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A better me

Learning objectives

After learning this unit, you will be able to:

- * talk about growing up
- * express encouragement
- * listen for different ways to express age
- * act out a growing-up mini play

> Pronunciation

Pronunciation skills

Silent /h/

1. h 在单词的第一位有时不发音，如 (h)our, (h)onor, (h)onest, (h)eir。
2. h 在字母 c 后经常不发音，如 sc(h)ool, c(h)emistry, mec(h)anic, tec(h)nology, ec(h)o, stomac(h)。
3. h 在字母 w 后经常不发音，如 w(h)en, w(h)y, w(h)at, w(h)ere, w(h)ich, w(h)ite, w(h)ile。
4. h 在字母 g、字母 r 或字母组合 ex 后经常不发音，如 g(h)ost, r(h)ythm, r(h)yme, ex(h)hibition。

1 Listen and repeat. Pay attention to the silent /h/.

1 (h)ourglass

2 (h)onesty

3 c(h)aracter

4 ac(h)e

5 w(h)eel

6 w(h)ile

7 r(h)ino

8 ex(h)austed

2 Listen and use "()" to mark the silent /h/.

1 heirloom

2 hourly

3 Christmas

4 chorus

5 whisper

6 wheat

7 ghastly

8 rhetoric

Conversation 2

Word tips

host /həʊst/ v. 作主持人

talent show 新秀发掘演出

congratulation

/kən,grætʃu'leɪʃn/ n. 祝贺;
恭喜



1 Listen to the conversation and choose the best answer to each of the questions.

- 1 Why does the man call his mom?
 - A. To ask for some pocket money.
 - B. To ask for advice about speaking.
 - C. To tell her something exciting.
 - D. To tell her something boring.
- 2 What did the man do according to the conversation?
 - A. He hosted a party in the college.
 - B. He hosted a talent show in the college.
 - C. He introduced himself before all the teachers.
 - D. He introduced himself before all the students.
- 3 What is important for speaking successfully in public according to the conversation?
 - A. Practicing again and again.
 - B. Speaking as loudly as possible.
 - C. Keeping eye contact with others.
 - D. Being confident in yourself.

2 Listen to the conversation again and check (✓) the expressions you hear.

- 1 What are you waiting for?
- 2 I've always believed you could do it!
- 3 I'm sure you'll do fine.
- 4 Don't give up!
- 5 Keep going and keep making progress!
- 6 Come on, you can make it!

Act-out

Work in pairs and complete the following conversation. You may use the expressions in the skill box or you may come up with your own ones. After you complete the conversation, act it out.



A: Sir, I am worried that I can't do well in the concert on campus. It seems that I couldn't play the piece of Chopin (肖邦) well.

B: Well, you play well in class. What's the problem?

A: I'm afraid I'll be nervous.

B: Oh, just relax! 1) _____!

A: Oh, it is so difficult for me to play Chopin well. I almost want to give up.

B: Well, 2) _____ so easily. I have a tip for you.

A: Oh, thank you, sir! What is it?

B: Just focus on the music and forget the audience when you play.

A: Will that work?

B: 3) _____!

Communication skills

Expressing encouragement

- I've always believed you could do it!
- I'm sure you'll do fine.
- Come on! You can do it!
- Give it a try.
- Have a try.
- Just do it.
- Go for it.
- Why not ...?
- What are you waiting for?
- What do you have to lose?
- You might as well have a try.
- Keep going and keep making progress!
- Keep pushing!
- Keep fighting!
- Don't give up!
- Try again!
- Give it another try.
- Have another try.
- Hang in there.
- Stay strong.

