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(Dis)connecting in the digital age

Unit overview

Warming up

Section 1

	Plotline summary	Input	Skills	Over to you
E1	The four characters decide to enter a competition to design a new emoji. They conduct online research about emojis to prepare for the competition.	<ul style="list-style-type: none"> • Video: Character conversation • Text: Online material 	<ul style="list-style-type: none"> • Communication skill: Making concessions in communication • Critical thinking skill: Interpreting the meanings of symbols 	Designing and describing a new emoji
E2	The four characters read about pitfalls of emoji design and then do campus interviews to test out their emoji designs.	<ul style="list-style-type: none"> • Text: Journal article • Audio: Campus interview 	<ul style="list-style-type: none"> • Intercultural skill: Dealing with misunderstandings in intercultural communication 	Improving your emoji design and giving examples of its use
P	Making a presentation about your new emoji			

Section 2

	Text summary	Skills
TA	An article about the dark side of online communication	<ul style="list-style-type: none"> • Reading skill: Identifying the function of a paragraph • Critical thinking skill: Finding solutions to a problem • Intercultural skill: Examining the cyberbullying problem in China
TB	An online forum discussion about controlling individual social media usage	<ul style="list-style-type: none"> • Intercultural skill: Examining the problem of Internet addiction in China

Self-reflection & Wisdom of China

1 Warming up

Teaching tips

T should interact with Ss to get an idea of the overall popularity of each form of communication.

- For Activity 1, call out different forms of communication and have Ss raise their hands if they personally use the form often. This can be done at the very beginning of class, or after Ss have completed the table.
- For Activity 2, ask Ss to share their answers in class after they finish their discussion.

① *Answers may vary.*

② 1. *Answers may vary.*

2. • My parents use instant messaging and voice calls frequently, because these methods are convenient.
- My grandparents prefer face-to-face interaction and phone calls. They seldom use instant messaging, voice calls, or emails, because they are not used to using smartphones and computers.

Episode 1

* Scan the QR code and listen to the plotline summary.



Video

Scripts

T=Tom; WH=Wang Hao; YF=Yi Fei; A=Alice

- T: Guys, guys, guys! I thought you might be interested in this competition.
- WH: Competition?
- T: Yeah, to design a new emoji.
- YF: Cool! Emojis are super popular. Most people use them in messages these days.
- T: I don't like using them that much.
- YF: I know, but I love them. Sometimes they seem so much better than words.
- WH: Exactly. They're kind of like a universal language that everyone can understand.
- A: You say that, but they're not that straightforward. Take all the different face emojis. I think some people are confused by them.
- T: Yeah, like that one with the tongue ... What does that even mean?
- WH: Yeah, I guess so. They can sometimes be a bit ambiguous.
- A: Absolutely! When we design one, we should think about the different ways it can be interpreted.
- WH: I agree!
- YF: I think we should definitely enter the competition!
- WH: So, Tom, what do we need to do to enter?
- T: Well, obviously we need to come up with a unique emoji and submit a design for it, with a name and a short description.
- WH: A short description?
- T: Yeah. The description should include what the emoji looks like and examples of how it could be used.

- A: What are their criteria for accepting a new emoji?
- T: They want it to be distinct from existing emojis, and to be something that actually could be used.
- WH: That shouldn't be too difficult!
- YF: I've already got one! I was trying to find a "Venus flytrap" emoji just yesterday.
- A: That's a good one! Let's brainstorm some ideas and see how we go.
- T & WH & YF: Sure! Right!

Language points

1. Sometimes they seem **so much** better than words.

so much: to a great degree or very much 非常
Using emojis in messages is so much more popular with young people than it is with older people.

Notes: Like "so much", expressions like "a lot", "far", "a little", "a bit", and "slightly" are often used before a comparative adjective to modify it, too.

2. They're **kind of** like a universal language that everyone can understand.

kind of: (*spoken*) used when you are talking about sb. or sth. in a general way without being very exact or definite 可以说; 有点儿; 有几分
She is kind of addicted to social media, and she hardly ever puts her phone down.

3. You say that, but they're not that **straightforward**.

straightforward: a. not complicated or difficult to understand 简单的; 易懂的
It's pretty straightforward: You just have to complete the application form and send it in.

Notes: “You say that, but ...” implies that the speaker does not fully agree with or believe what someone else has said. It is used when the speaker wants to politely challenge what the other person has said.

4. **Take** all the different face emojis.

take sb. / sth. (for example): used to give an example of sth. you have just been talking about 举例说明; 以某人 / 某事为例

I think he's very kind. Take the way he helps his neighbors for example.

5. They can sometimes be a bit **ambiguous**.

ambiguous: *a.* not clear, or capable of being understood in more than one way 含糊不清的; 模棱两可的

The meaning of art is often ambiguous; the same painting may mean different things for different people.

Notes: The phrase “a bit” means “slightly or a little”. Expressions with similar meaning include “a little”, “a little bit”, and “somewhat”. For example:
My mom said the soup was a little salty this time.
This book is a little bit bigger than that one.
He felt somewhat awkward in his suit.

6. When we design one, we should think about the different ways it can be **interpreted**.

interpret: *vt.* to understand an action, situation, etc. in a particular way 理解

The teacher asked us to interpret the graphs and explain them to our partners.

7. Well, obviously we need to come up with a unique emoji and **submit** a design for it, with a name and a short description.

submit: *vt.* to formally give sth. to sb. so that they can make a decision about it 提交; 呈送; 呈递

We have to submit our papers to the professor on Monday so that we can get the grades the following week.

8. What are their **criteria** for accepting a new emoji?

criteria: *n.* [pl.] standards that are used for judging sth. or making a decision about sth. 标准; 准则; 尺度

The creativity of the proposal is one of the main criteria for approval.

Activities

- ① 1. super popular; don't like; a universal language (that everyone can understand); confused
2. a design
3. how it could be used
4. existing

② Teaching tips

Ss may find this activity challenging either linguistically or on a more personal level, i.e. they may not like making concessions readily.

- For Ss who find the activity linguistically challenging, T can first let them brainstorm the expressions to make concessions. Then T can ask Ss to practice on their own by using the newly learned expressions.
- To support Ss who are reluctant to admit mistakes, T can set an example of making concessions in communication. T reads one of the statements, encourages Ss to propose different ideas and then makes a concession.

Answers may vary.

Additional notes

Communication skill: *Making concessions in communication*

In some formal situations like business negotiations or persuasive essay writing, we may want to use concessions to express polite disagreement.

In business negotiations, concessions may be made by agreeing initially, but following up with “but”, “however”, etc. to introduce a challenge. For example:

- *We agree that ..., but ...*
- *You are right in saying that ..., however ...*
- *I will grant you that ..., however ...*

In an argumentative or persuasive essay, concessions can be used to show you understand the alternative view, but disagree personally. For example:

- *While it can be said that ...*
- *It is indeed true that ..., but ...*
- *A case can be made for ..., however ...*

Text

Culture notes

Oxford Word of the Year

The Oxford Word of the Year is a word selected each year by Oxford University Press to represent the spirit and ethos of mood of that year. The word should have a lasting cultural impact on society. Previous words of the year include “toxic” in 2018 and “youthquake” in 2017.

Language points

1. Some have commented that from the hieroglyphics of ancient Egypt to the emojis we use today, human communication has **come full circle!**

Meaning To some people, the idea of emojis is similar to Egyptian hieroglyphics, so it appears that human communication has gone back to where it began.

come / go / turn full circle: if a situation comes, goes, or turns full circle, it becomes the same again as it was at the beginning 循环; 又回到原处

I have spent all of my childhood in school and now I am training to be a teacher; I seem to have gone full circle!

2. Emojis have been one of the biggest communication **breakthroughs** since text messaging became available to the public.

breakthrough: *n.* [C] a discovery or achievement that comes after a lot of hard work 突破; 重大发现; 重大成就

The discovery of penicillin was one of the greatest medical breakthroughs of the 20th century.

Notes: When we send a written message to others using a mobile phone, we are **texting** them. The written message we send or receive is called a **text message**. And the process of us sending and receiving the written message is called **texting** or **text messaging**.

3. The first emojis were **launched** in the late 1990s in Japan, but they didn't become a global phenomenon until the 2010s.

launch: *vt.* to make a product available to the public for the first time (首次)上市, 发行
The latest model will be launched online and in stores at the beginning of next month.

4. Emojis are usually **classified** into eight categories ...

classify: *vt.* to put people or things into particular groups according to their features

把…分类; 把…分级

Sports can be classified into team or individual sports, indoor or outdoor sports, etc.

