

# Unit 1

# Personality

## Useful Information

In a general sense, the term personality refers to all the personal and moral characteristics that determine the way a person thinks, feels and acts in his or her social and personal relations. These traits include a vast variety of attitudes and attributes such as shyness, generosity, patience, flexibility, sadness, humor, cheerfulness, selfishness, independence and aggressiveness. Most people are a mix of positive and negative traits. Personality traits that are valued in one culture may be frowned upon in another.

It is difficult to know exactly how much of our personality is inherited and how much is determined by parental and peer group influences. Is there a gene for shyness or stubbornness, for example? Are we born compassionate or do we acquire certain attributes from our parents, our grandparents, our friends and other role models? Most research suggests that our basic personality is inherited but that many factors shape and mould our personality as we mature. If our personality were entirely a result of our genes, then it would be virtually impossible to alter undesirable personality traits.

Most individuals, at some point in their lives, realize that certain aspects of their personalities constitute drawbacks in their relationships with other people. A selfish person might discover that selfishness does not create lasting friendships. An ill-tempered or intolerant person might find cooperative teamwork very difficult. A shy person might find some work situations very stressful. Recognizing one's strengths and weaknesses is an important step in the process of personal development because this can bolster self-confidence and motivate the desire to improve oneself. A person who is able to evaluate his or her strong points and weak points—with the help of parents, friends, teachers or aptitude tests—is also better equipped to make wise career choices. Different jobs require different personalities. A person who has the skills and attitudes required for a particular job is more likely to be effective and successful.

In recent years, various studies have shown that health and personality are interrelated. Negative attitudes can have negative effects on a person's health. In constantly looking at the dark side of things, a pessimist can become discouraged to the point of feeling helpless. This passivity can, in turn, lead to destructive behavior such as drinking too much alcohol or becoming mean and bitter. Optimists, on the other hand, attempt to make the best of a situation. Rather than regarding themselves as victims, they feel that they have control over their lives.

The power of positive thinking has been used by sports psychologists for many years to help athletes control their nerves and build up their self-confidence. By visualizing themselves in a winning

situation, athletes increase their chances of winning. Similar approaches are being used for treating patients. While optimism or positive thinking cannot actually cure a disease, it appears to contribute to well-being and to keep the disease at bay. Optimism is associated with hope, and hope, at any stage in one's life, is always a mobilizing and energizing force.

# PART 1 Preparation

## 1 Describing-Guessing Game

### Teaching tips

Before class, the teacher prepares a paper hat and personality-related adjectives with each written on a post-it. The number of adjectives should be no less than the number of pairs in the class.

Adjectives for the teacher to choose from:

acute	adventurous	aggressive	alert	ambitious
boastful	bossy	brave	calm	careful
cautious	considerate	cooperative	courteous	creative
critical	cruel	curious	dedicated	diligent
diplomatic	easy-going	efficient	elegant	eloquent
emotional	energetic	enthusiastic	expressive	extroverted
flexible	forgiving	frank	friendly	fussy
generous	gentle	good-tempered	hard-working	honest
humorous	impartial	independent	intelligent	introverted
irresponsible	jealous	kind	knowledgeable	lazy
loving	loyal	matter-of-fact	modest	moody
open-minded	optimistic	outgoing	passionate	patient
persuasive	quick-minded	reasonable	reliable	rigid
risky	self-confident	selfish	sensitive	sentimental
serious	shy	sincere	sociable	strong
stubborn	sympathetic	talkative	thoughtful	timid
tolerant	truthful	unselfish	warm-hearted	

Learning English doesn't have to be a dreary undertaking. There are many activities that activate language production skills and are fun for students of any age. Some activities involve competition and others cooperation. Anything that gets students speaking and using the new words or expressions they have learned is worthwhile trying.

This activity involves speaking, listening, guessing, cooperation and competition.

