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Choosing your own path

Unit overview

Warming up

Section 1

	Plotline summary	Input	Skills	Over to you
E1	The four friends decide to make their career plans. Tom and Yi Fei ask for advice from Mr. Clay about how to do career planning. Following Mr. Clay's advice, the four friends then take a career aptitude test.	<ul style="list-style-type: none"> • Video: Character conversation • Text: Career aptitude test 	<ul style="list-style-type: none"> • Career skill: Examining approaches to career planning • Critical thinking skill: Reviewing test results 	Doing a self-analysis and coming up with potential career options
E2	The four friends find industry trend reports online to learn about their preferred careers. Alice then interviews a notable alumnus to seek more advice about career planning.	<ul style="list-style-type: none"> • Text: Industry trend report • Audio: Interview 	<ul style="list-style-type: none"> • Intercultural skill: Being globally-minded in career planning 	Writing about your career goal
P	Writing your career plan			

Section 2

	Text summary	Skills
TA	An article about the importance of chance in career planning	<ul style="list-style-type: none"> • Reading skill: Defining key concepts or terms in a text • Critical thinking skill: Exploring implications • Intercultural skill: Reflecting on career planning in Chinese culture
TB	An article about having the courage to change careers	<ul style="list-style-type: none"> • Critical thinking skill: Evaluating traditional values that influence career choices

Self-reflection & Wisdom of China

1 Warming up

Teaching tips

The purpose of these two activities is to stimulate Ss to think about what matters to them when doing career planning. A good procedure to follow is:

- Ask Ss to work on their own and rank the factors in relation to their future career expectations. They can also add their own ideas.
- Guide Ss to work in pairs to discuss their ranking and reasons, and then try to work out the top three factors.
- Ask some Ss to present their results to the class for discussion.

- 1 Other factors may include:
 - Opportunities for promotion
 - Relevance to personal interests

- 2 *Answers may vary.*

Additional activity

- Ask Ss to look at the factors listed and write one reason why each could be an important factor, and one reason why it might not be such an important factor.
- If Ss do this before undertaking the ranking activity, it will give them reasons to justify their ranking.

Job security

- It's important to know you won't need to look for a new job too often and you can rely on a steady income.
- Today it's quite usual for people to change jobs fairly frequently.

Salary

- The salary provides you with a good standard of living.
- As long as the job is interesting, the salary isn't so important.

Training opportunities

- These are important as they show that the company cares about the professional development of its employees.

- You can often get better training by taking courses yourself.

Social status

- It can be important to gaining respect.
- It doesn't matter as long as it's a job you enjoy.

Sense of achievement

- It's good to feel you are doing something that benefits other people.
- It's nice, but not as important as having a good salary and a secure job.

Freedom

- It's important to be given autonomy as it shows you are trusted.
- Freedom isn't as important as being part of a team and working in a structured way.

Episode 1

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



Video

Scripts

MC=Mr. Clay; YF=Yi Fei; T=Tom

MC: Come in, ah, I've been expecting you.

YF: Hi, Mr. Clay.

MC: Hello.

T: Thanks for seeing us.

MC: No problem. So you are here to ask for some advice on career planning, right?

T: That's right.

MC: OK. Now the purpose of career planning is to map out how you want to progress your career. So, tell me, what're your career goals?

T: That's easy. I'm interested in marketing, so I want to become a CMO.

YF: And I want to become a data scientist.

MC: Right. Oh, those are certainly very admirable ambitions, but how do you know that those positions are right for you?

T: Umm, I'm not sure I understand.

MC: Right. Have either of you done a self-analysis?

YF: You mean reflecting on our personal strengths and weaknesses?

MC: That's certainly one aspect, but not all by any means. Thinking of our strengths and weaknesses, as you said, is a very good starting point. But it is also vital that we are brutally honest with ourselves about our personalities.

YF: How can we do that?

MC: Well, it can be good to talk to other people who know you to see if they have the same ideas about you. For example, Yi Fei, you may say that you have a lot of confidence, but others ...

T: May see this as arrogance?

MC: Exactly.

YF: Oh, I see.

T: Why are these things important when we're planning our career path?

MC: Thinking about what knowledge, skills, experiences, and personal characteristics we have can help us to see if we're a good fit for any particular job. Also, it's very important that we know our real interests and workplace preferences. Once you have finished your self-analysis, then there are three steps to take. The first step is to identify career goals and jobs that you think suit you based on your self-analysis.