> Listening to explore

Listening skills

Listening for different ways to express age

英语中有以下几种表达年龄的方式:

1. 表达整岁, 可直接用基数词或基数词 + years old / -year-old。如:
The ceremony was usually held for 20-year-old males and 15-year-old females.
He is 20 / 20 years old / a 20-year-old man.
2. 表达“到……岁的时候”, 可用 by age + 基数词或 by the age of + 基数词。如:
These personality changes slowed by age 30 but didn't stop.
3. 表达“某人……多岁”, 可用 in one's / the + 基数词复数形式。如:
in his 20s / in the 20s
此外, 还可以借助形容词 early, middle 和 late 使表达更为精确。如:
in his early 20s, in his mid-20s (middle 20s), in his late 20s
4. 表达“在……岁到……岁之间”, 可用 between the ages of ... and ... 结构来表示。如:
an online survey completed by 132,000 Americans and Canadians between the ages of 21 and 60
5. 表达“超过……岁”, 可用介词 past; 表达“不满……岁”, 可用副词 nearly, almost 等。如:
The baby is two months past two years old.
She is nearly / almost 17.

当听力中出现如上表达时, 要学会识别以增强听力理解能力。

News report

Word tips

personality /ˌpɜːsə'næləti/ n.
个性; 品格

biology /baɪ'ɒlədʒi/ n. 生物;
生物学

1 Listen to the news report and choose the best answer to each of the questions.

- 1 Which of the following may NOT influence the change of personality according to the new study?
A. Hobbies. B. Age.
C. Experiences. D. Social environment.
- 2 How many people completed the online survey?
A. 100,320. B. 123,000.
C. 130,020. D. 132,000.

- 3 Which of the following increased most in their 30s for both men and women?
- A. Being happy and strong. B. Being helpful and strong.
C. Being warm and helpful. D. Being patient and well-planned.

2 Listen to the news report again and fill in the blanks with what you hear.

- 1 People reached these findings after studying answers to an online survey completed by a large number of Americans and Canadians _____ 21 and 60.
- 2 For example, being well-planned, especially at work, increased most strongly _____ for both men and women, and these personality changes slowed _____ but didn't stop.
- 3 Being warm and helpful increased most in the 30s for both men and women and climbed more slowly _____.



Passage 1

Word tips

struggle /'strʌgl/ v. 奋斗;
斗争

deafness /'defnəs/ n. 聋;
听力不佳

compose /kəm'pəuz/ v.
作曲

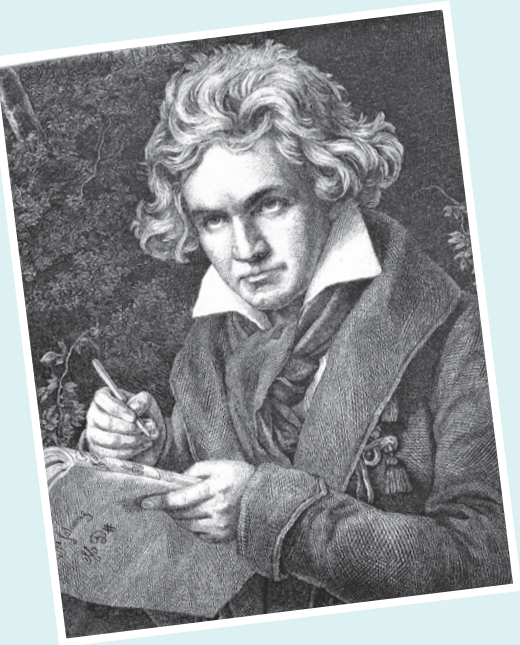
vibration /vɪ'breɪʃn/ n.
振动

fate /feɪt/ n. 命运

Culture notes

Fifth Symphony

德国作曲家贝多芬 1807-1808 年间创作了《第五交响曲》，又称《命运交响曲》。同年在维也纳首演，贝多芬本人指挥。乐曲共四个乐章，充满英雄性和史诗性，集中表现了作者与命运顽强搏斗的精神。



1 Listen to the passage and choose the best answer to each of the questions.

- 1 When did Beethoven begin to lose his hearing?
A. In his early 20s. B. In his mid-20s.
C. In his early 30s. D. In his mid-30s.
- 2 How did Beethoven continue to write music after he was deaf?
A. He used a pencil to write down the notes.
B. He played the piano and sang out the notes.
C. He continued to write with the help of others.
D. He used a pencil to feel the vibration of the notes.
- 3 What does the speaker say about Beethoven?
A. It was sad that the musician was deaf.
B. It was the musician's fate to be successful.
C. The musician was defeated by bad luck in life.
D. The musician struggled with his fate all through his life.

