a group of adults out for walks, they discovered that regularly spending just five minutes a day with Mother Nature lowered blood pressure an average of 10 points. The reason? Looking at the trees and grass, feeling the wind on your cheeks is so comforting that it reduces stress immediately. "We know stress and blood pressure are linked," says researcher Dr. Jim Varney. In addition, he and his assistants found that just visualizing your favorite scene—like the beach or a cloudless blue sky—can make you feel less anxious.

Another study showed that people who spent time outdoors reported that their pain from arthritis nearly disappeared while they were walking, gardening, or even reading there. "Nature provides a distraction, so you're not thinking so much about the pain," Dr. Varney explains. It has also been found that being outdoors helps your body produce enough of the vitamin D needed to absorb the calcium that makes your bones stronger.

SCRIPT



Word tips

lower	减少, 降低
sunset	日落 (时分), 黄昏
stroll	散步, 漫步
pond	池塘
conclusion	结论
Texas A&M University	得克萨斯A&M大学
researcher	研究人员
Mother Nature	(孕育万物的) 大自然
comforting	安慰的; 令人欣慰的
Jim Varney	吉姆·瓦尔内 (人名)
visualize	想象
arthritis	关节炎
vitamin	维生素, 维他命
absorb	吸收
calcium	钙

1 Listen to a passage about the relationship between embracing nature and keeping health and complete the following table with the information you get.

Improving Your Health Naturally

Activities	Benefits
Setting aside time to enjoy the 1) <u>beauty</u> of nature	can lower your blood pressure, 2) <u>protect</u> your bones and more.
Regularly spending 3) <u>just five minutes</u> a day with Mother Nature	can lower blood pressure 4) <u>an average of</u> 10 points.
Looking at the trees and grass, feeling the 5) <u>wind on your cheeks</u>	can 6) <u>reduce stress</u> immediately.
Visualizing your 7) <u>favorite scene</u> —like the 8) <u>beach</u> or a cloudless 9) <u>blue sky</u>	can make you feel 10) <u>less anxious</u> .

2 Listen to the passage again and complete the following passage with the information you get.

If you haven't walked among 1) fallen leaves, gazed at the beauty of the sunset or 2) strolled along the shores of a quiet lake or pond, you are 3) missing some excellent 4) health benefits. This conclusion has been 5) reached by a group of scientists at Texas A&M University.

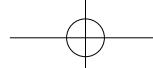
Another study showed that people who spent time outdoors reported that their pain from arthritis nearly 6) disappeared while they were walking, gardening, 7) or even reading there. "Nature provides a distraction, so you're not 8) thinking so much about the pain," Dr. Varney explains. It has also been found that 9) being outdoors helps your body produce enough of the vitamin D needed to 10) absorb the calcium that makes your bones 11) stronger.

3 Work in groups to discuss the following question.

Now you have learned some ways of improving your health naturally. What are other ways of improving your health naturally that you have found effective?

SAMPLE

- Make use of natural daylight but less artificial light. Use white lights when you are reading, working or engaging in other activities that require focus. In rooms where you want to relax, such as the bedroom, it makes sense to use bulbs that have a yellow-to-red cast.
- Enjoy the sunshine. The sun has been the natural source for vitamin D. Vitamin D-deficiency became a health problem when industrialization began to keep people working indoors all day. Vitamin D is unique, because it helps absorb calcium for bones, supports immune systems and reduces common cancers, cardiovascular (心血管的) disease, high blood pressure, etc.



- Keep pets to enrich your life. Pets can improve the health of their owners. They are loyal and loving. Pets will love their owners unconditionally and therefore reduce their stress levels. Their company can calm you down immediately. When you come home after a day's hard work and nuzzle with your pet, you'll be calmed down and in good mood. Their lack of stress can pass on to you and keep your blood pressure and heart rate in check. We all get the blues and are down sometimes. Pets can help you fight depression in your life. Walking your dog every day improves the dog's circulation and yours as well. When it runs, run with it.

Listening IV

SCRIPT

Many of us find strong feelings arising from within us, feelings that make us feel ashamed. It may be a deep anger, or even hatred, toward a parent, a former friend, or ourselves. It may be a fear of failure or of an uncertain future. We may be shocked and stunned by powerful lusts or compulsions. Or perhaps we are secretly consumed with guilt, because of things we've done, or that have been done to us.

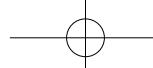
Often we are tempted to deny and hide these feelings, even from ourselves. We think that admitting such negative feelings would make us bad people, so we try to distance ourselves from them. Sometimes we try to bury our pain with alcohol, food, work, etc.

But feelings which spontaneously arise from deep within us are not morally good or bad; they do not make us good or bad. We are not responsible for what we spontaneously feel; we are only responsible for what we do with these feelings.

Feelings are echoes rising from the depths of our souls. They offer an honest reading of our inner selves. Oftentimes intense feelings are rooted in, and receive their energy from, important, though perhaps "forgotten", past experiences.