Cooperation takes place between the two people in a pair as well as in the big group. In order to make themselves understood, they will have to try to speak louder and in a clearer voice. The one who guesses will have to make wild guesses when the clues are insufficient. In this case, they are not forced to speak. They strongly desire to speak more to provide the necessary information

to figure out the adjective on the hat. They share the same goal in the activity. Because of the time limit for each big group, all the pairs will try their best to guess the word as quickly as possible. They also will stand in a line, waiting for the hat, just like in a relay race. This makes the atmosphere more intense, thus more fun.

Competition takes place between the two big groups. There is no doubt that in most cases students are motivated to compete, whether for points, honor, or small prizes. While competing, students usually show more enthusiasm and initiative in the activity because they want their own group to win.

In using this game, teachers need to note that the adjectives assigned for each big group should be of similar difficulty level. Also, the one who wears the hat is not allowed to see the word. The one who describes is not allowed to mention the verb or noun form of the adjective being described. Last, teachers need to keep the time, and let students know the remaining time.

## 2 Personality and Job

Jobs		Personality Traits
1	salesperson	talkative, hard-working, persuasive, boastful, acute
2	teacher	patient, tolerant, unselfish, loving, humorous, enthusiastic
3	doctor	calm, careful, sympathetic, patient
4	police officer	brave, alert, independent, strong, calm
5	accountant	careful, honest, cautious, patient
6	lawyer	persuasive, expressive, eloquent, knowledgeable
7	tourist guide	enthusiastic, talkative, energetic, considerate, good-tempered
8	host / hostess of a show	passionate, expressive, quick-minded, elegant, humorous
9	reporter	curious, impartial, open-minded, adventurous
10	secretary	courteous, tolerant, sensitive, considerate, efficient
11	spokesperson	intelligent, diplomatic, cautious, matter-of-fact
12	engineer	down-to-earth, rigid, meticulous, careful

## 3 Personality Test

### Additional activity

#### Mr. and Miss So and So

**Example:** Mr. L a z y does not like working.

- 1 Mr. G \_\_\_\_\_ e would not even hurt a fly, and is always kind and careful.
- 2 Miss De \_\_\_\_\_ ed puts her heart into the things she is doing.
- 3 Mr. Co \_\_\_\_\_ te always thinks of what other people need.

- 4 Mr. Ad\_\_\_\_\_ous likes to go to wild and unexplored places and do risky things.
- 5 It is hard to upset Mr. C\_\_\_\_m.
- 6 Mr. Ag\_\_\_\_\_ve is always ready for a fight.
- 7 Miss C\_\_\_\_\_al enjoys finding fault with things.
- 8 Mr. E\_\_\_\_\_ic works 14 hours a day, plays tennis and goes jogging.
- 9 Miss Se\_\_\_\_\_h won't share her own things with anyone, and always thinks about herself.
- 10 Miss Am\_\_\_\_\_us wants to be good, better, and the best.
- 11 Mr. Self-c\_\_\_\_\_t knows he is good, and believes he can do things well.
- 12 Mr. E\_\_\_\_\_-\_\_\_\_\_ing does not get angry or upset easily for small things and gets along with others well.
- 13 Miss Tr\_\_\_\_\_ful never tells any lies.
- 14 Mr. Out\_\_\_\_\_g likes meeting people and is sociable.
- 15 My name is Mr. F\_\_\_\_\_k. I do not like your make-up.
- 16 Mr. S\_\_\_\_\_ve understands other people's feelings and problems. But he is also easily hurt or upset.
- 17 Mr. B\_\_\_\_\_y is always telling others what to do.
- 18 Miss P\_\_\_\_\_t never gets annoyed when doing something that takes a long time.
- 19 Mr. T\_\_\_\_\_ve speaks too much on any occasion.
- 20 Mr. P\_\_\_\_\_ve is likely to persuade others to believe or do a particular thing.
- 21 Miss Sy\_\_\_\_\_ic is kind to those people suffering misfortune.
- 22 Miss E\_\_\_\_\_al shows her feelings very openly.