Notes: Similar words to show division include “categorize”, “sort”, and “group”. For example:
Tastes can be categorized into only five basic groups.
We can sort the books into three piles.
All contestants are grouped into four teams.

5. A yellow face with a big grin, raised eyebrows, and smiling eyes, **shedding tears of laughter**.

shed tears: (*esp. literary*) to cry 流泪
Knowing that her son was back safe and sound, she shed tears of delight.

Notes: Other expressions to describe crying include “be close to tears” (to be about to cry), “burst into tears” (to start crying suddenly), and “hold back one’s tears” (to stop oneself from crying).

tears of laughter: if sb. is in tears of laughter, they laugh at sth. so hard that tears flow from their eyes 笑出的眼泪
The joke was so funny that her classmates broke into tears of laughter.

Notes: Similar expressions include “tears of joy”, “tears of happiness”, and “tears of sorrow”. For example:
The old lady shed tears of joy / happiness as she was told that her son was still alive.
Waving to her family on the platform, the girl could not hold back tears of sorrow.

6. A yellow face with smiling eyes, a closed smile, rosy cheeks, and several hearts **floating** around it.

float: *vi.* to move slowly on water or in the air 浮动; 漂流; 飘动; 飘移
It was a beautiful day and there were white clouds floating in the blue sky.

7. It is used to express a **range** of happy feelings, especially being in love.

range: *n.* [C, usu. sing.] a number of people or things that are all different, but are all of the same general type 一系列
The videos give advice on a whole range of subjects.

8. It shows approval or that something has been **green-lit** to move on to the next step of a process.

green-light: *vt.* (*AmE*) to give permission for sth. to happen 开绿灯; 准许某事发生
The council has green-lit the construction of a new shopping center.

9. It can be used to describe something or someone being hot, or **in the context of being exemplary**.

in the context of: in the circumstances under which sth. happens or has happened 在…情况下; 在…背景下
In the context of this project, the term carries a positive meaning.

exemplary: *a.* excellent, or done in a way that other people should try to copy 优异的; 值得效仿的; 可作楷模的
Her behavior is exemplary. She sets a good example for all her classmates.

10. A dog’s face with its tongue **sticking out**.

stick out: to push or stretch sth. forward or away from you, esp. a part of your body 把(尤指身体的某一部位)伸出
He stuck out a hand and said, “I’ll take it, please.”

11. It is used in messages about people’s dogs or to **accompany** photos of cute dogs.

accompany: *vt.*
 1) to appear or be provided with sth. else, as an addition or explanation 附带; 补充
A recent photograph of yours is required to accompany the document you hand in.
 2) (*fml.*) to go with sb. to a place or event 陪同; 陪伴

When parents can't afford time to accompany small children, they choose to send their children to the childcare center.

Activities

3 1. B 2. C 3. B 4. A

- 4 1. The image and use of an emoji. / What an emoji looks like and how it can be used.
2. The size, shape, and color.
3. • It is (widely) used to / in ...
• It can be used when / to ...
• It shows ...

Additional activity

Ask Ss to think about one or two of the most commonly used emojis in their daily conversations, and encourage Ss to describe them based on the questions in Activity 4.

- 5 1. • It seems like a bell with a line through it.
• It could mean being quiet or keeping silent.
• Not really.
• It could be used when one wants someone else to be quiet or turn off the sound.
2. • This emoji is a pair of eyes.
• It could mean looking or staring, and is designed to evoke feelings of interest and curiosity.
• Not really.
• It is used to tell someone to look at or look out for something.
3. • It is a yellow star moving around quickly in a circle.
• It could symbolize dizziness / wishing someone good luck.
• Not really.
• It could be used when one feels dizzy or confused. / It could be used to wish somebody good luck.
4. • It seems like a vertical volume control.
• It may symbolize monitoring the volume of something.
- Not really.
 - It could be used when one wants to turn up or down the volume of something, or to talk about music or recording.
5. • It looks like a baby crawling on the ground.
• It symbolizes babies or young children.
• Not really.
• It may be used to talk about babies or someone acting in a childish way.
6. • It looks like a bamboo tree with a red paper tag hanging on it.
• It may symbolize making wishes.
• It is related to a kind of wish tree in Japan. During Tanabata, a Japanese festival, people hang wishes written on paper on wish trees.
• It could be used when one wants to make a wish.
7. • It looks like steam rising from somewhere.
• It may symbolize a hot spring.
• Not really.
• It may be used when one talks about hot springs.
8. • It looks like a puzzle piece.
• It could symbolize a puzzle or something challenging.
• Not really.
• It could be used when one needs to work something out or find a solution to a problem.
9. • This emoji is a woman lifting weights.
• It may mean a strong, tough woman.
• Not really.
• It could be used to indicate a woman who either needs strength or succeeds in a challenge.

Additional notes

Critical thinking skill: Interpreting the meanings of symbols

Here are some expressions often used when we answer the questions in the skill box:

- What is it? / What does it look like?
It seems like ...
It looks like ...
To me, it appears to be ...
- What could it mean?
It could symbolize / be a symbol for ...
It may mean ...
I think the image represents ...
- Are there any cultural connotations to it?
I think it may mean more / something different to people from ...
In some cultures, it may ...
It may be used to ... in a certain country.
- In what context could it be used?
I may use it if / when I am ...
It could be used to / when ...

- For Step 3, ask Ss to draw a rough sketch for their emoji within a time limit of five minutes. Remind Ss that the emoji descriptions could include different aspects, such as its size, shape, color, and use.

Answers may vary.

Suggested evaluation criteria

Use the following criteria to judge how successful Ss have been with their OTY task. T can also share the criteria with Ss before they begin.

Content	<ul style="list-style-type: none"> • Relevance: Your emoji idea is original, and the description is linked to the image and use of the emoji. • Appeal: Your emoji is a fresh idea that appeals to the audience.
Language	<ul style="list-style-type: none"> • Accuracy: You have used effective and accurate vocabulary and sentence structures when describing your emoji.

Over to you

Teaching tips

- For Step 1, encourage Ss to think outside the box and be creative. They can:
 - recall their experience of having a need to express a certain emotion in a specific situation / scenario through an emoji, but failing to find it.
 - write down all the ideas that they can think of, regardless of whether their ideas seem strange or unusual.
- For Step 2, choose the best one to work on. Ask Ss to put themselves in other people's shoes. Ss can think about:
 - What emotion does the emoji represent?
 - Is it common for people to want to express this emotion?
 - Is the emoji easy for them to interpret?

Language in focus

Words and expressions

- 1) submit
2) straightforward
3) ambiguous
4) interpreted
- 2 1. What do you think is the most major breakthrough in communications in the last 50 years?
2. What different groups can you classify all the different emojis into?
3. What are some characteristics of an exemplary team leader?
4. In your opinion, which tech company

launches its products in the most interesting and dramatic way?

5. What would you do if your discussion with other team members came full circle?

Collocations

- ③
1. express ideas
 2. show approval
 3. show respect
 4. express opinions
 5. show (an) improvement
 6. express yourself

Translation

- ④
1. The emojis of “facepalm” and “face with tears of joy” are very popular among young people. But some people think that the two emojis are not that straightforward.
 2. Choosing the way of communication is dependent on various factors. Take the occasions when people communicate. Emails are widely used in the working environment, while phone calls and WeChat messaging are preferred among family members.
 3. The same body language may be interpreted differently in different cultures. For example, in China, nodding implies “yes”, while in Albania it means “no”.
 4. Technological development has brought major breakthroughs in the means of social interaction. WeChat Moments, for example, has been popular with users since it was launched in 2012.

Episode 2

Text

Background information

Emoji on different platforms

Although Unicode provides a unique number for each emoji, different manufacturers and software makers use their own images to represent each emoji. When you send an emoji, you send a Unicode character which is then translated to an image by the software you're using, like WeChat or your phone's text message software, which means that the image varies according to the device or platform used.

Culture notes

Thumbs-up

A “thumbs-up” sign in some countries such as Iran, Iraq and Nigeria can be interpreted as highly offensive. It is similar in meaning to showing someone the middle finger in countries like the U.S. and the U.K.

Language points

1. It is estimated that emojis are used, **to varying degrees**, by 90 percent of the world's online population.

to a / some / a certain, etc. degree: partly, or to a particular level 在某种程度上
Kangaroos are trainable to some degree, but they are not as smart as dogs.