To deny our feelings is to deny an important part of ourselves, to cut ourselves off from our roots. These are our feelings, and we need to acknowledge and own them.

Facing unpleasant feelings can be painful, sometimes seemingly overwhelming. But denying or hiding leaves these feelings festering within, poisoning our lives. When we repress negative feelings, we give them power. We need to deal with what we feel if we are going to heal.

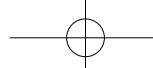


3 Work in groups to discuss the following question.

The passage discusses some strong negative feelings we are ashamed of.
Have you ever felt ashamed to express your deep feelings?

SAMPLE

- When I feel painful, sad or angry, I'll show that by crying, yelling, or hitting something. I never care, I just "do". But when it comes to expressing myself, I think I'm too shy to do so. Even though I clearly know I shouldn't, I would feel awkward or weird if I said to my mother or father that I love them. It's also hard for me to express my feeling directly to my boyfriend. He knows that I love him but I never say that to him. I'd become embarrassed if I said so. Actually, I've never been able to express my love in words. The other day my best friend told me that she loved me and I just smiled and said "thanks" in response. I also feel ashamed to apologize to my parents. I can apologize to anyone else but not them. It's so hard for me to say the words "I'm sorry, Mom". I have no idea why.
- I'm not ashamed or afraid to express myself to those who are very close to me. Whenever I feel like saying "I love you, Mom", "I love you, Dad" or "I love you both", I'll say that. They surely know that I love them, but it makes them feel better hearing me say that. However, I will never express my deep feelings to any acquaintance. I can do so to my best friends, family and the man I love. It seems I have two different circles, an inner circle and an outer circle. I can reveal my deep feelings or everything to those who are in my inner circle, but just do regular communications to those who are in the outer circle. It's something like my personal habit.



PART 2

Viewing, Understanding and Speaking

Topic

How to Deal with Anger

Characters

Dr. Roger (a psychiatrist)

Diana (girl)

Codney (girl)

Jack (boy)

Setting

In an office

(A psychiatrist talks about anger and ways to deal with it.)



SCRIPT

(Telephone rings.)

Dr. Roger: Hello, Dr. Roger speaking. Yes, er, that would be fine. Ah... I'm available late this afternoon, 4 o'clock... 4:30. Fine, OK.

(There is a knock on the door.) Come in. Come in, please. OK, I'll get back to you later on. All right, thanks.

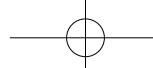
Hello, there, nice to see you all again. So, er, how are things these days? All right? OK, so we've got Jack, Diana, and Katrina, is it? Codney, OK. Then, all right?

Codney: Oh, Doctor, I don't know why, but I get angry so easily these days.

Dr. Roger: Well, there are many things in your life that may make you angry. For example, when you suffer an injustice, or when someone offends you or hurts you, you may get angry. But anger affects people in different ways. Some people get angry easily while it may take others a longer time to get angry. Anger is something that you can't avoid. You have to accept it as a normal part of life. But it is a powerful emotion. If it isn't handled well, it might have destructive results for both you and your loved ones.

Diana: Then, how should we deal with it?

Dr. Roger: Well, it is important to express your anger safely, or in a healthy way. If you feel out of control, walk away from the situation



temporarily until you cool down. Do something physical, such as going for a run, or exercising, or screaming at something, like a tree or a car. Try to find out why you feel angry. Once you've identified the problem, it's easier for you to control your emotions. But many people express their emotions in harmful ways. They have little control over them and tend to explode in rages. Some may even choose to suppress them. That can really be harmful.

Codney: Doctor, do you think screaming is a good way to handle anger?

Dr. Roger: When you are very angry and don't know what to do, shouting may be helpful. But it's a bit too emotional. You could go out for a walk instead of shouting. Then you might feel better.

Jack: Doctor, sometimes I'm angry but I can't tell why. And I find that I can't get over it easily because nobody can share my feelings. I really feel frustrated. Can you tell me how to deal with this problem?

Dr. Roger: You can often improve your mood if you go to some place by yourself. There you may talk out your anger. You may even cry. If... if you find it hard to deal with anger by yourself, you may come and visit me. Maybe I can help.

Diana: Yeah, I have a question. I know that anger is bad for our health. And I also know that we shouldn't get angry too often. But when something really unpleasant happens, I can't control myself. What should I do then?

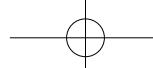
Dr. Roger: I think in most cases you get angry because others misunderstand you or do something wrong to you. So you can't help getting angry. The problem is that you are unable to keep your emotions under control. I think, to solve this problem, first you should learn to be tolerant and forgiving. And then think of the good things in your life, and of the good times you've had. That may help you to reduce your anger. Talk to your friends. That may make you feel better. Do you have any other questions?

Jack: Do you think it is good sometimes to write down what we feel on a piece of paper?

Dr. Roger: I think it works for some people. That may help you to understand how and why you get angry. It's a good way to release your anger sometimes. After a little while, you may calm down.

