



3 Unit

You Are What You Think —Adjust Your Mind Constantly

As the saying goes, "You are what you think all day long." It means if we are thinking happy things, we will in turn be happy and the same is for sadness. Our thoughts profoundly impact our moods, our choices, our feelings of self-esteem and self-confidence. Our mind is a very powerful thing but most of us take it for granted. Always remember we are what we think. Adjusting our mind constantly will make a big difference in our life.



Part 1 Speaking and Communicating

Lead-in

I. Read the following quotes related to the state of mind and share your understanding of these quotes with your partner.

1. What you think, you become. What you feel, you attract. What you imagine, you create.
—Unknown

2. Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence.

—Helen Keller

3. Laughter is the sun that drives winter from the human face.

—Victor Hugo

4. A pessimist sees the difficulty in every opportunity; an optimist sees the opportunity in every difficulty.

—Winston Churchill

II. Look at the pictures of different mental attitudes and discuss with your partner the importance of optimism and how to develop it.



A



B



C



D

Discussion

Work in pairs. Discuss with your partner how to maintain a positive attitude.

- | | |
|-------------------------|---------------------------|
| • self-talk | ☆ be open-minded |
| • positive affirmation | ☆ be optimistic |
| • believe in yourself | ☆ be grateful |
| • find positive friends | ☆ be humorous |
| • focus on good things | ☆ avoid negative thoughts |

Conversation

I. Read the following sample conversations carefully, and then practice with your partner.

Conversation 1

A: Hi, Jack. Have you heard of positive thinking?

B: Yes, I've heard of it. A positive mind can make a big difference.

A: Of course. Thinking positively can elevate our mood, throw a more constructive light on difficult situations, and color the day with more hopeful approaches to the things we do.

B: You are right. Choosing a positive outlook on life can get rid of a negative mind and see life full of possibilities and solutions instead of worries and obstacles.

A: But it is easier said than done. What matters more is how to think positively. What do you think of it?

B: Well, we need to be open-minded and optimistic. Environment is also very important because we may be influenced by our friends or surrounding environments.

A: Yes. Try to minimize external influences that stimulate our negativity.

B: And also be physically positive. If we change our physical or bodily habits, our mind will follow suit.

A: Setting a goal to make ourselves busy working on it will also help.

Conversation 2

A: Hi, Jerry. You look upset. What happened?

B: Well, I didn't pass the CET-4.

A: Oh, come on, you still have chances. That's not failure at all. The only failure in this world is the failure to try.

- B:** Thanks. But this is my second time taking this exam—again I failed.
- A:** It's no big deal. You should think positively. Starting anew will provide you with opportunities to learn more. Anyway, you should cherish this learning process which will become a big fortune for you in the future.
- B:** OK. I'll adjust my mind and try to maintain a positive attitude. What about you? What are you busy doing these days?
- A:** I'm preparing for the postgraduate entrance examination. It's difficult! I don't know whether I can keep it up.
- B:** Just as you said, think positively. Try to envision a future of your postgraduate life. That will give you more motivation.
- A:** OK! Thank you for your advice.

II. Read the following conversation, and fill in the blanks with proper expressions in the box.

A and B are discussing the power of positive thinking.

take control

focus on

predisposition

capable of

Rather than

optimist

- A:** Hi, Jim. Do you have classes today?
- B:** Yes. I had an English class just now. It's about the power of positive thinking and it's very interesting as well as meaningful.
- A:** Tell me more about it.
- B:** It is said that humans have a(n) _____ to negativity. We pay far more attention to dark emotions like anger, sadness, pain, and disappointment than we do to great feelings like joy, gratitude, and contentment.
- A:** Sounds reasonable.
- B:** With a positive mind, we may seek the valuable lesson in every setback or reversal. _____ getting upset and blaming someone else for what has happened, we _____ over our emotions.
- A:** Yes, as Winston Churchill said, "A pessimist sees difficulty in every opportunity; a(n) _____ sees the opportunity in every difficulty."
- B:** When we think positive thoughts, we don't allow our mind to entertain any negative thoughts or doubts. That will cause a major boost in confidence and we will feel more

_____ taking on new assignments and challenges.

A: How powerful positive thinking is!