Notes: The expression “it is estimated that ...” is usually used in formal English. In this sentence, “It” is used as the preparatory subject and the real

subject is the “that” clause. More expressions include “it is reported that ...”, “it is believed that ...”, and “it is calculated that ...”. For example:

It is reported that it will rain tomorrow, and the temperature will drop.

It is believed that traditional books will not be replaced by e-books.

It is calculated that more than 5,000 jobs were created last year.

2. The researchers rightly **maintain** that while words have a dictionary definition, emojis are **trickier** and **are often open to interpretation**.

Meaning The researchers believe that while words have specific meanings that are defined in dictionaries, emojis are often more ambiguous in their meanings.

maintain: *vt.* to strongly express your belief that sth. is true 断言(某事)属实; 坚持说
He maintained that there was no shortcut available for pollution control.

tricky: *a. (informal.)* difficult to do or deal with 难办的; 难对付的

I find myself in a tricky situation: I have to decline my friend's invitation without hurting her feelings.

be open to discussion / negotiation / dispute, etc.: if sth. is open to discussion, negotiation, etc., it has not been finally decided, so you can still discuss it, suggest changes, etc. 尚可讨论 / 谈判 / 争辩等
The price in the contract is not open to negotiation.

Notes: The conjunction “while” can be used to show contrast between two things. When it is used in this sense, its meaning is similar to “although” and “despite the fact that”.

3. This ambiguity increases with the fact that emoji designs are not **standardized** across all devices, or “platforms”, being used.

Meaning The confusion is made worse by the fact that emoji designs vary on different devices or “platforms”.

standardize: *vt.* to make all the things of a particular type have the same features or level of quality 使合乎规格; 使标准化
Standardized designs make the series of products easy to use.

4. On Samsung devices, it is **perceived** by readers as “very happy”, because of its broad and open smile.

perceive: *vt.* (often passive) to understand or think about sth. in a particular way 理解; 思考; 认为
She is sometimes perceived as unfriendly, but really she’s just a little shy.

5. However, the **exact** same emoji displayed on Apple devices is a **clenched-teeth** smile, and is often perceived as “ready to fight”.

exact: *a.*

1) (the ~ color / moment / type, etc.) used to emphasize that the same thing is involved 一样的颜色 / 时刻 / 类型等
The exact same phone is 10 percent cheaper online.

2) completely correct in every detail 确切的; 精确的
I know his birthday is in June, but I can’t remember the exact date.

clenched: *a.* closed tightly together 紧咬的; 紧握的
“Why won’t you listen?” the boy demanded through clenched teeth.

6. There is also a cultural **dimension** to how we interpret and use emojis.

dimension: *n.* [C] a part of a situation or a quality involved in it (形势或品质的) 方面, 部分

It’s important to consider the social as well as the economic dimensions of the proposed changes.

7. For example, in many countries, the “sign of the horns” emoji is seen as a lucky sign, but in Brazil, Greece and Spain, if it is directed at a specific person it means that their partner has **cheated on them!**

cheat on sb.: to be unfaithful to one’s husband, wife, or partner 对(配偶或伴侣)不忠
A couple should remain faithful and never cheat on each other.

8. So next time we send a message, remember that our reader may interpret our emojis differently from what we **intended**.

intend: *vt.* to have sth. in your mind as a plan or purpose 计划; 打算; 想要
She intends to become an engineer after she graduates from university.

Notes: The expression “next time” is used to introduce an adverbial clause of time. More expressions to introduce time adverbial clauses include “each time” and “every time”. For example:
Each / Every time I went to my hometown, I would pay a visit to the old house where I was born.

9. As emojis are a relatively new form of communication, the way they are used and understood is still **evolving**.

evolve: *vi.* to gradually change and develop over a period of time 逐步发展; 演化
Our product designs have been evolving according to the requirements of our customers.

10. Hopefully, as time passes, the design of emojis will become more standardized and their interpretations will be consistent, so that fewer or no communication challenges arise.

Meaning It is hoped that emoji designs and the understanding of them will be less problematic in the future, and thus little or no misunderstanding will occur.

Activities

① 1, 3

② 2, 5, 6

- ③ 1. This pair means people are afraid or scared, and the one on the left also looks more shocked.
2. This pair may mean a detective or investigator, and the one on the left could also be a criminal.
3. This emoji is a moon cake in China to celebrate the Mid-Autumn Festival, or just a regular cake in other cultures.
4. This emoji is a dragon in China, used specifically to represent the emperor or power, whereas it might be seen as bad or scary in some other cultures.
5. While in some cultures it means praying or saying thank you, it can be interpreted as a sign of greeting in certain cultures such as Thailand.

Additional activity

Ask Ss to work in pairs and research how various emojis are represented on different platforms through their mobile phones or computers. Or ask Ss to work in pairs and look for examples of culturally specific emojis and write a description of their meanings and how they are culturally accepted.

Audio

Scripts

WH=Wang Hao; I1=Interviewee 1; A=Alice;
I2=Interviewee 2

Interview 1

WH: Good morning. Can you spare a few minutes?
I1: What for?

WH: We are trying to design a new emoji for a competition, and we would like your opinions on our new designs.

I1: OK, sure.

WH: Thank you. Here's the first one.

I1: Well ... that's a Venus flytrap, right? So, if someone sent me that, I would think they're stuck in a situation they can't get out of. Is that what you're going for?

WH: Actually, yes! We were worried that people wouldn't be able to recognize it.

I1: Well, I recognized it instantly! I think it's really good. Good design!

WH: Thank you. So, you think you'd use it a lot?

I1: I think so, yes.

WH: OK, great, and how about this one?

I1: Uhhh ... I'm really not sure. It looks like ravioli to me.

WH: What's ravioli?

I1: Ravioli ... it's like an Italian *jiaozi*.

WH: Oh no. It's meant to be a Chinese gold ingot, an ancient form of money.

I1: I've never seen gold like that before. Maybe a gold bar would be more universal?

WH: Yeah, I guess it would. OK, thank you very much for your time!

I1: My pleasure.

Interview 2

A: Hi there. We're doing a survey about some new emoji designs. Can I ask some questions?

I2: Sure!

A: Thank you! Here's the first one.

I2: Oh, cool! A Venus flytrap. I assume it means you're stuck doing something you don't want to do.

A: Oh great. That's exactly what we intended!

I2: Although, if I were you, I'd try to make the design less detailed. A lot of the time, when I read emojis on my phone, they're very small. So the detail sometimes looks confusing.

A: Good advice, thank you! How about this one?

I2: Oh, isn't that a gold ingot? I would use that when I make some money, or when my parents transfer my living expenses each month.

- A: Great. That is what we're going for.
- I2: However, I wouldn't use it with my international friends, because I don't think they could recognize it. This boat-shaped gold ingot is unique to China.
- A: That's very helpful! Thank you for your time!

Culture notes

Ancient forms of money

Ancient forms of money date back to the beginning of human civilization, starting with the use of shells which were used for trading goods. These evolved into pressed metal tokens and then coins made from precious metals such as gold. The first ever paper banknotes were issued in China about 1,000 years ago in the Song Dynasty.

Language points

1. What for?

what (...) for?: used to ask why sb. does sth. 为什么?

A: *You're both in deep trouble.*

B: *What for? We didn't do anything.*

2. So, if someone sent me that, I would think they're **stuck** in a situation they can't get out of.

stuck: *a.* unable to escape from a boring or difficult situation 无法摆脱困境的

I don't want to get stuck in another job like that.

3. Is that what you're **going for**?

go for: to put a lot of effort into sth., so that you get or achieve sth. 努力争取(某事物)

She's going for the gold medal in her event. I hope she will be successful.

4. Hi there.

Notes: "Hi there" is used as an expression of greeting. It is usually used when the speaker does not know the person's name.

5. I would use that when I **make** some **money**, or when my parents **transfer** my living **expenses** each month.

make money: to earn money 赚钱

Few people can succeed in making money overnight.

Notes: Similar expressions include "make a fortune", "make a mint", and "make a killing". For example:

If you want to make a fortune by doing nothing, you will end up achieving nothing.

His books sell across the country and there's no doubt that he has made a mint.

Based on the number of potential consumers, we should make a killing from our product, right?

transfer: *v.* to move (sth. or sb.) from one place to another (使)转移; 搬迁

He's been transferred to work in the head office in Shanghai.

expense: *n.* [C] an amount of money you spend in order to buy or do sth. 花费; 费用

Rent is my biggest expense, followed by food and transportation.