Jack: Now we've learned some ways of controlling anger. Let's try and see which is the best way for each of us. Thank you, doctor!

Dr. Roger: Well, thank you all for coming. Well, that's all our time for today. Thank you.

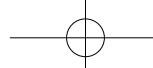


Teaching tips

How to Give Effective Feedback

The art of giving effective feedback to students is critical to teachers when reviewing students' performance and teamwork. Knowing what questions to ask, recognizing if feedback is understood, making it easy for others to accept your feedback, choosing appropriate language for feedback and using nonverbal signals to support effective feedback all require specialist knowledge. Below are some guidelines:

- Communicate clearly. In order for students to learn from their mistakes, it is imperative that teachers can get their point across as clearly as possible.
- Allow the person on the other end (receiving the feedback) to input their own opinions as well. This will help clear any possible misunderstandings.
- Acknowledge students' feelings. Providing positive feedback is generally easy because one never has to worry about saying the wrong things. When negativity comes into place, don't make constructive comments offensive under any circumstance.
- Praise more than you criticize. Identifying and developing strengths are more effective than focusing too much on negatives. For example, first you can make a positive statement—"I think you are really trying your best." Then the criticism—"But you need to organize your ideas more logically". Then make another positive statement to finish—"However, it's a very good attempt."
- Use helpful feedback to talk about what students are doing rather than what they are. For example, saying "Your presentation is interesting and artistic" is better than "You're fantastic." Don't label students like "You're stupid." Give feedback on students' behavior not about students themselves. Give accurate descriptions of behavior not comments about students' qualities.
- Be constructive and show students how they can improve. Don't speak "You are hopeless!", but "You make some very useful contributions but..." or "You have a point there, but you got to have more facts to convince me."
- Try to give feedback immediately on the spot if possible. The more quickly it is given the more relevance and power it will have.
- Be direct and honest. Get to the point quickly, don't give long and embarrassing introductions, although starting with some sincere praises based on what the person has actually done will help.



- Stick to a single clear issue. Don't pack in too much criticism, as this can be disheartening.
- Don't repeat the same point over and over, as this will just build up resentment.
- Don't compare a student with other students, as this can build jealousy.
- Use "I" not "You" in statements. For example, saying "I feel upset" is better than "You made me feel upset."
- Use tentative words such as "sometimes" and "perhaps" rather than "always" and "never".
- Check understanding at the end. You can ask, "Does what I've said make sense to you?" and summarize what you've observed.

Word tips

injustice *n.* a situation in which people are treated very unfairly and not given their rights 不公正

e.g. *The government was committed to addressing the injustices facing homeless people.*

destructive *adj.* causing damage to people or things 毁灭性的；造成破坏的

e.g. *Jealousy is a very destructive emotion.*

temporarily *adv.* that lasting for only a limited period of time 暂时地

e.g. *The library is temporarily closed for repairs.*

cool down become calm after being angry 冷静下来

e.g. *His father took a long time to cool down after their last argument.*

rage *n.* a strong feeling of uncontrollable anger 盛怒，狂怒

e.g. *His letter had filled her with rage and disappointment.*

suppress *vt.* stop yourself from feeling or showing an emotion 抑制；忍住

e.g. *It's bad to suppress your feelings.*

emotional *adj.* affected by and expressing strong emotion, especially sadness or anger 情绪激动的

e.g. *Some patients became very emotional.*

get over successfully deal with problems, difficulties, etc. 成功地处理

e.g. *There are many hurdles still to get over before the new restaurant can open.*

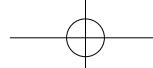
frustrated *adj.* feeling annoyed, upset, and impatient, because you cannot control or change a situation, or achieve sth. 灰心丧气的，沮丧的

e.g. *He gets frustrated when he can't win.*

mood *n.* the way you feel at a particular time 心情，情绪

e.g. *His moods change very quickly—one moment he's cheerful and the next he's sunk in despair.*

tolerant *adj.* allowing people to do, say, or believe what they want without punishing



or criticizing them 宽容的

e.g. Perhaps you need to be more tolerant of your neighbors.

forgiving *adj.* willing to forget bad feelings toward sb. who has offended or harmed you 宽容的, 宽大的

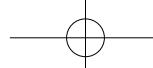
e.g. My father was a kind and forgiving man.

1 Watch a video about anger and check (✓) the ways of dealing with anger recommended by the psychiatrist.

- ✓ A doing physical exercises
- ✓ B screaming at something
- ✓ C finding the cause of your anger
- D trying to suppress your anger
- E exploding in rages
- F hitting a tree
- ✓ G shouting loudly
- ✓ H going for a walk
- ✓ I going somewhere by yourself
- ✓ J talking out your anger
- ✓ K crying
- L doing something violent
- M going shopping
- ✓ N visiting the psychiatrist
- ✓ O learning to be tolerant and forgiving
- ✓ P thinking of the good things in your life
- ✓ Q thinking of the good times you've had
- ✓ R talking to your friends
- ✓ S writing down what you feel on a piece of paper
- T asking a lot of questions

2 Watch the video again and complete the following sentences with the information you get.

- 1 When you suffer an injustice, or when someone offends you or hurts you, you may get angry.
- 2 Some people get angry easily while it may take others a longer time to get angry.
- 3 Anger is something that you can't avoid. You have to accept it as a normal part of life.
- 4 Well, it is important to express your anger safely, or in a healthy way.
- 5 If you feel out of control, walk away from the situation temporarily until you cool down.
- 6 And I find that I can't get over it easily because nobody can share my feelings. I really feel frustrated.