T: Oh, so we shouldn't decide what job we want until after we do the self-analysis?

MC: You shouldn't make your career options too narrow at this stage, as you may want to give yourself several possibilities. Actually, a career aptitude test might well throw up some unexpected options for you to consider.

YF: Wow! I hadn't thought of that.

MC: The second step is to learn about your preferred career options. Collect information such as industry trend reports or job descriptions. You can also interview someone who works in the occupation that interests you.

YF: Then we can eliminate the jobs that don't appeal to us and decide on the best fit!

MC: Absolutely. The third and final step is to write your career plan as a guide to reaching your ultimate career goal. You can break it down into long-term and short-term goals, and then come up with an action plan.

YF: I see.

T: That's very helpful. Thank you very much!

Language points

1. Now the purpose of career planning is to **map out** how you want to **progress** your career.

Meaning The purpose of planning a career is to work out the steps you need to take in order to move forward in your career.

map out: to plan in detail how sth. will happen
详细计划

The CEO always helps managers map out their projects at the start, but then trusts them to manage the development themselves.

progress: *vt.* to cause sth. such as an idea or a plan to move forward 推进 (思想或计划)

In order to reach our goal, we need to progress the project much faster this week than we did last week.

2. ... I'm not sure I understand.

Notes: When we don't really understand something, we can say this as a polite way to ask for clarification. We can also say: "I'm sorry, but I don't understand" or "Forgive me, but I don't understand".

3. Have either of you done a **self-analysis**?

self-analysis: *n.* [U] careful thought about the reasons for your feelings, ideas, and actions 自我分析

Based on my self-analysis, I would like to choose marketing as my future career.

Notes: The word "self-analysis" is usually used as an uncountable noun to refer to the process of analyzing oneself. But when we are referring to a single exercise, we can say "a self-analysis".

Notes: When "either" is the subject of a sentence, it is usually used with a singular verb, e.g. "Is either of them at home?". But in spoken English a plural verb is sometimes used, e.g. "Are either of them at home?".

4. That's certainly one aspect, but **not all by any means**.

Meaning Reflecting on one's personal strengths and weaknesses is one part of self-analysis. However, there are other parts, too.

not by any means / by no means: not at all
绝不; 一点儿不

The project is not finished, not by any means; there is still a lot more to do.

5. But it is also vital that we are **brutally honest** with ourselves about our personalities.

Meaning But it is also important to be totally truthful with ourselves when we consider our personalities.

brutally: *ad.* in a way that is likely to hurt sb.'s feelings or offend people 直截了当地; 不顾及他人感受地

Even though she is brutally critical of her students' work, she is still one of the most popular teachers; her honesty really helps students improve.

6. Thinking about what knowledge, skills, experiences, and personal characteristics we have can help us to see if we're a good fit for any particular job.

Meaning To see what job might be suitable for us, we should consider our knowledge, skills, experiences, and our personal characteristics.

Notes: The sentence starts with a gerund "Thinking about what ... we have". This is the subject of the sentence. The "if" clause serves as the object of the verb "to see".

7. You shouldn't make your career options too narrow at this stage, as you may want to give yourself several possibilities.

Meaning You shouldn't give yourself too few career options now, because you may want to consider more career options later on.

8. Actually, a career aptitude test might well **throw up** some unexpected options for you to consider.

Meaning In fact, taking a career aptitude test might give you new choices that you did not expect.

throw up: to produce sth. new or unexpected
产生; 引发

His research could well throw up some interesting questions about the issue that we did not expect.

Notes: We use “might well” to talk about possibilities. Other ways include “it is likely that” and “might possibly”. For example:

Since my interview seemed successful, it is likely that I'll join their company next month.

Since my interview seemed successful, they might possibly ring me back with a job offer.

Activities

- ① 1. progress your career
2. strengths and weaknesses
3. personal characteristics
4. real interests
5. career goals and jobs
6. preferred career options
7. career plan
- ② 1, 3, 4
- ③ *Answers may vary.*

Additional notes

Career skill: Examining approaches to career planning

It's important to understand that some approaches to career planning involve considering not only our own desires and expectations, but also external factors such as what is available in the job market. This would involve research into what kinds of career opportunities are realistically available. We can look in journals for our preferred subject areas, or on the websites of companies we admire. Also, trying to talk directly to people in related industries can help give us a better insight into employment trends that will affect our decision-making process.