B: So let's _____ the bright side of life and expect positive results.

A: Thank you for sharing!

III. Now work with your partner and make a new conversation.



Part 2 Reading and Exploring

EGP Reading

Lead-in Questions

- I. What is your attitude toward hardships and failures in your life?**
- II. If you change your mind—from pessimism to optimism, you can change your life. Do you agree and why?**
- III. Do you know Yu Minhong and the New Oriental Education & Technology Group? As long as you dare to think, you can achieve your dream. Say something about it.**

You Are What You Think

Do you see the glass as half-full rather than half-empty? Do you keep your eye upon the doughnut, not upon the hole? Suddenly these clichés are scientific questions, as researchers scrutinize the power of positive thinking.

A fast-growing body of research—104 studies so far, involving some 15,000 people—is proving that optimism can help you to be happier, healthier and more successful. Pessimism leads, by contrast, to hopelessness, sickness and failure, and is linked to depression, loneliness and painful shyness. “If we could teach people to think more positively,” says psychologist Craig A. Anderson of Rice University in Houston, “it would be like inoculating them against these mental ills.”

“Your abilities count,” explains psychologist Michael F. Scheier of Carnegie Mellon University in Pittsburgh, “but the belief that you can succeed affects whether or not you will.” In part, that’s because optimists and pessimists deal with the same challenges and disappointments in very different ways.

Take, for example, your job. In a major study, psychologist Martin E. P. Seligman of the University of Pennsylvania and colleague Peter Schulman surveyed sales representatives at the Metropolitan Life Insurance Co. They found that the positive thinkers among long-time representatives sold 37 percent more insurance than did the negative thinkers. Of newly hired representatives, optimists sold 20 percent more.

Impressed, the company hired 100 people who had failed the standard industry test but had scored high on optimism. These people, who might never have been hired, sold 10 percent more insurance than did the average representative.

How did they do it? The secret to an optimist's success, according to Seligman, is in his "explanatory style". When things go wrong the pessimist tends to blame himself. "I'm no good at this," he says. "I always fail." The optimist looks for other explanations. He blames the weather, the phone connection, even the other person. That customer was in a bad mood, he thinks. When things go right, the optimist takes credit while the pessimist thinks success is due to luck.

Negative or positive, it was a self-fulfilling prophecy. "If people feel hopeless," says Anderson, "they don't bother to acquire the skills they need to succeed."

A sense of control, according to Anderson, is the real test for success. The optimist feels in control of his own life. If things are going bad, he acts quickly, looking for solutions, forming a new plan of action, and reaching out for advice. The pessimist feels like a toy of fate and moves slowly. He doesn't seek advice, since he assumes nothing can be done.

Optimists may think they are better than the facts would justify and sometimes that's what keeps them from getting sick. In a long-term study, researchers examined the health histories of a group of Harvard graduates, all of whom were in the top half of their class and in fine physical condition. Yet some were positive thinkers, and some negative. Twenty years later, there were more middle-age diseases among the pessimists than the optimists.

Many studies suggest that the pessimist's feeling of helplessness undermines the body's natural defenses, the immune system. Dr. Christopher Peterson of the University of Michigan has found that the pessimist doesn't take good care of himself. Feeling passive and unable to dodge life's blows, he expects ill health and other misfortunes, no matter what he does. He eats unhealthy food, avoids exercise, ignores the doctor, has another drink.

Most people are a mix of optimism and pessimism, but are inclined in one direction or the other. It is a pattern of thinking learned from early childhood, says Seligman. It grows out of thousands of cautions or encouragements, negative statements or positive ones. Too many "don'ts"

and warnings of danger can make a child feel incompetent, fearful and pessimistic.

As they grow, children experience small triumphs, such as learning to tie shoelaces. Parents can help turn these successes into a sense of control, and that breeds optimism.

Pessimism is a hard habit to break but it can be done. In a series of studies, Dr. Carol Dweck of the University of Illinois has been working with children in the early grades of school. As she helps students to change the explanations for their failures from “I must be dumb” to “I didn’t study hard enough”, their academic performance improves.