Activities

- ④ Venus flytrap: Interviewee 1, Interviewee 2
Gold ingot: Interviewee 2

⑤ For Interviewee 1

1. stuck in a situation
2. Italian
3. A gold bar

For Interviewee 2

1. stuck doing something
2. less detailed
3. No; recognize; unique to China

- ⑥ 1. For the Chinese student "the ox" image implies "You're great!", but this meaning is not shared by his Italian friend.
2. Mexican people and Chinese people have different perceptions of time. In China, most

people are very conscious of the value of time, and therefore, being on time is very important. However, the concept of time in Mexico is very flexible. Mexican people do not give as much importance to punctuality as Chinese people. For many Mexicans, it's OK to tell someone they'll be there in a few minutes when they know they need at least half an hour.

3. Greetings vary in different cultures. In Mediterranean cultures, for example, physical contact, like hugging and kissing, is considered normal as a greeting. But in many other cultures, such physical contact, especially between new acquaintances or people of the opposite sex, may seem rude.

Additional notes

Intercultural skill: Dealing with misunderstandings in intercultural communication

If a cultural misunderstanding occurs, it is important to be willing to apologize if any offence has been caused by miscommunication.

Dealing with misunderstandings:

- I'm not sure whether I've understood correctly ...
- I think maybe we've misunderstood each other ...
- I think I misunderstood what you meant. In China we normally ...
- I'm really sorry for any confusion. I thought ...
- I'm so sorry; I didn't mean to offend you.

Additional activity

- Encourage Ss to think more about adapting to other cultures. Ask them to discuss the meaning of the expression "When in Rome, do as the Romans do". The idea is that visitors should adjust their behavior to the local culture.
- Ask Ss to discuss why it is important to do as the locals do, and what foreign visitors might need to do to adapt to Chinese culture.
- If Ss don't have the experience of dealing with cultures of other nations, T may suggest they

think about the cultural differences between people in various regions of China or between various ethnic groups in China.

Over to you

Teaching tips

For Step 1, ask Ss to work in groups and give feedback on the emoji designs. Some Ss may feel reluctant to give honest feedback to their peers. T could introduce the "two stars and a wish approach": Ss give three pieces of feedback; two should be about positive features of the emoji design and one should be a wish about how it might be improved. Ss could:

- say what they like about their classmates' design.
- suggest how it might be improved in a polite way.
 - How about ...?
 - Have you thought about ...?
 - You could ...
 - If I were you, I'd ...

For Step 2, remind Ss to think critically before they accept the interviewees' suggestions.

For Step 3, remind Ss to come up with different occasions where the same emoji could be used. Ask Ss the following questions:

- To whom would you send this emoji? Friends, parents, or teachers?
- On what occasions can the emoji be used? Formal or informal?

Answers may vary.

Suggested evaluation criteria

Content	<ul style="list-style-type: none">• Relevance: Your emoji idea is clear and unambiguous.• Effectiveness: Your emoji should be able to be used easily in online communication.
Language	<ul style="list-style-type: none">• Appropriacy: Your sentences are written in a style appropriate for online communication.

Language in focus

Words and expressions

1. You can connect your communication device to the college network, but first you must register it.
 2. Technology in schools has evolved into a vital learning tool that could change how we demonstrate ideas.
 3. Excuse me, could you tell me what the exact time is?
 4. Among the words “youthful”, “young” and “childish”, “young” is neutral as it implies no feelings.
 5. In your opinion this is a very bad situation, but I just don’t perceive it that way at all.
 6. It is really important that we standardize all of the dishes at our restaurant.
- 2 1. been stuck in
 2. expenses
 3. transfers
 4. is going for

Collocations

- 3 1. time; embarrassment
2. mind; room
3. survey; stranger

Structure

- 4 1. If I were you, I’d download WeChat, because it’s one of the most popular online messaging apps in China, and most of our online communication with friends and classmates takes place on it.
2. If I were you, I’d sign up for an Alipay or WeChat Pay account. Through these online payment platforms, you can buy things and send money to people if you need to.
3. If I were you, I’d register an account on the taxi-hailing app as it can help you get a taxi more conveniently.

Project

Teaching tips

For Step 1, explain to Ss that effective presentations need planning in terms of the structure, the visuals, and the delivery.

For Step 2, tell Ss that they need to be clear on what they want to say, and need to organize the information logically. The structure of the presentation can be as follows:

- Introduction
 - A need for expressing an emotion
- Body
 - The sources of the emoji in nature
 - Description of the look of the emoji
 - Explanation of the usage of the emoji
- Conclusion
 - Questions / Close / Thanks

For Step 3, remind Ss to present the visuals based on the following criteria:

- Slides should be clear and simple with strong visuals.
- Only key points should be included in the slides.
- The font size should be large enough.
- Pictures should be relevant to the content of the slides.

For Steps 4 & 5, remind Ss to share the tasks of preparing and presenting fairly in their groups. Emphasize that how the presentation is delivered is vital, so Ss should:

- avoid just reading the slides.
- provide more details or examples to elaborate on the content.

Answers may vary.

Suggested evaluation criteria

Content	<ul style="list-style-type: none"> • Relevance: Your presentation clearly introduces your emoji design.
Organization	<ul style="list-style-type: none"> • Structure: Your presentation is organized logically, and follows the format of the model presentation plan.
Delivery	<ul style="list-style-type: none"> • Fluency: You have presented in a smooth and clear way, and transition between speakers is natural. • Engagement: You have made eye contact with your audience and haven't looked at the screen too much. • Visual aids: Your slides help the audience to understand your ideas. They have a clear layout with bullet points, and are not overloaded with information or details.

Text A

Preview task

Teaching tips

The purpose of the Preview task is to give Ss a framework for autonomous learning. Ss are required to read the text before class, and answer the question(s) provided. The question(s) are designed to connect Ss' prior knowledge with the text, and to have Ss make predictions and think critically about the topic of the text, etc.

Ss must get used to working their way through questions without guidance, and come to class as prepared as possible. This way, they will be able to participate in class in a more efficient way. If they come to class with the raw information of the text already understood, then they will be better able to engage with deeper aspects of the content, which will exercise their critical thinking skills.

T should encourage Ss to do this task as homework for the previous class. T could also organize different classroom activities based on the question(s).

The Internet does have a negative impact on our social norms in that people are generally less polite when communicating online. This is because the Internet makes us feel detached from each other, and may offer “positive reinforcement” even when we post aggressive comments.

Is the Internet destroying our social norms?

Culture notes

Positive reinforcement

Positive reinforcement is the giving of a reward for a certain type of behavior to reinforce and encourage it. It may be used in training dogs, giving them a treat when they behave in a certain way, such as sitting on command.

Text interpretation

1. 主题探索

互联网的深入发展使人与人之间的沟通变得简单、快捷、高效，但随之而来的也有诸如网络暴力等网络不良行为。网络欺凌不仅困扰受害者，也影响社会的和谐和稳定。因此，如何有效解决这一问题已成为社会关注的焦点。本文聚焦网络暴力现象，通过剖析问题背后的原因，指出采取教育手段可以预防网暴。

基于课文阅读，教师可引导学生进一步思考以下问题：1) 在线交流的利弊；2) 网络暴力对个人、社会和国家造成的危害；3) 什么是良好的网络礼仪和社交规范；4) 如何保护自己免受网络暴力的侵害；5) 如何提高个人修养，避免参与网络暴力。教师可引导学生联系自我，对以上主题进一步探索和反思，从而牢固树立法制观念，自觉践行社会主义核心价值观。

2. 篇章分析

本文整体上是一篇议论文，作者指出网络暴力这一社会问题，深入分析了该问题背后的深层原因，并呼吁社会、家长和学校采取行动，通过教育预防网络欺凌的发生。

从篇章结构上分析，这是一篇典型的Problem — Solution结构的议论文，教师可引导学生关注该文体的典型结构，即指出或描述问题(Introduction)，分析问题(Analysis of the problem)，提出解决问题的办法(Solution)，呼吁读者积极行动起来解决问题(Conclusion)。本文按照此结构展开，大致可以分为四个部分。

第一部分(第一至第二段)提出并描述在线交流存在的不文明行为甚至暴力问题。作者首先讲述英国跳水运动员汤姆·戴利遭遇的网络暴力，为全文提供了一个真实的背景，同时也吸引读者，从而引起共鸣。以此实例为基础，作者对比分析在线交流和传统面对面交流的差异，在第二段结尾点明本文聚焦的问题(the norms of acceptable behavior online become increasingly blurry)。