Text

Background information

Career aptitude test

A career aptitude test can help you identify your strengths, weaknesses, interests, and personality traits. It usually then identifies career options that might suit you based on the answers you have given.

There are four main types of tests used for this purpose. These include personality test, interest inventory, skills assessment, and value assessment. Most interest inventories are based on the Holland Codes.

Culture notes

Holland Codes

The Holland Codes is a system to classify jobs into categories which can then be linked to appropriate personality types. The system was developed by the American psychologist John L. Holland, who believed it was possible to identify an individual's

interests and personality type based on a series of questions. He also believed that careers could be classified in the same way. Tests based on the Holland Codes have been widely used, particularly in the U.S. where even the U.S. Department of Labor developed an online test.

Language points

1. Career Aptitude Test 101

Notes: “101” is an adjective, meaning “showing the most basic knowledge about a subject”. It originates from the numbering system used in American universities to indicate that a course is suitable for beginners and is used as an introduction to a subject, such as “German history 101” and “International economics 101”.

2. It classifies people into six personality types according to their interests so that they can be **matched** with careers they are suited for.

Meaning The Holland Codes classifies people into six personality types based on their interests. This classification is then used to match people with careers that might be right for them.

match: *vt.* to choose or provide sth. that is suitable for a particular situation, person, or purpose 配对

Notes: When “match” is used in the above sense, we often say “match sth. to / with sth. or sb.”.

If we say that one thing matches another or they match, we mean that they form an attractive combination, or they are equal in value, level, quality, etc. For example:

*Sometimes I feel that the corporate culture of the company and its public image just don't match!
If you feel your day-to-day tasks don't match the position you applied for, you are perfectly within your rights to mention this to your manager.*

3. A career aptitude test based on the Holland Codes poses numerous questions, asking you to describe how often you like to do certain activities.

Meaning A career aptitude test based on the Holland Codes asks many questions about how often you like to do certain things.

Notes: In this sentence, the main structure is “A career aptitude test ... poses numerous questions”. The part “based on the Holland Codes” modifies “a career aptitude test”, and the part “asking you to describe ... do certain activities” gives further details about the questions.

4. I like to work with numbers.

Meaning I like jobs which deal with numbers, e.g. accountancy.

Notes: People are good at different things, like being good at working with words, pictures, etc. For example:
*A journalist or writer is good at working with words.
An artist or photographer works well with images and pictures.*

5. I like to **set goals** for myself.

set a goal: to decide what you or sb. else should try to achieve 确定目标
I set myself a goal of completing the task by the end of the day.

Notes: Other collocations with the word “set” include “set a challenge”, “set a target”, “set a deadline”, “set criteria”, “set priorities”, and “set standards”.

6. Once you have completed the test, **add up** your score in each section (R, I, A, S, E, and C).

add up: to calculate the total of several numbers or amounts (把···)加起来
At the end of the month, I add up all the money I've spent to check if I'm within my spending budget.

Notes: Other common expressions with “add” are: “add in” (to include sth. as part of sth. else), “add on” (to include an extra thing or amount in sth.), and “add up to” (to produce a particular result). For example:

I checked your proposal, and I have some suggestions for other points you could add in to make it more persuasive.

I shall add on a couple of days to my holiday to make it really memorable.

He lives a simple life: His living expenses add up to around ¥20,000 a year.

Activities

4 *Answers may vary.*

- 5
1. My test results say that I am an investigative person. According to this test, I am precise and thoughtful, and enjoy working with concepts and data. I think this is largely true.
 2. The jobs that this test recommends for me are scientist, accountant, surgeon, computer programmer, and analyst. I like the idea of being a computer programmer most.

Additional activity

- Ask Ss to work in pairs and share their test results.
- Get Ss to predict what careers their partners might be suitable for, based on their results of the career aptitude test, and provide reasons for their predictions. The partner then shares their “dream” careers and sees if the predictions match.

6 *Answers may vary.*

Additional notes

Critical thinking skill: *Reviewing test results*

In order to make a good assessment of whether test results can be trusted, we should do some research into the methodologies behind the aptitude test. This research may involve finding criticism of the test and looking at alternative methodologies. This way, we can make an informed decision about how much to trust the test results.

Even if we disagree with the results, it is always a good idea to do research into all the options recommended. By doing this, we might discover that a type of job we previously thought we wouldn't like actually suits us. Additionally, we could discover other jobs that we haven't thought of.