So, if you’re a pessimist, there’s reason for optimism. You can change. Here’s how, says Steve Hollon, a psychologist at Vanderbilt University:

1. Pay careful attention to your thoughts when bad things happen. Write down the first thing that comes to mind, without any changes or corrections.

2. Now try an experiment. Do something that’s contrary to any negative reactions. Let’s say something has gone wrong at work. Do you think, I hate my job, but I could never get a better one? Act as if that weren’t so. Send out résumés. Go to interviews. Look into training and check job information.

3. Keep track of what happens. Were your first thoughts right or wrong? “If your thoughts are holding you back, change them,” says Hollon. “It’s trial and error, no guarantees, but give yourself a chance.”

Positive thinking leads to positive action and reaction. What you expect from the world, the evidence suggests, is what you’re likely to get.

New Words

Nouns (n.) 名词	
▲ optimism /'ɒptɪzəm/	a tendency to believe that good things will always happen 乐观; 乐观主义
▲ pessimism /'pesɪzəm/	a tendency to believe that bad things will happen 悲观; 悲观主义
★ prophecy /'prɒfəsi/	a statement that something will happen in the future, especially one made by someone with religious or magic powers 预言
▲ triumph /'traɪəmf/	an important victory or success after a difficult struggle [尤指苦战后获得的] 胜利; 成功, 成就

(To be continued)

(Continued)

Verbs (v.) 动词	
◆ scrutinize /'skru:tʃnaɪz/	to examine someone or something very carefully 仔细检查, 认真查看, 详审
★ inoculate /ɪ'nɒkjʊleɪt/	to protect someone against a disease by putting a weak form of the disease into their body using a needle 给〔某人〕接种, 给〔某人〕作预防注射
Adjectives (adj.) 形容词	
▲ explanatory /ɪk'splænətəri/	giving information about something or describing how something works, in order to make it easier to understand 解释的, 说明的
▲ immune /ɪ'mju:n/	someone who is immune to a particular disease cannot catch it 〔对某种疾病〕有免疫力的
▲ incompetent /ɪn'kɒmpətənt/	not having the ability or skill to do a job properly 不称职的, 不胜任的
▲ dumb /dʌm/	stupid 愚蠢的

符号说明: 四级词汇 ▲ 六级词汇 ◆ 超纲词汇 ★

Phrases and Expressions

rather than	in preference to; instead of 与其; 不愿, 不要, 不是
in control of	controlling something or having the power to control something 处于控制地位
keep sb. from sth. / doing sth.	to prevent sb. from doing sth. 使某人不能做某事
grow out of	to result from 源自, 由于
keep track of	to keep informed about 了解
hold sb. back	to prevent the progress or development of sb. 阻止或妨碍某人的进步或发展

Notes of the Text

1. Rice University: Rice University is located in Houston, Texas. And it was founded by William Marshall Rice in 1891. It is a private and famous university in the south of America.
2. Carnegie Mellon University: Carnegie Mellon University (also known as CMU) is located in Pittsburgh, Pennsylvania. It was founded by Andrew Carnegie in 1900.
3. University of Pennsylvania: University of Pennsylvania (also known as UPenn) is located

in Philadelphia, Pennsylvania. It was founded by Benjamin Franklin in 1740.

4. University of Michigan: University of Michigan (also known as UMich), a top-ranked public university, was founded in 1817. It is located in Ann Arbor, Michigan.
5. University of Illinois: University of Illinois was founded in 1867. It is one of the most influential public universities in the U.S.

After-reading Tasks

I. Choose the best answer to each question with the information you've got from the passage.

1. What do optimistic people do according to the passage?
 - A. They see the glass as half-full.
 - B. They focus on the doughnut instead of the hole.
 - C. They are more aggressive and offensive.
 - D. Both A and B.
2. What does optimism lead to according to the passage?
 - A. Hopelessness.
 - B. Success.
 - C. Failure.
 - D. Depression.
3. When things are going bad, what does the pessimist do?
 - A. He looks for solutions.
 - B. He forms a new plan of action.
 - C. He moves slowly.
 - D. He seeks for advice.
4. What undermines the body's immune system according to the passage?
 - A. The feeling of much stress.
 - B. The feeling of much joy.
 - C. The feeling of helplessness.
 - D. The feeling of caution.
5. What makes a person grow up to be a pessimist?
 - A. He was affected by many negative statements when he was a kid.
 - B. He was affected by many warnings of danger when he was a kid.
 - C. He was affected by many "don'ts" when he was a kid.
 - D. All of the above.