**Key**

- |                |              |                   |               |
|----------------|--------------|-------------------|---------------|
| 1 Gentle       | 2 Dedicated  | 3 Considerate     | 4 Adventurous |
| 5 Calm         | 6 Aggressive | 7 Critical        | 8 Energetic   |
| 9 Selfish      | 10 Ambitious | 11 Self-confident | 12 Easy-going |
| 13 Truthful    | 14 Outgoing  | 15 Frank          | 16 Sensitive  |
| 17 Bossy       | 18 Patient   | 19 Talkative      | 20 Persuasive |
| 21 Sympathetic | 22 Emotional |                   |               |

## **PART 2** Reading-Centered Activities

### ***In-Class Reading***

#### **Pre-Reading**

##### **1 Sample**

- 1 There are many factors that contribute to shyness. Some of them are low self-esteem, lack of self-confidence, limited social activities, and lack of education. Some people, I think, are born shy. It's a trait inherited from their parents. I still remember when I was a little girl, I was

extremely shy. I was brought up in the country, and there weren't many social activities for me to take part in. There were very few chances for me to meet or communicate with different sorts of people. What's more, I believed that I was ugly. So I seldom talked to people. Even when I was spoken to, I was reluctant to respond. My face would flush immediately. But after I entered college, I gained more self-confidence. I came to realize that appearance is only skin-deep. What's more important is one's knowledge, one's personal qualities, one's character, and one's good virtues.

- 2 Everyone feels shy sometimes. But being too shy can limit many aspects of one's life. There are several ways to overcome shyness. First we should remember that nobody can be perfect, so there's no reason to feel discouraged if we have some shortcomings. On the contrary, we should know our strengths and emphasize our good aspects to build our self-confidence. We need not focus on our weaknesses because we can improve ourselves, for example, by studying hard and reading widely to enrich our knowledge. Try to make more friends, and encourage ourselves to get involved in more activities in school. We can also observe friends or even strangers who aren't shy to learn from them personally. We should not take other people's comments too seriously, but trust ourselves. We should feel positive about ourselves and enjoy our experiences.

## Passage Reading

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### Words, Phrases and Grammatical Points

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#### 1 All kinds of people describe themselves as shy... (*Lines 2-3, Para. 1*)

和describe... as 类似的词组有: accept... as, interpret... as, regard... as, view... as, look on... as, consider... as, take... as, perceive... as, label... as, see... as. as后面可以接名词、动名词、形容词。

e.g. I) He did not accept this reply as valid.

II) Would you describe yourself as a hard worker?

III) You should not interpret the silence as a refusal.

IV) Many conservatives disapprove of the tax, regarding it as unfair.

V) She is viewed as a strong candidate for the job.

VI) We look on her as a daughter.

VII) Do you consider him (as) a friend or a colleague?

VIII) She took what he said as a compliment.

IX) Stress is widely perceived as contributing to heart disease.

X) If you spend any time in prison you will be labeled as a criminal for the rest of your life.

XI) This was seen as an attempt to fool the voters.

#### 2 confirm (*Line 5, Para. 3*) 证实, 肯定, 进一步确定

e.g. I) New evidence has confirmed the first witness' story.

II) Her remarks confirmed me in my opinion that she was a very gentle young lady.

比较: conform, affirm

conform: 遵照, 遵守; 服从

e.g. I) You must either conform to the rules or leave the school.

II) This piece of equipment does not conform to the official safety standards.

affirm: 断言, 声明

e.g. I) He affirmed that he was innocent.

II) She affirmed that she was telling the truth.

### 3 compliment (Line 7, Para. 3) 赞美的话, 恭维的话

e.g. I) She paid me a very charming compliment on my paintings.

II) She accepted his compliments about her dress with a smile.

在表示“问候, 祝福”等意时, compliment用复数形式。

e.g. With the compliments of the season. 谨致节日的祝贺。(西方人在圣诞和新年时的贺词。)

### 4 eliminate (Line 1, Para. 4), reduce (Line 2, Para. 4), diminish (Line 3, Para. 6)

“Eliminate” means to “remove or get rid of completely”. “Reduce” means to “make less in size, amount, price, degree, etc.”. Both “eliminate” and “reduce” are transitive verbs. They have to be followed by an object. “Diminish” is to “(cause to) become less in size or importance”. It can be used either as a transitive verb or an intransitive verb.

e.g. I) We can't eliminate the use of paper, but we can certainly reduce the amount of paper we waste.