Over to you

Teaching tips

- Remind Ss that even if they have never had a job, they still have skills and experience that can be transferable. Give them an example: *Because my parents were very busy when I was young, I needed to become self-reliant and responsible around the home, and that helped me become organized.* Ask Ss to come up with one or two examples of their own.
- Ss could come up with some possible career options based on an analysis of their personality, as well as their strengths and weaknesses. Ask them: *What careers do you think are suitable for your personality type?*
- Ask some Ss to share their results with the class and introduce how they arrived at their choices.

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"> • Objectivity: Your self-analysis is as objective as possible about your strengths and weaknesses.
Language	<ul style="list-style-type: none"> • Acquisition: You have used as many as possible of the new words and expressions learned in this episode.

term plan. Some students may feel puzzled or be influenced by other people's opinions while carrying out their plans. We must keep in mind that we are the one that determines our destiny, and that we cannot achieve our career goals without firm determination and an enterprising spirit.

Language in focus**Words and expressions**

1 1. a 2. b 3. b 4. b 5. b

- 2
1. accurate
 2. added up
 3. numerous
 4. carry out
 5. biased

Collocations

- 3
1. ignore the advice
 2. progress ... career
 3. ask for advice
 4. plan ... career
 5. give advice
 6. abandoned ... career

Translation

- 4
- How should a college student decide on their career path? The key is to set a career goal early on in life. As the saying goes, "Preparedness ensures success and unpreparedness spells failure." Whatever career you choose, you need to set a goal and then map out a long-

Episode 2

Text

Genre analysis

Industry trend report

An industry trend report is an analysis of current market conditions to identify statistical trends in areas such as sales, revenue, market size, customers, or competitors. The aim of an industry trend report is to give an insight into current market conditions and make predictions about future trends in any given industry or market. Market trend reports are concise and formal and will usually follow a similar format. The report usually starts with a summary of the status of the market, followed by future predictions using language such as “in the coming years” and “in the next few years”.

Background information

1. Cloud-based solutions

Cloud-based solutions are tools and applications that allow you to store programs and information on a central server rather than on your own computer hard drive. As long as an electronic device has access to the Web, it has access to the data.

The advantages of cloud-based solutions are that you have access to your data wherever you are, and data can easily be recovered.

However, there are also some disadvantages: Cloud-based solutions rely on access to the Internet, so if you lose your network connection, you may experience some downtime; and you are no longer fully in control of your data.

2. Internet of Medical Things (IoMT)

The Internet of Things (IoT) refers to all devices that are connected to the Internet. These can

include simple sensors, smartphones, and objects such as wearable fitness devices. It allows these devices to “talk” to each other. The IoT is often used to collect data for analysis, helping us make things more efficient and cost-effective.

The Internet of Medical Things (IoMT) is based on the concept of the IoT and provides an infrastructure connecting medical devices, software applications, and health-care systems. This means that the cost of care can be cheaper and more accurate diagnosis is possible.

Language points

1. This year the global video streaming market was **valued** at \$50.11 billion and is **projected** to grow by over 20 percent in the next 8 years.

Meaning This year the value of the worldwide video streaming market was \$50.11 billion. In the next 8 years it is expected to increase by over 20 percent.

value: *vt. (often passive) to state how much sth. is worth* 估价; 给…定价
The mechanics at the car-repair shop valued my old car at a fraction of what I paid for it.

project: *vt. to calculate the size, amount, or rate of sth. as it probably will be in the future, using the information you have now* 预计; 推断
Based on the current trends, the company projects that its number of employees will increase by 50 percent over the next two years.

2. Much of this is **due to** the fact that many customers prefer to watch content on their smartphones and tablets which are **portable** and easy to use.

Meaning Live streaming services have a high market share these days, mainly because people prefer to watch content on their smartphones and tablets, which

can be carried around and are easy to use.

due to: because of sth. 因为; 由于; 由...引起
Due to competition from leading rivals, the company's sales fell by nearly 50 percent last year.

portable: a. able to be carried or moved easily
 手提式的; 便携式的
My new bicycle is portable; I can fold it up and take it on the bus.

Notes: In this sentence, "Much of this" is the subject, with "this" referring to what is talked about in the previous sentence. There are two subordinate clauses: The first one, "that many customers prefer to watch content on their smartphones and tablets", serves as an appositive clause explaining "the fact"; the second one, "which are portable and easy to use", is an attributive clause modifying "smartphones and tablets".