II. Decide whether the following statements are True (T) or False (F) according to the passage.

1. Optimists and pessimists deal with challenges and disappointments in the same way.
2. Positive thinkers are apt to get some mental ills.
3. Positive thinkers are more capable of selling insurance than doing other jobs.
4. When things go wrong, the positive thinker tends to blame himself.
5. Over half of top students of Harvard are positive thinkers.

III. Match the meanings with the right words.

1. pessimism	A. the promise of reimbursement in the case of loss
2. scrutinize	B. to move quickly and suddenly to one side in order to avoid sb. / sth.
3. survey	C. a feeling that bad things will happen and that sth. will not be successful; the tendency to have this feeling
4. insurance	D. to think or accept that sth. is true but without having proof of it
5. acquire	E. to make sth., especially sb.'s confidence or authority, gradually weaker or less effective
6. assume	F. the act of looking or seeing or observing
7. undermine	G. to look at or examine sb. / sth. carefully
8. immune	H. a great success, achievement or victory
9. dodge	I. not affected by a particular disease or illness
10. triumph	J. to gain sth. by your own effort, ability or behavior

IV. Fill in the blanks with the words in Exercise III. Change the form where necessary.

1. He sniffed the perfume she wore, and then gave her a quick _____.
2. The cultivation of speech ability has much to do with the _____ of tacit knowledge.
3. Even _____ this to be in principle possible, it will not be achieved soon.
4. He has often been criticized for an excessively _____ view of life.
5. This blood test will show whether or not you're _____ to the disease.
6. The authority of his voice is _____ by the smallness of his build.
7. School officials this year will also be _____ scores on standardized tests.
8. The _____ company paid out for the stolen jewelry and gold.
9. I believe that sooner or later good must _____ evil.
10. Luckily, I _____ in time, or I'd have been knocked down by the coming car.

V. Complete the sentences with the correct form of the expressions in the box.

hold back	be contrary to	be due to	take credit for
reach out for	be in a bad mood	look for	be linked to

1. It would _____ legal precedent to hear him.
2. It is dishonest of you to _____ work that was done by others.

3. Mary has _____ all day because of her failure in the exam.
4. He has _____ his passport everywhere but in his own room.
5. I'm glad she's _____ help, instead of trying to deal with this on her own.
6. The report was _____ for fear of prejudicing his trial.
7. They _____ pay the balance on delivery.
8. I learned how each sound _____ another.

VI. Translate the passage from Chinese into English with some useful expressions given below.

中国瓷都景德镇是世界瓷器艺术花园的耀眼明珠。它位于长江南部，是江南一个有活力的城市。它制造瓷器的历史已有近 2,000 年，已经形成了丰富的瓷器文化。稀有的瓷器文物，一流的瓷器工艺，瓷乐器的优雅表演，以及优美的田园风光组成了景德镇特别的旅游文化，而且让景德镇成为中国唯一一个以瓷器旅游文化为特色的旅游城市。

ceramic metropolis

make up

be located in

featuring / forming / particular in

be crystallized into

ESP Reading

Lead-in Questions

- I. Have you ever learned about cutting a piece of paper? Is it easy or difficult to make paper-cuts?
- II. On what occasions do people usually make paper-cuts for decoration?
- III. Talk about the meaning of Chinese paper-cuts.

A Brief Introduction of Chinese Paper-cutting

Of all folk art works, paper-cutting is the most participated. Often characterized by geographical regions, paper-cutting is rich with historical and cultural heritage. Even though it has only been two thousand years since the invention of paper, the cultural implication and art form that paper-cutting represents goes back all the way to primitive society. The cultural value it carries far exceeds the value of art itself; it enriches the entire original Chinese art system, art formation and color structure, having a deep impact on philosophy, aesthetics, history, ethnology, sociology and anthropology.