第二部分(第三至第五段)分析可能造成网络行为规范越来越模糊、甚至导致网络暴力的深层原因。首先，作者以问题(So, why is this happening?)直接引出第二部分的主题。接着分别剖析两个原因：线上交流的距离感造成沟通双方彼此“物化”，忽略作为“人”的真实存在和真情实感；网络不良行为受到的广泛关注导致自我膨胀和更多的网络暴力。这部分深入分析造成网络暴力的原因，引导读者认识到问题的严重性，促使他们思考解决问题的方法。

第三部分(第六段)提出并评价解决办法。作者认为，互联网服务提供商和政府都应履行监管网络暴力的职责，但最佳的解决办法是通过教育预防网络暴力的发生。原因是互联网早已渗透到我们生活的各个层面，家长和学校需要教给学生正确的网络礼仪和行为规范。很多学校已经开始开设相关课程。

第四部分(第七段)为全文最后一段，强调面对在线交流变迁时期出现的众多挑战，我们只有积极寻找相应

的对策，才能享受互联网带来的好处。文末提出对未来充满希望的结论，展现作者对于网络暴力问题的乐观态度，鼓励读者积极行动起来解决问题。

此外，从语言措辞上分析，使用非人称结构和副词表达个人观点是本文的语言特点。作者通过使用非人称结构(It also seems、It seems as if)和副词(obviously、hopefully)，削弱个人观点的主观性，增强说服力，使读者更加认同文章的观点，从而达到写作目的。事实上，作者在分析网络暴力的原因和提出解决问题的方法时，都尽力避免使用诸如in my opinion 或 I think 等表达个人观点的方式。例如，在第五段，作者使用It also seems呈现他认为导致网络暴力的另一个原因，之后又使用It seems as if 进一步证明自己的观点。此外，作者还分别在第六段和第七段使用副词obviously 和 hopefully 呈现个人观点，弱化主观性，增强文章的说服力。

3. 拓展阅读

为更加全面地了解网络暴力的危害，远离网络欺凌，学生可观看一部加拿大电影*Cyberbully*。该电影讲述了女主人公Taylor Hillridge成为网络暴力受害者的故事。学生还可以观看ReThink的创始人Trisha Prabhu在TED上的演讲“Rethink to Stop Cyberbullying”。这篇演讲劝勉学生网络发言也要三思而行，不做网络施暴者。

Language points

1. For any athlete, failing to win a gold medal at the Olympics can be a great **disappointment**. (Para. 1)

disappointment: *n.*

- 1) [C] sb. or sth. that is not as good as you hoped or expected 令人失望的人或事
Not getting accepted by her first-choice college was a big disappointment for her.
- 2) [U] a feeling of unhappiness because sth. is not as good as you expected, or has not

happened in the way you hoped 失望; 扫兴;
沮丧

*He found it difficult to hide his
disappointment when she didn't arrive.*

2. However, for British Olympic diver Tom Daley, failure to win gold at the 2012 London Olympics was even worse, **thanks to malicious** online abuse he suffered as a result. (Para. 1)

thanks to: used for saying that you blame sb. or sth. for sth. bad that happened 归咎于; 因为
Thanks to the rain, we missed the bus and needed to wait for another hour.

Notes: The expression “thanks to” can also mean that someone or something has caused something good to happen. More similar expressions include “due to” and “be down to”. For example:

Due to the absence of the conductor, the concert has been canceled.

Evidence has shown that many car accidents may actually be down to drivers' behavior.

malicious: *a.* unkind and showing a strong feeling of wanting to hurt sb. 恶意的; 恶毒的
The stories that spread online about him were untrue and malicious.

3. His father had recently died of cancer, and Tom was **bullied** online by a teenager, who said that he had “**let his father down**”. (Para. 1)

bully:

vt. to frighten or hurt sb. who is smaller or weaker than you 威吓; 欺侮

He was caught bullying some younger students, and was sent to see the head teacher.

n. [C] sb. who frightens or hurts sb. who is smaller or weaker than they are 恃强凌弱者

His personality changed and he turned into a big bully.

let sb. down: to make sb. disappointed by not doing sth. they are expecting you to do 使某人失望

Her boyfriend let her down when he did not

arrive on time to collect her from the train station.

4. Tom **called this person out**, but the attacks **persisted**, both on Tom and those who defended him online. (Para. 1)

call sb. out: to criticize sb., esp. publicly 批评某人

He called out his classmate for cheating on the exam.

persist: *vi.* (*fm.*)

1) to continue to exist 继续存在; 持续

If the pain persists, you must see a doctor.

2) to continue to do or say sth. in a determined way 坚持; 执意

They persisted with dance class even though it was difficult.

5. Anyone will tell you that communication online is often a much less **civil** affair than traditional forms of communication, especially face-to-face interactions. (Para. 2)

civil: *a.* polite, esp. in a formal way and without being friendly 文明的; 有教养的; 有礼貌的; 彬彬有礼的

For a person who is usually civil, she was surprisingly angry yesterday.

Notes: The expression “anyone will tell you that ...” is used to describe a fact or an assertion that almost everyone knows. Similar expressions include “as everyone knows ...”, “as is known to all ...”, and “it is well-known that ...”. For example:

As everyone knows, smoking is very harmful.

As is known to all, hard work contributes to success.

It is well-known that the main cause of road accidents is drunk driving.

6. These people are known as “trolls”, and they seem to be increasing in number as the norms of acceptable behavior online become increasingly **blurry**. (Para. 2)

blurry: *a.* (*infml.*) without a clear outline; not clear 模糊不清的

Something went wrong with the TV and the picture became blurry.

Notes: The word “troll” originates from Scandinavian folklore where it describes a monstrous evil giant that lives in forests, or in deep caves. It is now used to describe people who deliberately post offensive messages online to make others upset or angry.

7. **When communicating online, even when we use our real identities, we feel **detached** from the people we are interacting with. (Para. 4)**

detached: *a.* not reacting to or becoming involved in sth. in an emotional way 冷静的; 不动感情的; 客观的

He tries to remain emotionally detached from his work, but it is hard.

8. **Sometimes this distance is positive, because it makes it easier for people to be more “open” online. (Para. 4)**

Meaning Sometimes not being so close to each other can have its advantages as it makes people easier to be “honest” online.

9. **It also seems that we get “positive reinforcement” from the attention that bad behavior can give us online, and this can **inflate** our sense of self and lead to online bullying. (Para. 5)**

Meaning Some people are encouraged by the attention they receive for their negative behavior online and this makes them big-headed and can lead to more bad behavior online.

inflate:

vt. to make sth. seem more important or impressive than it really is 吹嘘; 吹捧

His inflated sense of self-confidence often led people to think he was arrogant.

v. to fill sth. with air or gas so it becomes larger, or to become filled with air or gas (使) 充气; (使) 膨胀

We need to inflate the balloons before the party starts.

10. **In interviews after his arrest, Tom Daley’s troll said that he was proud of how his cruel messages had become so **notorious** on the Internet and in the media. (Para. 5)**

notorious: *a.* famous for sth. bad 臭名昭著的; 声名狼藉的

That restaurant is notorious for its bad service, despite how good the food is.

Notes: The synonym of “notorious” is “infamous”, used to describe a state of being well-known for something bad or morally evil.

11. **Of course, this kind of negative behavior is only **carried out** by a small **proportion** of “netizens”, but it has an impact on the whole tone of online communication, and can easily spread if not **kept in check**. (Para. 5)**

carry out: to do or complete sth., esp. that you have said you would do or that you have been told to do 执行; 贯彻; 落实; 完成

Finally, we have got enough money to carry out our plan.

proportion: *n.* [C] a quantity of sth. that is a part or share of the whole 部分; 份儿

A large proportion of the population uses the Internet on a daily basis.

keep / hold ... in check: to keep sb. or sth. under control 控制某人或某物

Life on the Earth will become unsustainable unless population growth is kept in check.

Notes: The word “netizen” is formed by combining “net” from “Internet” with “zen” from “citizen”.

12. **This problem is not **going away**, so action needs to be taken to control it. (Para. 6)**

go away: to disappear 消失

The problem of humidity normally goes away after it rains.

13. Obviously, the Internet service providers have a responsibility to **police** the most extreme types of online abuse, as do the authorities. (Para. 6)

police: *vt.* to check that organizations or people behave correctly 监督; 管理
A new division has been set up to police online chat rooms.

Notes: The word "do" is used to avoid repeating the predicate. It means that the Internet service providers and the authorities have similar responsibilities.