3. **What's more**, the amount of **on-demand movies and TV shows** is likely to **soar** because of the **intense competition**.

Meaning In addition, the number of on-demand movies and TV shows will probably increase. This is because there are a large number of companies competing in this market.

what's more: used for introducing an additional statement that supports what you have already said 再者; 而且
Your promotion will increase your responsibility within the company. What's more, you will now be invited to participate in senior management meetings.

Notes: Other expressions that can be used in a similar way are "furthermore" and "in addition". For example:
She comes to almost every event. Furthermore, she always comes with tasty snacks to share.
With its new products, the company increased its profits and market share. In addition, it also won a number of design awards!

on-demand: a. available when a customer wants or asks for sth. 应顾客要求即可提供的; 随选的
Consumers are increasingly expecting immediate access to goods and services, which helps promote the development of the on-demand economy.

soar: vi. to quickly increase to a high level
 猛增; 剧增
In the current crisis, the price of oil is set to soar far above last year's price.

Notes: Nouns that often collocate with "intense" include "competition", "pressure", "interest", and "pain".

4. **However**, in the coming years a shift is **anticipated** with the **health-care sector** gaining the leading position by 2027.

Meaning In the next few years, however, it is expected that the health-care sector will overtake advertising and media to bring in the most revenue from AI by 2027.

anticipate: vt. to think that sth. will probably happen 预期; 预料; 预计
We anticipate having to move house next year because of our growing family.

Notes: This sentence has a main clause, "However, in the coming years a shift is anticipated", followed by an adverbial beginning with the word "with".

5. **This will improve interactions between patients and their care systems**, while also **enabling early diagnosis and personalized treatment in hospitals**.

Meaning The use of a new smart health system will provide patients with more convenient and higher-quality access to their health-care providers. It can also help diagnose problems earlier and give patients treatment suited to their individual needs.

Notes: In this sentence, “while” is used to link two actions, indicating that they happen at the same time. The first part of the sentence carries the main idea, and the second part is a subordinate clause, indicating that the author is trying to emphasize “improve interactions between patients and their care systems” over “enabling early diagnosis and personalized treatment in hospitals”.

Activities

- 1) 20 percent
- 2) live streaming
- 3) movies and TV shows
- 4) \$40 billion
- 5) 20 percent
- 6) health care and finance
- 7) \$8.3 trillion
- 8) smart health system
- 9) early diagnosis

- 2) 2, 3, 4, 6

Additional activity

Ask Ss to rewrite sentences 1, 5, and 7 in Activity 2 and make them true according to the reports.

1. The quality of video streaming has promoted its share of the market.
5. AI is already helping in areas such as financial analysis, risk assessment, and investment management.
7. Training of nurses and doctors will increase, because advanced digital technologies will be used.

- 3) 1. • Yes, I find some of the information in the reports surprising. In particular, I’m surprised to learn that AI will be able to benefit such varied industries. I previously thought that AI could only be used in industries which require the use of robots.

- No, I’m not surprised by the information, because in my daily life in China, I can see the effects of these trends.
2. Yes, I feel that the global trends mentioned in the reports are clearly reflected in China. Video streaming services are very popular here. There are various live streaming platforms, and many people of my generation will both start and end the day by watching videos on one of the platforms. Additionally, companies are investing a great deal of money in AI, especially the AI-powered recommendation systems. It also seems that hospitals are increasingly equipped with advanced digital technologies!
 3. Another global trend I notice in China is the Internet of Things. Nowadays, more and more products are “online”, and smart home products are also very popular in China.

Additional notes

Intercultural skill: *Being globally-minded in career planning*

There are several global trends which might influence career choices. These include: a demand for a better work-life balance; increased remote working, i.e. working from home or working with people in other countries using online platforms to communicate; an increase in the number of women working in areas that were traditionally dominated by men, e.g. engineering and construction. By being globally-minded, we will be better prepared to consider and take international career options.

Audio

Scripts

A=Alice; ML=Mr. Li

A: Mr. Li, thank you for accepting the interview. You are the founder of YourDream, one of the most popular online travel companies. Was that always your plan?

ML: Actually, yes. I had a plan from the moment I left university that I would have my own travel company within 15 years.

A: That's impressive! So, how did you get started?

ML: The first thing I knew I needed to do was work out what I was lacking. So, I did my research and found that I lacked experience in the travel industry and needed a good network of contacts, management skills, and customer relations skills.