The Development of Chinese Paper-cutting

Today, great strides have been made in the art of paper-cutting in terms of the themes, patterns, cutting or engraving skills, mounting, and artisans or craftsmen, and many styles of paper-cutting have been developed with the passage of time. Everything can become the theme of paper-cutting, from people to the things that can be found in everyday life such as birds and flowers, animals and insects. In many parts of China, the paper-cutting skill has become a must for women, old and young, and the symbol of a clever mind and nimble fingers for Chinese ladies as a whole.

Features of Chinese Paper-cutting

With a vast territory and multi-ethnic population, Chinese folk paper-cutting bears distinct national and geographical features. In art style, in northern China it is more straightforward, unconstrained, and broad-minded; while in the south, it is more exquisite and delicate, full of delight and witty. From the creators, the rural female folk artists use only a pair of scissors and paper to convey their conceptual figures and color effect which surpass time and space; while male-dominant career artists make paper carvings with great delicacy and graciousness in a more realistic style and art language. From the functionality in social life, paper-cuts for embroidery patterns are given more emphasis on the outline for decorativeness; while cave window decoration gives more delicacy to the inner pattern to let in light. In general art style, each art work brings out a unique, personal touch of the author.

How to Cut Perfectly

It is easy to learn about cutting a piece of paper but very difficult to master it with perfection. One must grasp the knife in an upright fashion and press evenly on the paper with some strength. Flexibility is required but any hesitation or wiggling will lead to imprecision or damage the whole image. Engravers stress the cutting lines in several styles and there are four ideal but basic lines that they endeavor to master. They attempt to carve a circle like the moon, a straight line like a stem of wheat, a square like a brick, and jaggedly like the beard.

Themes in Shaanxi Paper-cuts

The paper-cuts of Shaanxi feature a wide variety of themes, including flowers, human figures, animals, legends, folk demands and stories from opera works.

The Meaning of Paper-cuts

People find hope and comfort in expressing wishes with paper-cuts. For example: for a wedding ceremony, red paper-cuts are a traditional and required decoration on the tea set,

the dressing table glass, and on other furniture. A big red paper character *xi* (happiness) is a traditional must on the newlywed's door. Upon the birthday party of a senior, the character *shou* represents longevity and will add delight to the whole celebration; while a pattern of plump children cuddling fish signifies that every year they will be abundant in wealth.

Words and Expressions

Nouns (n.) 名词	
▲ heritage /'herɪtɪdʒ/	the traditional beliefs, values, customs etc. of a family, country, or society [文化] 遗产; 传统
▲ philosophy /fɪ'zɒsəfi/	the study of the nature and meaning of existence, truth, good and evil, etc. 哲学
◆ aesthetics /i:s'tetɪks/	the study of beauty 美学
★ ethnology /eθ'nɒlədʒi/	the scientific study and comparison of different races of people 人种学, 民族学
▲ sociology /,səʊsi'ɒlədʒi, ,səʊʃi-/	the scientific study of societies and the behavior of people in groups 社会学
★ anthropology /,ɪnθrə'pɒlədʒi/	the scientific study of people, their societies, cultures etc. 人类学
★ artisan /,ɑ:tɪ'zæn/	someone who does skilled work, making things with their hands 工匠, 手艺人
◆ delicacy /'delɪkəsi/	the quality of being delicate, in particular 精致, 精美, 雅致
▲ graciousness /'ɡreɪʃəsni:s/	the quality of having the kind of expensive style, comfort, and beauty that only rich people can afford 豪华舒适, 华丽
◆ embroidery /ɪm'brɔɪdəri/	a pattern sewn onto cloth, or cloth with patterns sewn onto it 绣花, 刺绣图案; 刺绣品
▲ flexibility /,fleksɪ'bɪləti/	the ability to change or be changed easily to suit a different situation 灵活性
▲ imprecision /,ɪmpri'sɪʒən/	the quality of being imprecise 不精确, 不准确; 不具体
★ engraver /ɪn'ɡreɪvə/	someone who cuts designs or words on metal, glass, or wood 雕刻师; 雕工
Verbs (v.) 动词	
▲ exceed /ɪk'si:d/	to be more than a particular number or amount 超过, 超出

(To be continued)

(Continued)