14. However, a better solution would be to try and deal with the problem in a **preventative** way, through education. (Para. 6)

preventative: *a.* (also **preventive**) done so that sth. does not become worse or turn into a problem 预防(性)的; 防止的
They took preventative measures to stop the virus spreading.

15. **Now that** the Internet is such a big part of our lives, parents and schools need to teach children about online politeness and acceptable norms of behavior. (Para. 6)

now that: because of sth. or as a result of sth. 既然; 由于
Now that I speak better English, I can communicate easily when traveling abroad without using a translation app!

16. So far the education system has been slow to act, but thanks to several **high-profile** cases of cyberbullying, this is now beginning to change. (Para. 6)

profile: *n.* [C] the public image of a person or organization, and the attention that they get from the public or journalists (人或组织的)形象, 姿态
Her popularity has done great things for the profile of the sport.

high-profile: *a.* often seen in public,

mentioned in newspapers, or appearing on television 引人注目的

It was a high-profile announcement and was on the front pages of most of the newspapers.

17. Our society is currently **going through** a period of **transition in relation to** online communication, and we are only just **coming to terms with** some of the challenges it presents. (Para. 7)

go through:

1) to experience sth. difficult or unpleasant 熬过(困境)

He is going through a bad time at work: There have been lots of problems in his department.

2) to examine or search sth. very carefully 彻底检查; 彻底搜查

He went through his pockets, looking for the keys.

transition: *n.* [C, U] the process of changing from one situation, form, or state to another 转变; 过渡; 变迁

It takes months for us to complete the transition from using the old system to using the new system.

in relation to: concerning sth. 关于

In relation to this project, she is responsible for all decisions about the budget.

come to terms with sth.: to accept an unpleasant or sad situation and no longer feel upset or angry about it 与某事妥协; 对某事让步; 接受(令人不快或悲伤的现实)

It took him a long time to come to terms with his failure in the football match.

Comprehension

- ① 1) civil
2) detached
3) "positive reinforcement"
4) preventative
5) politeness

- ② 1. B 2. D 3. A 4. B

3 Para(s).	Function
1	Providing the context for the problem and engaging the reader.
2	Explaining the problem with online communication.
3-5	Identifying and analyzing possible causes of the problem.
6	Discussing some general approaches to solving the problem.
7	Providing a conclusion with a sense of hope for the future.

Additional notes

Reading skill: *Identifying the function of a paragraph*

It is useful for students to understand the function that paragraphs have in organizing the ideas in an extended piece of writing. Some of the main functions that paragraphs have in writing are as follows.

- **Introducing:** providing basic information about something for the benefit of someone who is unfamiliar with the key term or concept (Para. 1, Episode 1 Text)
- **Describing:** giving details about something
- **Supporting:** backing up a previously-made claim with a further explanation, or more commonly, an example
- **Analyzing:** providing insights, explanations, and interpretations of something (Para. 4, Text A)
- **Summarizing:** creating a short overview of something
- **Evaluating:** expressing ideas about the extent, or value of something
- **Concluding:** providing a final thought on a topic or situation, taking into account all of the information already explained (Para. 7, Text A)

Critical thinking

4 Teaching tips

Encourage Ss to brainstorm widely in Steps 1 and 2, and work on details of their selected choices in Step 3.

- Remind Ss they can locate the causes mentioned in the text based on Activity 3.
- Encourage Ss to suggest their own causes.

Step 1

Causes	Solutions
Anonymity online	Make people aware that what they say or do online has consequences for others as well as themselves.
Positive reinforcement	Raise awareness that encouraging others' bad behavior is like aiding and abetting a crime.
Lack of control on the Internet	Improve laws and regulations to police Internet platforms and make platforms more responsible for the content on their websites.
Lack of respect / empathy	Teach children about respect and kindness online as well as in everyday life. Do role-plays with children to develop understanding and empathy.

Additional notes

Critical thinking skill: *Finding solutions to a problem*

1. Analyze the causes of the problem.

When we analyze a problem, a simple way to start is to look at the problem itself, and see what possible issues it has. If we deal with a business problem, to analyze it internally would mean assessing the company structure, individual workers, management style, etc. To look at it externally, however, would involve seeing what outside forces could affect

it, such as competition, changes in consumer behavior, or wider economic issues. The same kinds of analysis can be applied to analyzing problems when we work on academic or creative projects, and even when we play sports and games.

2. Brainstorm possible solutions.

During brainstorming, we should stay focused on finding solutions based on the identified causes.

3. Evaluate possible solutions and select the best ones.

We can evaluate the solutions objectively by verifying authoritative materials, conducting field investigations, and interviewing the parties concerned.

- Introduction to the problem
- Analysis of the underlying reasons for the cyberbullying issue
- Suggestions with justifications

Language

Ask Ss to make full use of the bridging sentences they have learned from Text A. For example:

- *So, why is this happening?* (Para. 3)
- *This problem is not going away, so action needs to be taken to control it.* (Para. 6)

Intercultural writing

5 Teaching tips

Help Ss prepare the essay from three aspects: content, structure, and language.

Content

- Encourage Ss to think about the following questions to elicit their understanding of cyberbullying and measures they would suggest to tackle the issue.
 - What do you know about cyberbullying in China?
 - What do you think are the underlying reasons for cyberbullying?
 - What measures do you think should be taken to tackle the issue of cyberbullying?
 - Why do you think they would be effective?
- Remind Ss to refer to the measures taken by some countries to tackle cyberbullying, or have Ss consider measures that should be taken by different groups, such as the government, Internet service providers, schools, and individuals.

Structure

Remind Ss that their essay should include three parts:

As the Internet is developing, cyberbullying has emerged. It can occur in various forms, such as hurtful comments, aggressive messages, and even making public the victim's privacy.

One reason for cyberbullying in China may be that a majority of Internet users are young people who are more likely to act without careful thinking. They may participate in cyberbullying out of their own sense of justice, without realizing that their behavior does harm to others. Besides, the anonymity of the online platform encourages netizens to act without worrying about being identified, which may encourage cyber violence.

So, how can we prevent cyberbullying? Measures have already been taken in Singapore, including fines and imprisonment, to tackle cyberbullying, and the cyber legal system needs to be improved constantly. We can also try to tackle the problem by teaching people about the importance of respectful online behavior.

Language in focus

Words and expressions

1. He always acts in a civil way, even though we often disagree very strongly about many things.

2. I could see great disappointment on her face when I told her that the game was canceled.
3. The area was very notorious for its bad weather.
4. The song was not very popular, because many people felt that the lyrics were offensive.
5. If the symptom persists for more than a few days, see a doctor.
6. The company's files are going through a transition from paper formats to electronic formats.

- 2 1. call out
2. went away
3. goes through
4. detached from
5. come to terms with
6. kept ... in check
7. let ... down

Collocations

- 3 1. increasingly
2. easily
3. extremely / increasingly
4. absolutely / totally
5. absolutely / totally

Banked cloze

- 4 1) A 2) J 3) I 4) B 5) C 6) D 7) H

Structure

- 5 1. has not been kept in check so far
2. have so far been mostly used in communications applications
3. so far, they have not taken up the responsibility
4. so far Internet addiction has been quite rare on campus

Translation

- 6 1. In online spaces, it is possible to have civil communication and conversation as long as we follow the rules of politeness as we do in the real world.
2. One of the norms of behavior that Confucius put forward thousands of years ago is not to say things that do not conform to rites, which still provides guidance on interpersonal communication in modern society.
3. Internet addiction can cause many problems. A large proportion of those who are addicted have problems like poor health, being detached from the real world, and getting in conflict with family members.

Switch off? How difficult!

Before you read

1. *Answers may vary.*
2. Positive effects of the social media use include keeping in touch with family and friends, knowing what's going on in the world, finding out about new things.
Negative effects include taking up a lot of time and leading to Internet addiction.
3. I would suggest setting time limits every time they use social media, and deleting some social media apps and keeping just one or two to save time spent on checking the apps repeatedly.

Language points

1. Switch off? How difficult!

switch off: to turn a light, machine, etc. off by pressing a button or switch 关(电灯、机器等)
Would you mind switching off the bedroom light?
The baby is sleeping.

Notes: The full sentence should be "Switch off social media? How difficult it is!"

2. I think I'm addicted to social media and need to break out of it.

addicted: *a.* unable to stop doing sth. as a habit 入迷的
I had tried to stop playing video games several times before I realized I was addicted to them.

Notes: The word "to" here is a preposition, so when followed by a verb it is "be addicted to doing sth." rather than "be addicted to do sth."

break out of: to escape from sth. such as a situation or way of life 改变, 逃脱(某种情形或生活方式)

He felt the need to break out of his daily routine.