A: That's a lot to gain! How did you go about getting all of those?

ML: Well, I decided the best way for me would be to join a successful travel company and learn as much as I could on the job.

A: Did that strategy prove successful?

ML: It did! I found a job in a large travel company. There I had access to a lot of in-house management training, and I was always inclined to take advantage of opportunities to learn something new.

A: What kinds of opportunities do you mean?

ML: Well, I took part in several notable projects, which enabled me to build my network in the travel industry. I also took the initiative whenever I came across problems.

A: What kinds of problems did you face?

ML: To give an example, once, many customers were stranded by a typhoon, and I was tasked with finding a hotel where they could wait out the storm.

A: I suppose that taught you a valuable lesson about how to manage customers in a crisis.

ML: Exactly! But also, as well as that particular skill, I learned more general skills. While

working at the company, I chose to enroll on an online MBA program. This prepared me well for starting my own company.

A: I see. Finally, I'd like to ask: What advice would you like to give to those who want to start their own business?

ML: Aim high, be persistent, and never stop learning. Above all else, learn to cooperate and you'll go far.

Language points

1. The first thing I knew I needed to do was work out what I was lacking.

Notes: In this sentence, "work out" is a bare infinitive (omitting the word "to"). We can use either bare infinitives or infinitives when they follow structures which use the action verb "do". For example:
What I want to do is (to) stay at home.
All he did for his appearance in the end was (to) clean his teeth.

2. Well, I decided the best way for me would be to join a successful travel company and learn as much as I could **on the job**.

Meaning Well, I decided that the best way for me to achieve my goals was to join a successful travel company and learn as much as I could while working there.

on the job: while you are working 在工作中
If you don't yet have all the skills you need, you can learn them on the job.

3. There I had access to a lot of **in-house management training**, and I was always **inclined to take advantage of opportunities to learn something new**.

Meaning The company organized many management training courses within the organization for the staff. I also made sure I took any opportunity that came along from which I felt I could learn something.

in-house: *a.* done, working, or happening inside a company or organization (公司或组织)内部的

It is more convenient to have an in-house designer working alongside the marketing team in the office than hire freelance designers.

inclined: *a.* (never before noun) feeling that you want to do sth. 有…意向的; 想要…的
Mary was inclined to believe what he said was true, as he had never lied to her in the past.

4. I also **took the initiative** whenever I **came across** problems.

Meaning Whenever there was a problem, I tried to take action before I was told what to do by someone else.

take the initiative: to be in a position to control a situation and decide what to do next
掌握主动权
Our leaders encourage us to take the initiative so that we're not waiting to be told what to do.

come across:

- 1) to meet sb. or find sth. by chance 偶然遇见; 碰上; 偶然发现
In all my years as a teacher, I had never come across a student as intelligent as her.
- 2) to make sb. have a particular opinion of you 给人的印象是
She comes across as being nervous in the interview.

5. ... I was **tasked** with finding a hotel where they could **wait out** the storm.

Meaning ... I was given the job of finding a hotel where the customers could take shelter until the end of the storm.

task: *vt.* to give sb. a particular responsibility
派给…任务
I was tasked with training the new employees to help them adapt to the workplace as soon as possible.

wait out: to stay where you are until sth. ends, usu. sth. bad 等到(通常指坏事)结束
We waited out the sudden snowstorm in a small café until it was safe for us to make our way home.

6. Above all else, learn to cooperate and you'll **go far.**

Meaning Most important of all, learn how to work well with other people and then you'll succeed.

go far: to be successful in what you try to do
成功
If you don't have the will to win, your team certainly won't go far in the games.

Activities

4 Skills

Management skills
Customer relations skills

Advice

Aiming high
Being persistent
Keeping learning
Being cooperative

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

6 My career goal is to become a freelance journalist. To do the job, I think self-motivation and self-discipline are very important. I also need a good eye for detail and good writing skills. Besides, good networking ability will help me have lots of people to get information from for my stories.

Additional activity

- Put Ss in pairs and ask them to write two extra questions they would like to ask Mr. Li if they were to interview him, e.g. *Did you ever change your mind while working toward your career goal?*
- Tell Ss to role-play the interview, with one asking their extra questions and the other taking on the role of Mr. Li. Then swap roles.
- If there is time, ask a few pairs of Ss to report to the rest of the class.