2 Listen to the passage again and check (√) the topic.

- A Beethoven's bad luck
- B Beethoven's music composition
- C Beethoven's *Fifth Symphony*
- D Beethoven – master of fate

Passage 2

1 Listen to the passage and choose the best answer to each of the questions.

- Which dynasty does this ceremony date back to?
 - The Zhou dynasty.
 - The Han dynasty.
 - The Tang dynasty.
 - The Yuan dynasty.
- How old was the male when the ceremony was held for him in ancient China?
 - 18.
 - 19.
 - 20.
 - 21.
- What does the traditional ceremony NOT mean for the young?
 - Becoming an adult.
 - Being ready to get married.
 - Taking on new responsibilities.
 - Making a living by themselves.

2 Listen to the passage again and decide whether the statements are true (T) or false (F).

- 1 The date and place of the coming-of-age ceremony were the same every year.
- 2 During the ceremony, an elder would put a special hat called *guan* on the head of a woman.
- 3 Traditional coming-of-age ceremonies are still held everywhere in China.
- 4 The meaning of the coming-of-age ceremony has remained unchanged over time.

Word tips

coming-of-age ceremony

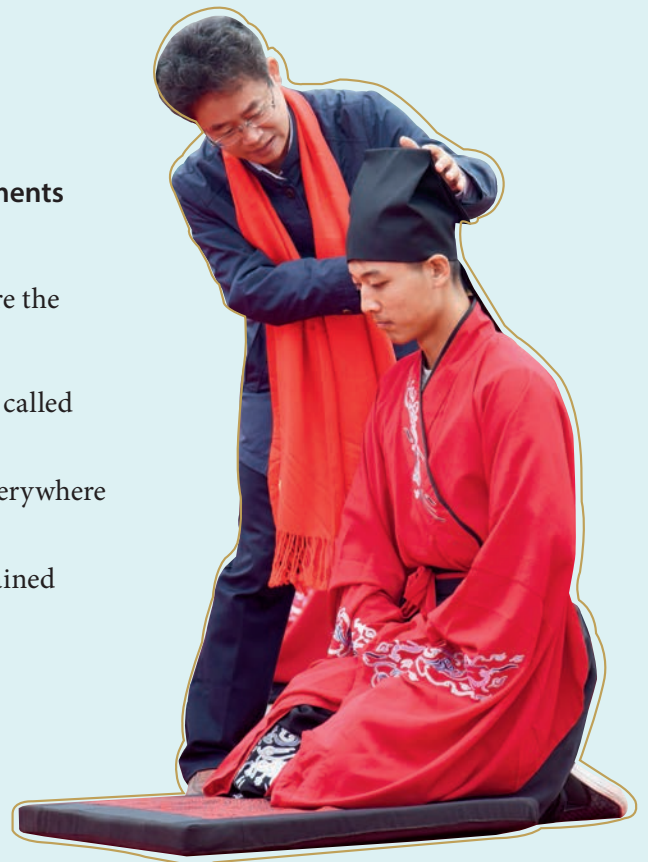
成人礼

responsibility

/rɪˌspɒnsəˈbɪləti/ n. 责任;

职责

version /ˈvɜːʃn/ n. 版本



> Sharing your ideas

Act out a growing-up mini play

Work in groups and act out a growing-up mini play in class.

Step 1

Think about a story of yourself or a story of others from a book or a movie, which influenced you strongly while you grew up.

Step 2

Share your story within your group. Choose the one that is both meaningful and suitable for performance.



Step 3

Rewrite the story into a mini play with a clear story line that runs for three to five minutes. Discuss the following questions with your group members to get some ideas.