3. I can't help checking my social media accounts and spending hours chatting with friends online.

can't help (doing) sth.: used to say that sb. is unable to change their behavior or feelings, or to prevent themselves from doing sth. 某人忍不住要做某事

I can't help hoping that she gets a job in my hometown.

4. Thanks in advance.

in advance: if you do sth. in advance, you do it in preparation for a particular time or event in the future 事先; 预先

Our professor gave us warning in advance that the exam would be very challenging.

5. Don't you see the irony of asking for help for this online? Log off already!

Meaning It is strange to ask for help about online addiction on an online forum. You should get offline!

log off / out: to finish using a computer system, for example by typing a particular word (键入某个词) 退出(计算机系统)
Be careful to log off when you have finished using the banking app.

Notes: The informal usage of "already" here is to show that you are losing patience and want someone to stop doing something or to do something more quickly. For example:
Enough already! I heard you the first time.

6. Max **Reformed** Internet Addict

reform:

v. to change your own or sb. else's behavior, so that it is no longer illegal or harmful 改邪归正; 改造

After talking with his parents, he promised to reform.

vt. to improve a situation by correcting things that are wrong or unfair, or make a system work more effectively 改革; 革新; 改进

They have made plans to reform the country's legal system.

7. I had a similar problem and I've managed to **cut my screen time down** by more than half!

cut down: to reduce an amount of sth. 降低; 减少
I've cut my daily intake of calories down by 30 percent.

screen time: *n.* [U] the amount of time sb. spends looking at an electronic device with a screen, such as a computer or television 看电脑、电视、手机等的屏幕时间
It is suggested that children under two years old should avoid all screen time.

8. Sure, I spend about 4–5 hours a day online **on average**, mostly on Facebook, Instagram and Twitter.

on average: used for talking about what is usu. true, although it may not be true in every individual situation 通常; 一般说来
I go to the movies on average two or three times a month.

9. I check all my accounts **first thing in the morning** and even wake up sometimes in the night and check my phone.

first thing (in the morning): at the very beginning of the day 早上第一件事
I take my dog for a walk first thing in the morning, before going to work.

10. It just **sucks me in!**

suck sb. / sth. in: to cause sb. or sth. to gradually become involved in an unpleasant situation or harmful activity 将…卷入(不快处境或坏事中)

The country had no intention of getting sucked into another war.

11. Setting **realistic** targets helped reduce my screen time gradually week by week.

realistic: *a.* sensible and appropriate; possible to achieve 明智的; 恰如其分的; 能够实现的
After talking to my teacher, I think my goal to get a grade B on this course is realistic.

12. The app also helped me monitor how I was spending my time online, and made me realize that I was actually looking at the same things **over and over again** on social media.

over and over (again): happening or done many times 一再地; 再三地
She has told him over and over again to remember his keys, but still he forgot them!

13. Another thing that helped me was turning off the **notification alerts** so that my phone wasn't "pinging" all the time.

notification: *n.* [C, U] an official announcement about sth. that has happened or will happen 通知; 通报; 通告
You will receive notification of the committee's decision at the end of the month.

alert: *n.* [C] a warning of danger or of a problem 警报
There was a fire alert, and everyone left the building.

Notes: The verb "ping" means making a short high sound like the sound of a small bell.

14. This REALLY helped me **break the habit of** constant checking!

break the habit (of): to stop doing sth. that you do regularly, esp. sth. that you should not do 改掉…的习惯

To improve her health, she finally broke the habit of staying up late.

15. Without **interruptions** from your phone you'll probably **get back into** reading and yoga.

interruption: *n.* [C, U] sth. sb. says or does that stops sb. else when they are speaking or concentrating on sth. 打断; 中断; 打扰

She closed the door, so she could read the letter without interruption.

get back to / into: to begin doing sth. again after not doing it for a period of time 恢复, 重新(做某事)

After a long break, he got back into playing football.

16. That will help **calm** your mind **for sure**.

calm: *vt.* to make sb. feel more relaxed and less emotional 使镇定; 使平静

I need to calm my nerves before getting on a plane.

for sure: definitely 确切地; 肯定; 一定

She is the fastest runner in our school for sure.

17. Don't forget to use some of the time you save to **strengthen** your relationships with your friends and family.

strengthen: *vt.*

1) to make a feeling, decision, relationship, etc. stronger or more powerful 使(情感、决心等)更强烈; 使(关系)更加紧密

Spending more time with your loved ones is a good way to strengthen your relationships.

2) to make your body physically stronger or more healthy 增强(体质)

Cycling is good exercise that strengthens all the muscles of the body.

Notes: Note that the verb "strengthen" is formed by adding the suffix "-en" to the noun "strength". More words formed with the suffix "-en" include "heighten" (to make sth. higher) and "lengthen" (to make sth. longer). The suffix can also follow an adjective, for example, "widen" and "harden".

Intercultural reflection

Too much screen time is also a growing problem in China. There are about 940 million Internet users in China. The average person in China spends about five hours per day looking at a screen according to a survey.

Therefore, it is necessary to cut screen time down, especially for young Chinese netizens. One tip to control screen time is turning off notification alerts. Most of the updates are not that important, so people should check them only when necessary. Also, deleting apps that consume time and downloading a screen time management app can be methods worth trying. Maybe young people should take up a hobby to distract their attention away from the online world. After all, the optimal solution to this problem is falling in love with real life.

Self-reflection

自我反思是《新未来大学英语 综合教程》的有机组成部分。一方面，自我反思是指学生结合自身各单元的学习情况，自主地对自己的学习进行回顾、思考、监控、概括、分析和总结，并在此基础上加以改进，以寻求成长的一种有效途径。另一方面，自我反思是指教师可以通过观察和分析学生的自我反思，系统地、持续地剖析教学中的问题，改进教学实践，提升教学效果，促进自身发展。

我们建议：

- (1) 学习完每个单元后，教师可引导学生在课上或课下花5分钟左右的时间完成自我反思。这样，学生可以看到自己哪些学习目标达成了，哪些还需要继续努力。对于尚未掌握的内容，学生可返回本单元相关部分，进一步复习巩固，也可利用本教材的数字资源或网上其他相关资源进行自主学习，还可寻求同学或教师的帮助。
- (2) 为了更好地监控学生的学习效果，教师可以在每单元结束后，收集不同层次学生的反思记录，针对教学中的问题进行针对性的答疑解惑。学期结束后，教师可收集班上学生的自我反思，将自我反思的数据作为评价教学效果的依据，审视自己的教学效果。教师还可以结合其他数据（如邀请同事或专家观摩自己的课堂教学、课堂录音和录像、学生访谈等），整体反思自己的教学效果，进而为下学期的教学提供参考依据。

Text in Episode 1

什么是表情符号？

在牛津字典里，表情符号的解释是“用于表达某种想法或情感的数字化小图像”。表情符号最初由日本创造，emoji一词来自日语“えもじ”，意思是图片文字或字母。有人认为，从古埃及的象形文字到今天我们使用的表情符号，人类的交流方式绕了一圈又回到了原点。

自从人们开始使用短信以来，表情符号成为交流方式的重大突破之一。20世纪90年代末，日本推出了首套表情符号，但是直到21世纪初表情符号才开始在全球流行。目前，共有3,000多个表情符号。表情符号在社交媒体上非常流行，甚至在2015年，“笑中带泪”的表情符号(😓)当选“牛津年度词汇”！

表情符号通常分为八类：

- 1 笑脸符号和人，如 😊 👤
- 2 动物和自然界，如 🐱 🌸
- 3 食物和饮料，如 🍔 ☕
- 4 活动，如 ⚽ 🥊
- 5 旅行和地点，如 ✈️ 🏠
- 6 物品，如 💡 ⌚
- 7 符号，如 🎵 🍷
- 8 旗帜，如 🏴 🚩