★ engrave /m'greɪv/	to cut words or designs on metal, wood, glass etc. [在金属、木头、玻璃等上] 雕刻 [文字或图案]
◆ surpass /sə'pɑ:s/	to be even better or greater than someone or something else 超过; 胜过
★ wiggle /'wɪɡəl/	to move with small movements from side to side or up and down, or to make something move like this (使) [动作较小地] 摆动, 扭动
★ cuddle /'kʌdl/	to hold someone or something very close to you with your arms around them, especially to show that you love them [尤指表示喜爱而] 抱, 拥抱, 搂抱

Adjectives (adj.) 形容词

▲ straightforward /ɪ'straɪt'fɔ:wəd/	simple and easy to understand 简单的, 易懂的
◆ unconstrained /,ʌnkən'streɪnt/	free from constraint 无拘无束的
◆ exquisite /ɪk'skwi:zɪt/	extremely beautiful and very delicately made 精美的, 精致的
▲ delicate /'delɪkət/	made skillfully and with attention to the smallest details 精巧的
★ plump /plʌmp/	slightly fat in a fairly pleasant way—used especially about women or children, often to avoid saying the word “fat” 丰满的, 胖乎乎的 [尤指女性和儿童, 常为避免说出 fat 一词]
▲ abundant /ə'bʌndənt/	existing in large quantities; more than enough 大量的, 丰盛的

符号说明: 四级词汇 ▲ 六级词汇 ◆ 超纲词汇 ★

Phrases and Expressions

have an impact on	to have influence on 影响
give emphasis on	to stress on; to emphasize on 强调

After-reading Tasks

I. Please answer the following questions according to the passage.

1. What cultural values does paper-cutting carry?
2. What are the features of Chinese paper-cutting?
3. What are paper-cuts for embroidery patterns given emphasis on?

4. Why is it easy to learn about cutting a piece of paper but very difficult to master it with perfection?
5. What do people find with paper-cuts? Give some examples.

II. Choose the best answer from A, B, C and D to complete the sentences.

1. The company is not allowed to _____ its budget.
A. experience B. exceed C. express D. expect
2. The biscuits and cookies go into the _____ box.
A. delicate B. deliberate C. delicious D. delineate
3. What do you think we have to lose if we fail to protect our cultural _____?
A. heredity B. heritage C. heroine D. hermit
4. There is _____ evidence that cars have a harmful effect on the environment.
A. abandoned B. absurd C. absent D. abundant
5. In recent years, more and more people _____ the function of green space in promoting human health.
A. keep in touch B. pay attention over C. give emphasis on D. look forward

Extended Vocabulary

folk paper-cut 民间剪纸

Shaanxi paper-cut 陕西剪纸

festival paper-cut 节日剪纸

scissor-cut 剪纸

fold a sheet of paper 叠一张纸

tear the paper 撕纸

score the paper 在纸上划线

cutout 图样

Translation Skills

插入语的翻译

插入语一般在句中通过逗号、括号或破折号与句子其他成分隔开，通常不影响句子的整体结构，与其他成分也没有语法上的关系，往往是说话者的补充、强调或解释。插入语的形式多样，可以是词、短语，也可以是句子。

在汉语中，插入语置于句首或句中符合表达习惯，因此插入语的英译汉可以采用以下两种方法：

1. 顺译法

插入语位于句中，并且插入语前面的内容已经是一个完整的结构，而后面的内容

起补充说明的作用。

I woke up late this morning; worse still, my bike broke down.

今天早上我起晚了，更糟的是，我的自行车坏了。

2. 前置法

插入语在句中，插入语前后的内容组合在一起才是完整的一句话。这种情况下，英译汉时需要适当调整原句的顺序，将插入语放在句首。

She wrote, to be exact, 10 novels in her lifetime.

确切地说，她一生写了 10 部小说。

在实际翻译中，需要根据语境选择适当的翻译方法。

Translate the following sentences into Chinese, paying special attention to the italicized parts.

1. The movie, *to be frank*, moved me to tears.
2. Don't be surprised! My mom is indeed a student, *to be exact*, a college student at the age of 45.
3. You managed the project very well, *considering your inexperience*.
4. I'll see you in a week, *that is to say*, next Monday.
5. David Harrison, *a linguistics professor*, says technology cannot only spread the influence of major languages, but also help save endangered ones.