- *What message do you want the play to give?*
- *Who are the main characters of your play?*
- *When and where is the play set?*
- *What is the plot for the play, including the conflict, the climax and the ending?*

Step 4

Write the script for your play. Read the following sample script for reference and see how to format your play.

(Enter Claudius and Gertrude.)

Claudius: *(to the audience, in a high voice)* I love being the ruler!

(Hamlet enters.)

Claudius: Hey Hamlet, my new son. Why are you looking so down?

Hamlet: *(to Claudius, in a sad and scared voice)*

Oh, my dad died and my mom married my uncle the next day ... Oh, excuse me ... I mean YOU!

Gertrude: *(hugs Hamlet, in a soft voice)* Dear, stop complaining. All that lives must die. Life goes on, you know.

...

Step 5

Perform your group's mini play in class. Pay attention to your voice and intonation when you are acting. You can express different emotions by raising or lowering your voice, adjusting the speed, and even using non-verbal language.

Presentation skills

Verbal language and non-verbal language

表演英文迷你剧 (mini play) 时, 表演者主要借助言语表达 (verbal language) 和非言语表达 (non-verbal language) 以及二者的结合来表达剧中人物的情感。

1. 言语表达包括选词、句型、语音语调、重读等。
 - 选词。如: 表示“喜欢、表扬、肯定”用 good, beautiful 等褒义词; 表示“厌恶、批评、否定”用 bad, ugly 等贬义词。
 - 句型。如: 用 What a wonderful story! 等感叹句表示“惊讶”; 用 It is this book that influences me most. 等强调句表示“强调”。
 - 语音语调、重读。如: 表示“开心”要语速变快, 音量变大, 音调变高; 表示“疑问”, 若为一般疑问句用升调, 若为特殊疑问句用降调, 若为反义疑问句表示疑问时用升调, 表示希望得到听者的肯定时用降调; 表示“强调”则要重读被强调部分, 如 I mean YOU! 中的 YOU 要重读。
2. 非言语表达包括面部表情、肢体动作等。可用文字进行描述, 以括注的方式写进剧本中, 以提醒表演者。
 - 面部表情。如: 表示“惊奇”要眉毛抬起, 嘴巴张开; 表示“高兴”要嘴角上扬, 眼睛眯起; 表示“抑郁”要目光呆滞, 反应迟缓等。
 - 肢体动作。如: 表示“无可奈何”要双手摊开; 表示“不同意”要耸肩、摇头等。

> Viewing to know

Pre-viewing

Work in pairs and discuss the question.

You may have some troubles (worries, confusion, distress, anxiety ...) while growing up. What's your biggest one?

While-viewing



1 Watch the video clip and decide whether the statements are true (T) or false (F).

- 1 Dear 9-year-old, get involved with the “popular” kids.
- 2 Dear 16-year-old, don't let your mom throw away your make-up.
- 3 Dear 19-year-old, just because it's an all-you-can-eat buffet does not mean you need to eat all you can.
- 4 Dear 36-year-old, stop caring so much about what other people think.
- 5 Dear 72-year-old, spend all your money, or your kids are going to do it for you.

Word tips

weird /wiəd/ *a.* 古怪的; 不寻常的

babysitter /'berbi,sitə/ *n.* 临时保姆

involve /ɪn'vɒlv/ *v.* 牵涉; 牵连

Lego /'legəʊ/ *n.* 乐高积木

make-up *n.* 化妆品

buffet /'bʊfeɪ/ *n.* 自助餐

tough /tʌf/ *a.* 困难的; 艰难的

crisis /'kraɪsɪs/ *n.* 危机

profile /'prəʊfaɪl/ *n.* 简介; 概况

otherwise /'ʌðə,waɪz/ *ad.* 否则; 不然

sincerely /sɪn'sɪəli/ *ad.* 衷心地; 诚挚地

cultivate /'kʌltɪ,veɪt/ *v.* 结交 (朋友)

2 Watch the video clip again and match the statements with the pictures.



1



2



3



4



5



6

A No matter what anyone says, stay weird.

B Go easy on the make-up; you're not as ugly as you think.