一些流行的表情符号有什么含义？



一张黄色的脸咧着大嘴，挑起眉毛，眯着笑眼，带着喜极而泣的泪水。这个表情广泛用于表示某事非常好笑。



一张黄色的脸带着一双充满笑意的眼睛、抿嘴的微笑、红润的脸颊和几颗浮现的爱心。这个表情用于表示一系列开心的感觉，尤其是指陷入爱情时。



一个粗体的实心对号。这个符号表示认可或某事已被获准，可以继续下一步。



一片比萨。这个符号可用于表示人们正在吃或想要吃比萨。



一团小火苗，大部分是黄色但是顶部是红色。这个符号可用于描述某事或某人很火或堪称典范。



一张伸着舌头的狗脸。用于有关宠物的信息中，或者和可爱狗狗的照片一起发送。

Text in Episode 2

“非常快乐”还是“剑拔弩张”：信息有多清楚？🤔

据估计，世界90%的网民不同程度地使用表情符号。但是我们真的都清楚表情符号的含义吗？

不同的人对表情符号会有不同的理解。明尼苏达大学开展的一项研究发现，在调查表情符号是褒义、贬义

还是中性时，25%的情况下受访者持不同意见。研究人员给出了合理的解释，词汇在词典中有定义，但表情符号较为难办，在理解上常常具有开放性。即使是广为流行的“笑中带泪”(😓)的表情符号也经常被一些使用者误解为难过的哭脸。

表情符号在使用设备或“平台”上的设计没有标准化，这一点加剧了表情符号的模糊性。其中的一些设计相比于其他设计更容易引起歧义。以“露齿而笑”的表情（如下图所示）为例，在三星设备上，因为笑得很开心而被用户理解为“非常快乐”。但是，一模一样的表情显示在苹果设备上却是咬紧牙关的笑，常常被理解为“剑拔弩张”。通过这个例子我们可以发现，设计者要真正清楚他们想通过表情符号表达什么含义，并确保表情符号的含义不会被轻易曲解，这一点非常重要。



在不同平台上的“露齿而笑”的表情符号

我们解读和使用表情符号的方式也涉及文化背景。例如，在许多国家，“公牛角手势”的表情符号(🐮)被视为幸运手势，但在巴西、希腊和西班牙，假如把这个手势指向某人，就说明他/她被配偶背叛了！“竖大拇指”的表情符号(👍)在世界大部分地区被认为是肯定的标志，但在伊朗、伊拉克和尼日利亚却表示消极的含义。在大多数国家，“火”的表情符号(🔥)有高温的字面意思，但在特立尼达和多巴哥以及英国，它通常用于表示吸引力。

所以下次我们发信息时，我们要记住读者对表情符号的理解可能和我们想要表达的不一样。由于表情符号是一种相对较新的交流形式，所以其使用方式和理解方式仍在不断演变。但愿随着时间的推移，表情符号的设计会更加标准化，它们的含义也更加一致，这样就能减少或消除沟通障碍。

Text A

互联网在破坏社会规范吗？

- 对任何一个运动员来说，没能在奥运会上夺金都是一件憾事。但是，对参加奥运会的英国跳水运动员汤姆·戴利来说，没能在2012年伦敦奥运会上获得金牌尤其糟糕，因为他为此遭受了网络上的恶意谩骂。他父亲当时刚刚因癌症去世，汤姆就在网上被一名青少年恶语伤害，说他“让他的父亲蒙羞”。汤姆回击了这个人，但是抨击仍在继续，而且不止针对汤姆，还针对网络上为他辩护的人们。后来这名网络施暴者被逮捕并因涉嫌骚扰而被处以警告。当然，线上交流可以给人们带来许多益处，如能够跟家人和世界各地的朋友保持联系，但是汤姆·戴利的故事只是众多提醒我们互联网科技阴暗面的例子中的一个。
- 任何人都会告诉你，线上交流远远不及传统交流形式尤其是面对面交流文明有礼。大多数人在和现实生活中认识的人交流时都会遵从社会公认的礼节。然而，在社交媒体等更为公开的平台中，这些礼节就好像不存在了。很多人纯粹是为了引起争论而对别人进行语言攻击。这群人被称为“喷子”，由于网络行为规范越来越模糊，这样的人似乎也越来越多。
- 那么，原因何在呢？
- 线上交流时，即使我们使用真实身份，我们也会感到和对方很疏远。这是因为我们一般私下里都不认识，而且感觉也绝不可能在现实生活中相遇。这种距离有时是好事，可以让人们在网上更“开放”。然而，看不到对方的脸，听不到对方的声音，也会让我们更容易忘记他们是真实存在的人，有着会受伤的真实情感。
- 同时，我们似乎会从不良网络行为引起的关注中得到“正强化”，这会导致自我膨胀，从而引起网络霸凌。汤姆·戴利的喷子被捕后接受采访称，自己为其恶语在互联网和媒体上如此臭名昭著而感到骄傲。好像这件事情对他而言只是个游戏。当然，这类负

面行为只发生在一小部分“网民”身上，但这类行为会影响整个网络交流的基调，而且如果不加以控制，很容易传播开来。

- 6 这个问题并没有消失，所以需要采取行动进行控制。显然，互联网服务提供商有责任监管极端的网络暴力行为，而且官方也有责任。但是，更好的解决办法是尝试通过教育预防此类问题的发生。既然互联网占据了我们生活的很大一部分，家长和学校需要教给孩子网络礼仪和行为规范。截至目前，教育系统采取行动的速度迟缓，但是由于几个网络欺凌的著名案例，现在情况正在开始改善。学校正在从网络行为方面给孩子们更多的引导，教他们如何安全上网。
- 7 我们的社会正在经历在线交流的变迁时期，我们也才刚刚学会接受其中的一些挑战。既然我们已经意识到了其中的许多问题，希望我们现在可以开始寻找相应的对策。这样，我们就能确保每个人都有机会享受互联网带来的惊人好处。

Text B

关上? 太难了!

求助!

我觉得我现在沉迷于社交媒体，想要改掉这个毛病。我控制不住自己，不停地去查看社交媒体账号，花几个小时的时间和朋友网聊。我感觉好像我的“真实”生活已经被偷走了。如果你有过控制类似网瘾的经验，拜托在这里分享点技巧或者建议。

先行谢过。

尼基

你没发现在网上求助这个很讽刺吗? 赶快下线!

帮忙先生

这么说一点帮助都没有，难道不是吗?

网络奇才

嘿，尼基。别理喷子！我有过类似的问题，而且已经成功地把我的上网时间减少了一半以上！我能先问你几个问题，进一步了解一下你的上网习惯吗？

- 你每天上网多长时间？
- 你使用最多的是哪些社交媒体平台？
- 你什么时候上网时间最长？
- 你之前在空闲时间都做什么？

马克斯（改过自新的网瘾玩家）

没问题，我平均一天上网大概4-5个小时，大部分时间都在脸书、照片墙和推特上。我早上第一件事就是查看所有的账号，甚至有时晚上醒来还查看手机。在大学里，在课堂上，我一整天都在查看手机，晚上也花很多时间上网看视频。我就是陷进去了！

过去，我会读很多书，而且晚上一般做瑜伽。希望在你的帮助下，我也能做到上网时间减少一半以上！

尼基

是这样的……我做的第一件事就是给自己设一个上网时间的上限，之后我用了一款软件帮我监控。设定切合实际的目标帮我一周一周逐渐减少了上网时间。这款软件还帮我监控我上网时都做了什么，让我明白了我只是一遍又一遍地在社交媒体上看一样的东西。所以，我决定克制我自己，一天只查看三次账号。早上一次，差不多午饭时一次，晚上再来一次。另一件对我有帮助的事是关闭通知提醒，这样我的手机不会一直“叮叮”响。这真的帮我改掉了一直查看手机的习惯！

没有了手机的打扰，你很可能会重新看书或做瑜伽。这样肯定会让你静下心来。祝你好运！

马克斯（改过自新的网瘾玩家）

感谢你的建议，马克斯！我要试一试你的建议！

尼基

好主意！我做的另一件事是修改手机设置，这样手机就不会一直联网。这就限制了我的上网时间，尤其是我出门的时候，这样做还会省钱呢！

艾莉森

答案就是下线！当然不是永远，但是下线让自己真正休息一下，你会意识到自己没了网照样可以生活。去没网络的地方。周末野营可以让你重回自然，同时让你戒掉网瘾。这样马克斯建议的那些事情做起来也会更容易些。

野外迷

谢谢野外迷，我觉得这可能是个解决办法。过去我还是孩子的时候真的很喜欢徒步和露营。我会带上一本好书和瑜伽垫，把手机留在家里！

尼基

从手机上删除一些社交软件。我之前就是这么做的，现在我从5个社交媒体网络减少到了只用2个。这真的帮我减少了查看最新消息的时间。

保罗

别忘了把你省下来的时间用来巩固你和朋友及家人的关系。多去看他们——把手机放包里，享受和你所爱之人在一起的美好时光！

克里斯蒂娜

谢谢大家给出的好建议。我现在下线了！

尼基