II) I don't expect students to eliminate all of their grammar mistakes, but they should make an effort to reduce the number of careless mistakes.

III) I reduced my weight by going on a diet.

IV) I don't want to diminish her achievements, but she did have a lot of help.

V) The threat of nuclear war has diminished.

### 5 expectation (Line 11, Para. 4)

和expectation有关的词组有: in expectation of (预计会有……), against / contrary to all expectations (出乎意料地), beyond all expectations (出乎意料地/的), live up to expectations (达到期望)

e.g. I) She took an umbrella with her in expectation of rain.

II) Contrary to all expectations, she was accepted by the academy.

III) The plan has succeeded beyond our expectations.

IV) We usually enjoy his films, but the latest one didn't live up to our expectations.

### 6 associate (Line 1, Para. 13)

v.

1 spend time with sb. 结交, 交往

e.g. I) I don't like you to associate with such people.

II) While she was in Paris, she associated with many well-known artists.

2 join or connect (different people, things or ideas) together 把……联系在一起

e.g. I) Why do men associate enjoying themselves with getting drunk?

II) You wouldn't normally associate these two writers—their styles are completely different.

n. sb. you work with, do business with or spend a lot of time with 同事, 合伙人, 伙伴

e.g. I) Tina's party was very boring—it was full of her business associates.

II) So why do so many of his own White House associates speak of him in tones of regret?

adj. of a lower rank 副的

e.g. I) He is an associate professor in the Biology Department.

II) He has recently been appointed Associate Director of the Royal National Theatre.

## 参考译文

### 羞怯的痛苦

1 对许多人来说，羞怯是很多不愉快的起因。各种各样的人——矮的、高的、愚笨的、聪明的、年轻的、年老的、瘦的、胖的——都说自己羞怯。羞怯的人会焦虑不安，感到不自然；也就是说，他们过分地关注自己的外表和举止。脑海中不断地盘旋着一些使自己不安的想法：我给人留下的是什么印象？他们喜欢我吗？我讲话是不是傻里傻气？我长得难看。我穿的衣服毫不引人注目。

2 很显然这种不安的感觉会对人们产生不利的影晌。一个人的自我看法反映在自己的行为方式之中，而一个人的行为方式又会影晌他人的反应。通常，人们如何看待自己对他们生活的各个方面都会产生深刻的影响。例如，具有积极的自我价值观或很强的自尊心的人往往表现出自信。由于自信，他们不需要他人不断地称赞和鼓励，也能使自己感觉良好。自信的人热情地、自发地投入生活。他们不因别人认为他们“该”做什么而受到影晌。有很强自尊心的人不会被批评所伤害，不会把批评看作是人身攻击。相反，他们认为批评是一种提醒他们改进的建议。

3 相比之下，羞怯的人自尊心较弱，往往消极被动并且容易受他人影晌。他们需要别人确认他们是否在做“该做的事情”。害羞的人对批评非常敏感；他们觉得批评正好证实了他们比别人差。他们也很难因别人的赞美而高兴，因为他们相信自己不值得称赞。羞怯的人也许会用这样的话来回答别人的赞美之词：“你这么说是为了让我感觉好一些。我知道这不是真的。”显然，尽管自我意识是一种健康的品质，过强的自我意识却是不利的、有害的。

4 能否彻底消除或者至少减轻羞怯感呢？幸运的是，人们能够通过坚持不懈的努力建立自信，从而克服羞怯。由于羞怯和缺少自尊是密切相关的，因此正视自己的弱点和正视自己的优点一样重要。例如，大多数人希望每门功课都得A。如果仅仅因为在某些领域学习有困难，就把自己列为差生，这就不恰当。人们对自己的期望必须现实。老是想那些不可能的事情会令自己觉得无能，甚至产生嫉妒。当我们嫉妒比自己成绩好的学生时，我们是在自我毁灭。