- 7 I know that anger is bad for our health. And I also know that we shouldn't get angry too often. But when something really unpleasant happens, I can't control myself. What should I do then?
- 8 I think in most cases you get angry because others misunderstand you or do something wrong to you.
- 9 The problem is that you are unable to keep your emotions under control.
- 10 It's a good way to release your anger sometimes. After a little while, you may calm down.

3 Repeat a few important lines and try to imitate the speakers' pronunciation and intonation.

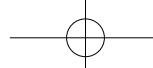
- 1 I don't know why, but I get angry so easily these days.
- 2 Well, there are many things in your life that may make you angry.
- 3 Once you've identified the problem, it's easier for you to control your emotions.
- 4 Doctor, do you think screaming is a good way to handle anger?
- 5 When you are very angry and don't know what to do, shouting may be helpful.
- 6 Doctor, sometimes I'm angry but I can't tell why.
- 7 ... if you find it hard to deal with anger by yourself, you may come and visit me.
- 8 Do you think it is good sometimes to write down what we feel on a piece of paper?
- 9 I think it works for some people. That may help you to understand how and why you get angry.
- 10 Now we've learned some ways of controlling anger. Let's try and see which is the best way for each of us.

4 Work in groups to discuss the following question.

You have learned some ways of controlling anger. What are other ways of dealing with anger that you have found effective?

SAMPLE

- Count to 10 before you speak.
- Participate in sports such as football, tennis, basketball and so on.
- Listen to music, especially light or soft music.
- Write and share online about how you feel.
- Play with children.
- Read funny and humorous stories.



PART 3

Video Appreciation and Singing for Fun

Video Appreciation



Main characters



A man
the host of the program



Jim Sears
a pediatrician and a guest of the program



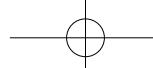
Drew
a guest of the program



A woman doctor
a guest of the program

■ About the video clip:

The video clip is from *Health Benefits of Crying*. Medically, crying is known to be a symptom of physical pain or stress. However, we've all experienced a "good cry"—whether following a breakup with a friend or just after a really stressful day. Shedding tears can often make us feel better and is very healthy for us.



SCRIPT

The host: Is crying healthy? A lot of us, during times of distress we hold it in, we try to put on this proud brave face, I, I would say particularly men feel like it may be a weakness to cry, but the reality is that shedding tears can be a huge emotional release, can be very healthy for you. And this idea that crying is a sign of weakness is false.

Jim: Good, 'cause I cry, I cry a lot yeah.

Drew: We all shed, we all shed some tears on that trip. We just weren't ready to, to be confronted with that much human suffering and just, just plain misfortune. We, we all, it's, it's natural and I think we felt better doing that.

Woman: It's a great release of stress, I mean, you know, and there's different kinds of tears. There's, you know, emotional tears, there's stress-release tears, there's tears that just, you know, keep your eyes moist.

The host: Yeah, your basal tears, they they're necessary, so your eyes aren't constantly feeling dry and scratched.

Jim: Compared to the, the baseline tears or the reflex tears, the emotional tears actually have a lot higher levels of certain hormones and other chemicals that, so we kind of, think that maybe those, when you really get emotional and you're tearing up, it's actually your body is releasing stress and hormones and, and emotions. I tend to cry even if it's a really happy emotion overwhelming. I don't know, I just, I kind of get... tear up...

The host: You're full on a crier Jim...

Jim: Yeah, yeah.

The host: You just are and you know what, I love you for it.

Jim: And I was like that as a kid. I would cry for stupid things. I still do it, thank you.

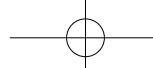
Drew: And once you get going, it's like contagious. You made us cry in Haiti, and you, you've made me cry up here on, on the set...

The host: You know what makes me cry? When I see Drew cry. When I'm looking over there, you know and Jim, you can be emotional and then if I see a tear coming to Drew's eye, I'm done... 'cause then I know, it's definitely tear for all.