Part 3 Grammar Focus

Gerunds (动名词)

动词的 -ing 形式起名词作用时，称为动名词。它也是动词的一种非限定形式。动名词在句中可以作主语、表语、宾语等。

一、动名词的用法

1. 作主语

(1) 动名词可直接放在句首，谓语动词用第三人称单数形式。

Working in these conditions is not a pleasure but a suffering.

(2) 动名词作主语时，可用先行词 it 作形式主语，动名词移到句末，表语可以是形容词或名词短语。

It is enjoyable spending the holiday at the beach.

It is no use complaining; the company won't do anything about it.

(3) 动名词在 “There is (was) no + doing” 结构中作主语。

There is no denying that she is efficient.

2. 作表语

Her favorite pastime is playing chess.

3. 作宾语

Have you finished writing your report?

I would go to the library instead of staying at the dormitory.

二、动名词的复合结构

动名词的复合结构由“代词或名词及其所有格 + 动名词”构成。在这种结构中，代词、名词及其所有格是动名词的逻辑主语。这种复合结构多用作主语或宾语，也可用作表语。

1. 作主语

My daughter's staying up so late worried me.

2. 作宾语

I would appreciate your calling back this afternoon.

I know nothing about his having gone to Beijing.

3. 作表语

Mr. Smith's problem is his not having enough experience of trade in China.

三、动名词的易错点

1. 动名词也有时态变化。如果强调动名词动作发生在谓语动词动作之前，要用动名词的完成形式。

[误]: Marry regrets being idle when young.

[正]: Marry regrets having been idle when young.

2. “have difficulty (trouble, problem, a hard time, fun, a good time)” “be busy” “There is no point (use)” 等结构后，要用动名词形式。

[误]: The children are busy to do their homework.

[正]: The children are busy doing their homework.

3. 动名词的否定式要将 not 置于动名词之前。若动名词带逻辑主语，not 置于逻辑主语之后。

[误]: He was angry with me for having not done anything.

[正]: He was angry with me for not having done anything.

[误]: In case of my being not here, ask my brother to help you.

[正]: In case of my not being here, ask my brother to help you.

I. Correct the errors in the following sentences.

1. Although we are concerned with the problem of energy resources, we must not fail recognizing the need of environmental protection.
2. I was often a little tired after a day's work and watch TV demands very little effort.
3. It's no use explain such things to the little child.
4. The text needs to explain once again.
5. Alice was having trouble to control the children because there were so many of them.
6. Regardless of your teaching method, the objective of any conversation class should be for the students practicing speaking.

II. Translate the following sentences from Chinese into English.

1. 从早到晚开车很累人。
2. 原谅我这么早给你打电话。
3. 我习惯于吃早饭时看报。
4. 他从不抱怨加班加点。
5. 她编造不出不去的理由。
6. 她被某人的敲门声吵醒了。



Part 4 Guided Writing

Ways of Making an Outline

Before you begin writing the first draft of your essay, it is best to make an outline. An outline is a general plan of what you are going to write. An outline of an essay can be very helpful for two reasons: (1) An outline will help make your essay more organized. A careful plan will help your body paragraphs stay focused on the ideas in your thesis statement. (2) An outline saves time for writers. Preparing an outline can take time, but when you are finished, you will be able to write the rough draft of your essay more quickly than if you didn't have an outline.

There are two major types of outlines: the topic outline and the sentence outline. A topic outline is brief and clear, and it gives the reader an instant overview of the entire paper. A sentence outline, on the other hand, provides a more detailed plan of paper.

A satisfactory thesis statement is usually the first step to make an outline. It is a central focus for organization of the essay. Roman and Arabic numerals or letters of the alphabet are generally used to number and order ideas.