C Always be kind to your family. You'll need each other when things get tough.

D A mid-life crisis does not look good on you.

E It's never too late to try something new.

F Don't listen to other people's advice; nobody knows what the hell they're doing.

Post-viewing

Work in pairs and discuss the questions.

- 1 If you could go back to childhood now, how old would you like to be?
- 2 What advice would you give to yourself at that age?

> Further listening

Conversation

Listen to the conversation and choose the best answer to each of the questions.

- 1 Why did the man NOT enjoy his holiday?
A. Because his parents were not at home.
B. Because he had many responsibilities to take.
C. Because he couldn't play video games at home.
D. Because he was tired of his parents' words about what to do.
- 2 How does the woman help the man get the meaning of growing up?
A. By telling him a story.
B. By playing a video for him.
C. By asking him to read a book.
D. By telling him what she learned from a video.
- 3 What is the third advice in the three R's?
A. Taking responsibility. B. Doing the right thing.
C. Respecting yourself. D. Believing yourself.

News report

Listen to the news report and choose the best answer to each of the questions.

- 1 What is the theme of Tara Westover's book?
A. Self-respect. B. Self-discovery.
C. Self-control. D. Self-confidence.
- 2 Where did Tara Westover study for her PhD degree?
A. Harvard. B. Oxford.
C. Yale. D. Cambridge.

Word tips

author /'ɔːθə/ n. 作者

visiting fellow /'feləʊ/
客座研究员

power /'paʊə/ n. 力量

Tara Westover /,tærə west'əʊvə/
塔拉·韦斯特弗 (女子名)

Passage

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

- 1 When did Kobe enter the Los Angeles Lakers?
 - A. When he was 10.
 - B. When he was 14.
 - C. After high school.
 - D. After college.
- 2 Why did Kobe get up at four o'clock in the morning?
 - A. Because he had to do a job.
 - B. Because he wanted to get extra training.
 - C. Because he went to high school far away from home.
 - D. Because he enjoyed the view of Los Angeles at four o'clock.
- 3 What has Kobe's story encouraged people to do?
 - A. Become a basketball player.
 - B. Work hard to go after their dreams.
 - C. Get up early in the morning every day.
 - D. Become the most valuable player of NBA.

Word tips

strength /streŋθ/ *n.* 体力; 力量
field goal (篮球中除罚球外的)
投篮得分

percentage /pə'sentɪdʒ/ *n.*
百分率; 百分比

extra /'ekstrə/ *a.* 额外的

Kobe Bryant /,kəʊbi 'braɪənt/
科比·布莱恩特 (美国职业篮
球运动员)

Culture notes

Los Angeles Lakers

洛杉矶湖人队 (Los Angeles Lakers), 是一家位于美国加利福尼亚州洛杉矶市的篮球俱乐部。球队 1947 年成立于明尼阿波利斯, 后于 1960 年搬迁到了洛杉矶。洛杉矶湖人队不仅是 NBA 历史上最成功的球队之一, 而且还是最早加盟 NBA 的球队之一。

> Listening to appreciate

Listen to the song and fill in the blanks with what you hear.

Older singer Sasha Sloan

I used to shut my door when my mother screamed in the kitchen
I'd turn the music up, get high and try not to listen
To every little 1) _____ 'cause neither one was right

I swore I'd never be like them
But I was just a kid back then

The older I get, the more that I see
My parents aren't 2) _____, they're just like me
And loving is hard, it don't always work
You just try your best not to get 3) _____
I used to be mad, but now I know
Sometimes it's better to let someone go
It just hadn't hit me yet
The older I get

I used to wonder why, why they could never be 4) _____
I used to close my eyes and pray for a whole 'nother 5) _____
Where everything was fine, one that felt like mine

I swore I'd never be like them
But I was just a kid back then

The older I get, the more that I see
My parents aren't heroes, they're just like me
And loving is hard, it don't always work
You just try your best not to get hurt
I used to be 6) _____, but now I know
Sometimes it's better to let someone go
It just hadn't hit me yet
The older I get