Word tips

distress *n.* a feeling of extreme worry and unhappiness 极度忧虑；非常苦恼
e.g. *Luke's destructive behavior caused his parents great distress.*

shed tears *cry* 流泪
e.g. *She shed tears over her loss.*



confront *vt.* suddenly appear and need to be dealt with 面临, 遭遇
e.g. *She was confronted with the biggest crisis of her political life.*

misfortune *n.* very bad luck, or sth. that happens to you as a result of bad luck 不幸, 厄运

e.g. *The family was plagued by misfortune.*

moist *adj.* slightly wet but not too wet, especially in a way that seems pleasant or suitable (尤指适度) 潮湿的, 湿润的

e.g. *These plants do best in fertile, moist soil.*

basal *adj.* of, at, or forming a base 基础的; 基本的

e.g. *As we age, these basal epidermal (表皮的) cells reproduce less quickly and efficiently, produce fewer essential components and do not hold water so well.*

reflex *adj.* of or relating to an automatic response to some outside action 反射 (作用) 的, 反射 (性) 的

e.g. *The goalkeeper (守门员) made a couple of superb reflex saves.*

hormone *n.* a chemical substance produced by your body that influences your body's growth, development and condition 激素, 荷尔蒙

e.g. *The hormone has great potential for alleviating problems during childbirth and, perhaps, in the treatment of arthritis.*

contagious *adj.* if a feeling, attitude, or action is contagious, other people quickly begin to feel it, believe it, do it, etc. 有感染力的

e.g. *Her enthusiasm was contagious.*

Haiti 海地 (拉丁美洲国家)

1 Watch a video clip about the health benefits of crying and answer the following questions.

1 What are the different kinds of tears according to the video clip?

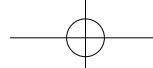
There are emotional tears, stress-release tears, and basal, baseline or reflex tears.

2 What is the difference between basal tears and emotional tears?

Basal tears are also reflex tears, necessary to moist our eyes so that they won't get dry or scratched. Emotional tears actually have a lot higher levels of certain hormones and other chemicals.

2 Watch the video clip again and complete the following sentences with the information you get.

- 1 I would say particularly men feel like it may be a weakness to cry.
- 2 And this idea that crying is a sign of weakness is false.
- 3 We just weren't ready to, to be confronted with that much human suffering and just, just plain misfortune.
- 4 So your eyes aren't constantly feeling dry and scratched.
- 5 I tend to cry even if it's a really happy emotion overwhelming.



3 Work in groups to discuss the following questions.

- 1 What do you think of the idea that crying is a sign of weakness?
- 2 In what ways is crying a social tool?

SAMPLE

- 1 It's not true. In fact, shedding tears can be a huge emotional release and very healthy for us. However, many of us used to believe crying is a sign of weakness, so most of us tried hard to prevent ourselves from crying, especially men. As the saying goes, men will never shed tears readily. Now we should change the saying into: Everybody should shed tears immediately if they want to.
- 2 We know that crying has a social function as a special way of communication. Babies cry to draw attention. They signal to caretakers that they need their care. They are probably hungry or they don't feel comfortable. They are going to pee or poop, or have peed or pooped. Kids cry when they are hurt either physically or emotionally. In that case they may need comfort or help. Adults cry when they feel miserable, depressed or emotionally hurt. The louder our cry sounds, the more attention we are likely to get. Humans are the only creatures known to shed emotional tears, though it has been suggested that elephants and gorillas might. In Japan, everyone needs a bit of sadness in their lives. Instead of going to a karaoke bar after work to wind down, business people see weepy films (called "tear films") at crying clubs. There is also a huge demand for sad TV dramas and books, each graded by its ability to induce tears. In addition, people don't have to be sad to cry. They shed emotional tears out of frustration, anger, relief, sometimes even out of great happiness. For example, movie stars may cry when they receive awards.

From the video clip we learn that crying is beneficial to our health. So we should cry as often as we want to. Don't suppress feelings. Our body needs to release stress, hormones and emotions.

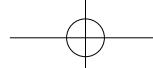
Singing for Fun

■ About the song:

"Shape of My Heart" is a song by American pop band Backstreet Boys from their fourth studio album *Black & Blue*. The song was released as the album's lead single in 2000. The song also earned a Grammy Award nomination during the 44th Grammy Awards for Best Pop Performance by a Duo or Group with Vocals (最佳流行乐队 / 组合).



Listen to the song "Shape of My Heart" and learn to sing it.



LYRICS

The Shape of My Heart

Hmm, yeah, yeah
Baby, please try to forgive me
Stay here, don't put out the glow
Hold me now, don't bother
If every minute it makes me weaker
You can save me
From the man that I've become, oh yeah

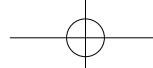
Looking back on
The things I've done
I was trying to be someone
I played my part
And kept you in the dark
Now let me show you
The shape of my heart

Sadness is beautiful, loneliness is tragical
So help me, I can't win this war, oh no
Touch me now, don't bother
If every second it makes me weaker
You can save me
From the man I've become

Looking back on
The things I've done
I was trying to be someone
I played my part
And kept you in the dark
Now let me show you
The shape of my heart

I'm here with my confession
Got nothing to hide no more
I don't know where to start
But to show you
The shape of my heart

I'm looking back on
Things I've done



I never wanna play
The same old part
I'll keep you in the dark
Now let me show you
The shape of my heart

Looking back on
The things I've done
I was trying to be someone
I played my part
And kept you in the dark
Now let me show you
The shape of my heart

Looking back on
The things I've done
I was trying to be someone
I played my part
And kept you in the dark
Now let me show you
The shape of my heart
Show you
The shape of my heart

PART 4

Further Speaking and Listening

Further Speaking

Work in groups to do the following activities.