Thesis (The controlling idea)

I. Introduction

II. Main idea 1

- A. Sub-idea 1
- B. Sub-idea 2
 - a) Supporting detail 1
 - b) Supporting detail 2

III. Main idea 2

- A. Sub-idea 1
 - a) Supporting detail 1
 - b) Supporting detail 2
- B. Sub-idea 2

VI. Conclusion

The following are the rules for writing an outline:

- 1. Avoid single subdivisions.** If there is a major point marked “I”, there must be at least another marked “II”; if there is an “A”, there must be a “B”, and so on.
- 2. Avoid mixing types.** A topic outline is written in noun phrases, and a sentence outline, in sentences. Sentences and phrases are not used together in the same outline.
- 3. Use parallel structures for the headings of the same rank.** Make sure subheads of the same rank are of equal importance, are related to the headings, and are arranged in a logical order.
- 4. Make sure the thesis statement is a complete sentence in the affirmative.** It is not a question, a phrase, or a dependent clause, but one sentence which expresses the controlling idea.

The following is a sample outline for the topic “Should Private Cars Be Encouraged?”.

It is made in the topic type.

Thesis: Private cars shouldn’t be encouraged.

- I. Introduction: a sign of modernization
- II. Three reasons
 - A. the most populous country
 - B. air pollution and sound pollution
 - C. various kinds of trouble
 - a) high maintenance fees

- b) petrol fees
- c) traffic accidents

III. Conclusion: government policy

Write an outline for the following suggested topics.

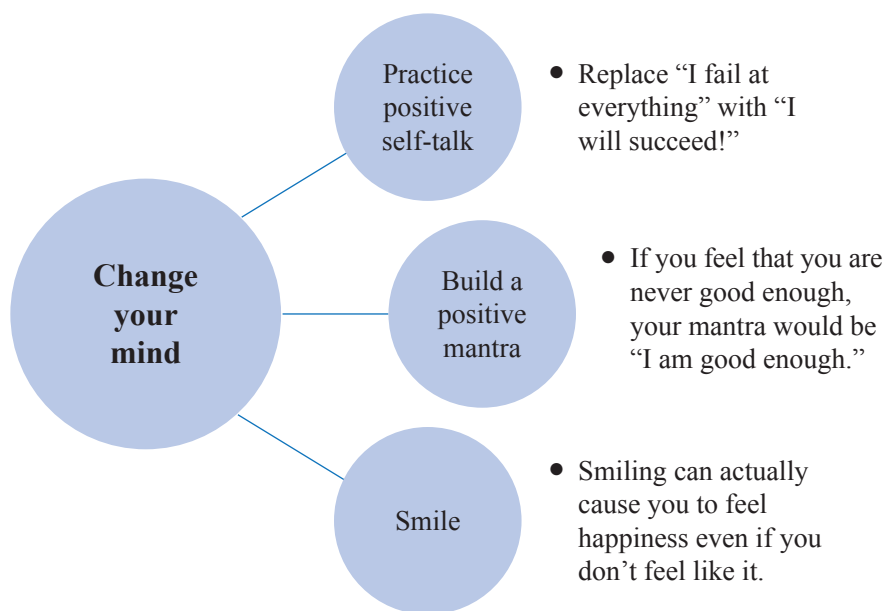
The Significance of Art Education in Primary School

The Significance of Sports in Middle School



Part 5 Culture Salon

I. The mind consists of many different parts that can influence your behavior. Here are three activities to help you get out of the blue.



II. Listening to music is one of the most common ways to manage your stress and mood. Here are some ways of enjoying music to help you relax and adjust your mind.

- * Listen to an uplifting or inspiring song in the morning to help jump-start your day. (*For example, Gorillaz—Feel Good Inc.*)
- * Listen to instrumental or classical music while doing your homework or working on a task that requires a lot of thinking and problem-solving. (*For example, Chopin—Nocturne in E-flat Major, Op. 9, No. 2.*)

- * Listen to a song that makes you laugh to help reverse a temporary bad mood. (*For example, “Weird Al” Yankovic—Amish Paradise.*)
- * Listen to experimental music to stimulate your senses in new ways and open your mind. (*For example, Guns N’ Roses—Don’t Cry.*)



Part 6 Unit Tasks

1. **Work in groups.** Discuss with your group members about the topic: **You Can Become What You Think!**

Sample

In life, many people are easy to get frustrated by a few setbacks. As far as I am concerned, we need to learn to stay positive and optimistic when facing difficulties so that we have more power to pursue our dreams. Only in this way can we realize our dreams.

2. **Write a short essay.** Write a short essay on the topic: **The Importance of Optimism and How to Develop It.**