5 如果你害羞，这里有些具体有效的措施帮助你树立信心并克服羞怯感：

- 6 1. 认清自己的优缺点。每个人都既有优点又有缺点。随着对自我的不断认同，羞怯感就会自然减弱。
- 7 2. 确定合理的目标。例如，在聚会时和一群陌生人在一起，你也许会怯场。不要以为你必须和每个人交谈。集中精力，仅和一两个人交谈，你会感到更自在些。
- 8 3. 内疚和羞耻感是消极的情感。不要把时间和精力浪费在这上头。假设你伤害了某人的感情，光感到羞愧是无济于事的。相反，应该承认你犯了个错误，决心在将来更加善解人意。
- 9 4. 所有问题都有多种解决办法。很少有完全正确或完全错误的意见。要敢于表达自己的观点。
- 10 5. 不要对自己做消极的评论。这是一种自我否定。千万别把自己描述为愚蠢的、丑陋的，或者一个失败者。注重自己积极的方面。
- 11 6. 接受批评时要缜密思考。不要把批评理解为人身攻击。例如，如果一位朋友抱怨你的烹饪技术，要把这当成对你的烹饪技术而不是对你本人的评价。放心，你们还是好朋友，但你的烹饪技术也许确实有待改进。
- 12 7. 记住，每个人都会经历一些失败和挫折。把它们当作长见识的经历，会从中受益。挫折往往会成为转机，随之而来的将是一段美妙的经历。例如，你可能被中意的大学拒之门外。然而，在你就读的大学里，你可能发现这里教育的某一特点比你料想的好得多。



- 13 8. 有些人会使你感到自己无能，不要和这种人交往。想办法改变他们的态度或者改变你对自己的态度，要不就脱离这种关系。伤害你的人并不关心你的最大利益。
- 14 9. 留出时间休息，享受自己的业余爱好，并定期重新审定自己的目标。为此所花费的时间有助于更好地了解你自己。
- 15 10. 多在社交场合中锻炼。不要把自己同他人隔离开来。设法一次结识一位朋友；最终你将能娴熟而自信地在众人中周旋。
- 16 我们每个人都是独一无二、难能可贵的个体。我们自有吸引人的地方。我们对自己了解得越多，就越容易充分发挥自己的潜力。不要让羞怯成为阻碍我们拥有丰富和成功生活的绊脚石。

## Exercises

### Post-Reading

#### Reading Comprehension

- 1 1 Introduction: (*Para. 1*)  
Shyness is the cause of much unhappiness for a great many people.
- 2 Reasons why shyness can have a negative effect: (*Paras. 2-3*)  
People's self-concept has a profound effect on all areas of their lives.  
People with high self-esteem usually act with confidence.  
People with low self-esteem are likely to be passive and easily influenced by others.
- 3 Ways of overcoming shyness: (*Paras. 4-15*)
- A Recognize your personal strengths and weaknesses.  
B Set reasonable goals.  
C Don't waste time and energy on destructive feelings such as guilt and shame.  
D Don't be afraid to speak up and give your point of view.  
E Don't make negative comments about yourself.  
F Accept criticism thoughtfully.  
G Profit from failures and disappointments by viewing them as learning experiences.  
H Don't associate with people who make you feel inadequate.  
I Set aside time to relax, enjoy hobbies, and reevaluate your goals regularly.  
J Practice being in social situations.
- 4 Conclusion: (*Para. 16*)  
The better we understand ourselves, the easier it becomes to live up to our full potential.

2 1 F 2 T 3 T 4 T 5 F 6 T 7 F 8 F

#### 3 Sample

- 1 I think the most effective ways of overcoming shyness are the first and seventh steps. Recognizing our personal strengths and weaknesses is useful because if we know ourselves better, we can feel more self-confident. We can be more objective instead of being blind. The seventh step is to profit from failures and disappointments as learning experiences. If we allow ourselves to get discouraged and sad when we fail, then we will feel more unsure of ourselves.