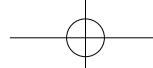
Work in groups to come up with a list of possible psychological problems students may face.

Step
ONE

SAMPLE

Some common psychological problems from students:

- Inability to sleep;
- Feeling hopeless or helpless most of the time;
- Concentration problems that are interfering with their work or home life;



- Using smoking, overeating, or alcohol to cope with difficult emotions;
- Negative or self-destructive thoughts or fears that you can't control;
- Severe depression, anxiety, self-hurting behavior, thoughts of death or suicide;
- Feeling lonely, isolated, unsafe or confused;
- After effects of death of a parent or other traumatic experiences such as accidents or hospitalization;
- Side effects of illness, especially when it is chronic, disabling or it isolates you from others;
- Side effects of medications.

Step TWO

Work in groups to come up with some therapies for treating the common psychological problems.

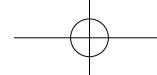
SAMPLE

Strategies and tips for good mental health from counselors:

- Let yourself experience strong emotions and at the same time realize when you may need to avoid experiencing them in order to continue functioning;
- Step forward to face and deal with your problems and keep your daily living going, or step back to have a good rest and reenergize yourself;
- Spend time with your loved ones to gain support and encouragement;
- Ask professionals for help;
- Get enough sleep to reorganize yourself;
- Learn about good nutrition and practice it. The more you learn about what you eat and how it affects your energy and mood, the better you can feel;
- Exercise to relieve stress and lift your mood. To get the most mental health benefits, exercise 30 minutes or more per day.
- Get a dose of sunlight every day. Sunlight lifts your mood, so try to be in the sunshine at least 10 to 15 minutes per day. This can be done while exercising, gardening or socializing;
- Limit alcohol and avoid cigarettes and other drugs. These are stimulants that may unnaturally make you feel good in the short term, but have long-term negative consequences for emotional health;
- Do things that positively impact others. Being useful to others and being valued for what you do can help build self-esteem. Practice self-discipline. Self-control naturally leads to a sense of hopefulness and can help you overcome despair, helplessness, and other negative thoughts;
- Learn or discover new things. Join a book club, visit a museum, learn a new language, or simply visit some place new to you;
- Enjoy the beauty of nature. Studies show that simply walking through a garden can lower blood pressure and reduce stress;
- Appeal to your senses. Listen to music that lifts your mood, place flowers where you will see and smell them, massage your hands and feet, or sip a drink you like;

Do things that challenge your creativity and make you feel productive, whether or not you get paid for it;

- Get a pet. There is no love quite as unconditional as the love a pet can give. Animals can also get you out of the house for exercise and expose you to new people and places;
- Think about the things you're grateful for.



Characteristics of people who are mentally and emotionally healthy:

- Have a sense of contentment and the ability to laugh and have fun.
- Feel happy and ready to help the needy.
- Have the ability to deal with stress and bounce back from adversity before long.
- Know the meaning and purpose of their activities.
- Try to learn new things and adapt to change.
- Keep well balanced between work and play, rest and activity, etc.
- Be happy to build and maintain good relationships.
- Have self-confidence and high self-esteem.

Establish supportive relationships:

We're not meant just to survive, let alone thrive in isolation. Our social brains crave companionship—even when experience has made us shy and distrustful of others. Spend time daily, face-to-face, with people you like. Make spending time with people your priority.

Work in pairs to role-play a conversation between a student and a psychological counselor.

Student A

You are a student who has psychological problems. You come to the Campus Counseling Center to ask for help.

Student B

You are a psychological counselor. You give advice to Student A.

**Step
THREE**

SAMPLE

Counselor: Good morning! What's the problem?

Student: Good morning! Recently I've felt stressful and unhappy. I can't sleep at night and my head aches.

Counselor: Why? Is the final examination coming soon and you haven't got ready yet?

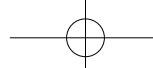
Student: Maybe. Actually, I've been under great pressure for a long time. I can't concentrate on what I'm doing and I worry a lot about my studies. I am not interested in any subjects anymore. I'm totally at a loss.

Counselor: Relax. January is the best time of the year to start fresh. If possible, don't overwork and never deprive yourself of adequate rest and sleep.

Student: I feel tired all day long.

Counselor: In my practice, I've seen many students who develop clinical depression, frequent fatigue, back pain, and headache from severe stress. Too much stress is harmful because it affects not only your emotions but also your physical health. Several studies have consistently shown that many physical and mental activities are good for your health.

Student: I don't like exercise. I don't have enough time to sleep.



Counselor: You know, those individuals who exercise regularly enjoy a better life. Walking and jogging can keep you physically healthy. Frequent reading, playing card games, and solving crossword puzzles can keep you mentally sharp. These exercises cost almost nothing but the benefits are huge.

Student: I'll try to act on your advice.

Counselor: Exercise is not enough though. Your food intake can also determine how you feel. Eat low salt, low caloric, and high fiber foods. Wheat, rice, fish, fruits, and vegetables are outstanding examples of healthy foods.

Student: I rarely ate fruits and vegetables. From now on, I'll change my diet.

Counselor: Also, having a healthy relationship is one of the keys to happiness. In anything we do, we need to develop positive relationships. Stress level will be reduced and productivity increased when you work harmoniously with others.

Student: I see. Thank you so much for your advice.

**Step
FOUR**

The class vote for the best performance.

Further Listening

Listening I

SCRIPT

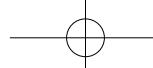
As you arrive at your work place, do what you can!
Greet your colleagues; that is called friendship.
Give everybody the best of yourself; that is called sincerity.
Program and organize your day; that is called reflection.
Now that you have planned everything, begin to work; that is called taking action.
Trust that everything will be OK; that is called faith.
Work with happiness; that is called enthusiasm.
Give the best of yourself; that is called excellence.
Help those with more difficulties than you; that is called compassion.
Understand that not everybody is at your level; that is called tolerance.
Receive praise with reticence; that is called humility.
The most important thing you have, that is called love.

Word tips

sincerity 真诚, 真挚
program 安排, 计划
reflection 深思, 考虑
enthusiasm 热情, 热忱
excellence 卓越, 杰出
compassion 怜悯; 同情
tolerance 容忍; 宽容
reticence 缄默
humility 谦逊, 谦恭

Listen to a poem twice and complete the following lines with the information you get.

As you arrive at your work place, do what you can!
Greet your colleagues; that is called 1) friendship.
Give everybody the best of yourself; that is called 2) sincerity.
Program and 3) organize your day; that is called reflection.
Now that you have planned everything, begin to work; that is called 4) taking action.
Trust that everything will be OK; that is called 5) faith.



Work with 6) happiness; that is called enthusiasm.

Give the best of yourself; that is called 7) excellence.

Help those with more 8) difficulties than you; that is called compassion.

Understand that not everybody is at your level; that is called 9) tolerance.

Receive 10) praise with reticence; that is called humility.

The most important thing you have, that is called 11) love.

Listening II

Doctor: Hello, Teresa. What seems to be the problem?

Teresa: Well, I'm not feeling very well at the moment. I'm preparing for exams and I've been staying up late at night studying. This morning I got out of bed very early to do some more work, and I passed out. My flat mate found me on the floor. I recovered after a few seconds.

Doctor: Mm. Have you had any other symptoms?

Teresa: I've been pretty nervous. I have an occasional headache, and my eyes hurt sometimes.

Doctor: Well, it sounds you've probably been overdoing your study and you're overtired. I don't think there's anything to worry about, but I think you should take it easy for a while and try to get plenty of sleep.

Teresa: Yes, I haven't been getting much sleep lately.

Doctor: I'll give you something to help you relax in the evenings. And just try to have a few early nights.

Teresa: Thank you, doctor.

SCRIPT

1 Listen to a conversation between Teresa and a doctor and choose the best answer to each of the following questions.

1 Which of the statements is true about Teresa in the conversation? B

- A She fell off her bed onto the floor.
- B She worked late into the night for her exams.
- C She was quite competitive in school.
- D She had some difficulty in her study.

2 Why did Teresa go to the doctor? C

- A She injured her leg when she fell onto the floor.
- B She wanted to get some medicine for her eyes.
- C She was not feeling well that morning.
- D She needed some psychological counseling.

3 Which of the following is NOT a symptom Teresa had? D

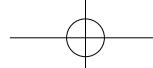
- A Headache.
- B Nervousness.
- C Eyes hurt.
- D Loss of appetite.

Word tips

pass out 昏过去, 晕倒

occasional 偶尔的, 不经常的

overdo 工作过度



4 What did Teresa mean when she said "I recovered after a few seconds"? C
A I turned round after a few seconds.
B I came up after a few seconds.
C I became conscious after a few seconds.
D I showed up after a few seconds.

5 What did the doctor ask her to do? D
A To take some deep breathing.
B To go to another hospital.
C To try relaxation therapy.
D To get enough sleep.

2 Listen to the conversation again and decide whether the following statements are true (T) or false (F). F
F
T
T
F

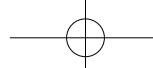
- 1 Teresa got ill because she was worried too much about the exams.
- 2 Teresa lived on her own.
- 3 Teresa worked so hard that she fainted one morning.
- 4 The doctor thought that Teresa's case was nothing serious.
- 5 The doctor advised Teresa not to work at night.

Listening III

SCRIPT

A girl of 11 suffers fits of shaking and crying whenever class time approaches. Gemma Maisey has been given permission to go to be treated at a special unit. She started her secondary education at Parkway School half a year ago. But she had to take six weeks off because of a rib injury and became nervous about going back. The headmaster allowed her to go back to lessons gradually. She was allowed to attend only two classes a day. However, after another period off with flu, Gemma has attended school just twice in the past three months. She said that the thought of school made her feel ill, and made her start shaking and having panic attacks. The crying and shaking may last as long as half an hour. She has to be sent to a special education center for anxious and phobic children. Gemma's mother said the whole situation was a nightmare.

The term "school phobia" was coined by an American psychiatrist in 1941 but more and more cases were recognized in the past few years. Up to two percent of under-16s were diagnosed as having school phobia. But some experts say of 100 children diagnosed with this disease, some simply don't want to go to school because of situations such as bullying. A phobia is just a fear of something such as heights that you shouldn't have. The same can't be said of school.



1 Listen to a passage about school phobia and choose the best answer to each of the following questions.

- 1 When did Gemma's school phobia start? B
A When she was in her primary school.
B After her recovery from a rib injury.
C When she first entered secondary school.
D After she was released from a special unit.
- 2 How long did it take Gemma to recover from her rib injury? C
A Half a year.
B Eleven weeks.
C Six weeks.
D Three months.
- 3 How many times did Gemma attend school in three months after the flu? C
A Six times.
B Three times.
C Twice.
D Once.
- 4 Which of the following is NOT a symptom of Gemma's school phobia? D
A Shaking.
B Crying.
C Having panic attacks.
D Having terrible dreams.
- 5 What is mentioned as a possible cause of school phobia? A
A Bullying.
B Stress.
C Anxiety.
D Fear.

2 Listen to the passage again and decide whether the following statements are true (T) or false (F).

- 1 Gemma is a secondary school student. T
- 2 Gemma suffers from school phobia because she does not do well at school. F
- 3 After recovery from her rib injury, Gemma was allowed to take two classes a week. F
- 4 Gemma had to be sent to a special education center because of her school phobia. T
- 5 The term "school phobia" was coined by an American in 1914. F

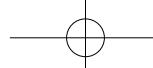
Listening IV

Bad and good moods make life interesting and build character. However, we often have little control over emotions we feel. But we can have some control over how long an emotion will last. More than 400 people were asked about their strategies for escaping bad moods. This research provides valuable information on how to change a bad mood.

Of all the moods that people want to escape, anger seems to be the hardest to

Word tips

fit	发作, 阵发
Gemma Maisey	杰玛·迈赛 (人名)
secondary education	中等教育
rib	肋骨
phobic	恐惧症的
school phobia	学校恐惧症
coin	创造, 杜撰 (新词等)
psychiatrist	精神科医生
diagnose	诊断
bully	欺侮, 以大欺小



deal with. When a car passes you dangerously, your thought may be: He could have hit me! The more you think, the angrier you get.

What should you do to relieve anger? One myth is that expressing it makes you feel better. In fact, researchers have found that's not true. Outbursts arouse the brain, leaving you much angrier, not less.

A more effective technique is "reframing", which means consciously thinking of a situation in a more positive light. In the case of the dangerous driver, you might tell yourself: Maybe he had an emergency. This is one of the best ways to stop anger.

Going off alone to cool down is effective, especially if you can't think clearly. Many men cool down by going for a drive. Exercise, such as taking a long walk, is even better. Whatever you do, don't waste time pursuing angry thoughts.

These techniques can also ease depression and anxiety as well as anger. Also, relaxation techniques such as deep breathing and meditation are effective against bad moods.

Word tips

strategy 对策
relieve 减轻; 缓解
outburst (感情的) 突然爆发
arouse 唤醒
reframe 用不同的方式表达
consciously 有意地
light 角度
pursue 继续; 纠缠
ease 改善; 减轻
depression 忧伤, 沮丧, 消沉
relaxation 放松
meditation 冥想

Listen to a passage about mood management and complete the passage with the information you get. For blanks numbered 1) to 7), fill in the exact words. For blanks 8) to 10), fill in the missing information.

Bad and good moods make life interesting and build character. However, we often have little control over emotions we feel. But we can have some 1) control over how long an emotion will last. More than 400 people were asked about their 2) strategies for escaping bad moods. This research provides 3) valuable information on how to change a bad mood.

Of all the moods that people want to escape, anger seems to be the hardest to 4) deal with. When a car passes you dangerously, your thought may be: He could have hit me! The more you think, the 5) angrier you get.

What should you do to 6) relieve anger? One myth is that expressing it makes you feel better. In fact, researchers have found that's not true. Outbursts arouse the brain, 7) leaving you much angrier, not less.

A more effective technique is "reframing", which means consciously thinking of a situation in a more positive light. 8) In the case of the dangerous driver, you might tell yourself: Maybe he had an emergency. This is one of the best ways to stop anger.

Going off alone to cool down is effective, especially if you can't think clearly. 9) Many men cool down by going for a drive. Exercise, such as taking a long walk, is even better. Whatever you do, don't waste time pursuing angry thoughts.

These techniques can also ease depression and anxiety as well as anger. 10) Also, relaxation techniques such as deep breathing and meditation are effective against bad moods.