S: *Did you ever change your mind while working toward your career goal?*

Mr. Li: *Just slightly. While I was doing my MBA, I did wonder whether I might enjoy other sectors of business.*

S: *What brought you back to travel then?*

Mr. Li: *I just felt that I had a greater passion for this area ...*

Over to you

Teaching tips

- Remind Ss that they should first search for information about career development and promotion opportunities in their preferred fields before defining their career goals.
- Also remind Ss that their concerns may be linked to their own weaknesses, as well as to potential problems out there in the marketplace.

Answers may vary.

Suggested evaluation criteria

Content	<ul style="list-style-type: none"> • Relevance: You have listed your career choice, reasons, the career goal that is refined based on the career choice, and your concerns about how to achieve your career goal. • Reasoning: Sound reasons are given for your career choice based on your personal qualities and the industry trends. Concerns are well thought out and related to weaknesses identified in OTY 1.
Language	<ul style="list-style-type: none"> • Acquisition: You have properly used new words and expressions learned in this section.

Language in focus

Words and expressions

1. intense
2. soaring
3. anticipate
4. in turn
5. accelerated
1. notable
2. came across
3. go far
4. wait out
5. inclined

Collocations

1. hold
2. win
3. enter
4. tough
5. fair

Structure

1. The news that her sister has won a scholarship
2. The idea that everyone can pursue a career that they enjoy
3. the request that the tax be abolished
4. a story about Wang Hao being promoted

Additional notes

Structure: *the fact that ...*

In this structure, the “that” clause gives detailed information of the “fact”. This kind of structure is often used in expressions such as “in view of the fact that”, “apart from the fact that”, and “despite the fact that”.

Similar structures include “the news that”, “the idea that”, “the request that”, and “the story that”.

Suggested evaluation criteria

Content	<ul style="list-style-type: none">• Relevance: Your career plan includes your career goal, areas to develop, and short-term as well as long-term action plans, with each point in the areas to develop and action plans clearly related to the career goal.
Language	<ul style="list-style-type: none">• Acquisition: You have used as many as possible of the new words and expressions learned in this section.

Project

Teaching tips

The most important thing for Ss to remember about this project is that each part of the plan should be consistent with the goal they state in the beginning.

T can take one point from the “Areas to develop” or the action plans given in Tom’s sample, and ask Ss in what way that point can be related to the goal. For example, the point “Identify a specific area like AI and keep up-to-date with the trends to develop expertise” relates to the goal of becoming a CMO in a tech company, because having expertise in a particular area might give Tom a competitive edge in his career. Go through as many points as possible until Ss understand the idea. This can help Ss understand the importance and value of having a clear thread of logic throughout their plan.

Answers may vary.

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 questions provided. The questions 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.

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 information of the text already understood, then they will be able to engage better 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 questions.

- ① I understand that the term “planned happenstance” means that you put yourself in situations where something beneficial but unexpected might happen.

Planned happenstance could be helpful in finding a job. We may not be sure about our future career, but we can make a career plan with an open mind. For example, we can explore less obvious career paths.

Career choices: The importance of chance

Culture notes

John Krumboltz

John Krumboltz was an American theorist in career development. In 1979, he proposed a social learning theory of career decision-making. In his theory, Krumboltz suggested that people make decisions about future careers based on several learning opportunities they have in their social environment. These opportunities then influence their views and ideas regarding a career.

In 1996, he expanded this into a learning theory of career counseling and added the concept of planned happenstance – or unplanned opportunities.

He received the Award for Distinguished Professional Contributions to Knowledge from the American Psychological Association in 2002.

Text interpretation

1. 主题探索

本文来自《科学》(Science)杂志的官网，作者Kathie Sindt是Next Wave版的专栏作家，其文章多与职业主题相关。

基于课文阅读，教师可带领学生思考一个核心问题：个人成功过程中目标规划和偶然机遇之间的辩证关系。可以引导学生由浅入深地讨论以下问题：1) 中国学生应从什么阶段开始进行职业规划；2) 进行职业抉择或者规划时需要考虑哪些因素；3) 如何积极面对生活中

的偶然事件，例如挫折或机遇；4）如何保持好奇心、毅力和积极向上的态度；5）如何增强自身的灵活性和冒险精神。教师可引导学生联系自身经历对以上问题做进一步的探索和反思，引导学生树立正确、乐观、灵活的职业观和人生态度，这将有助于学生在适当的时候做出适合自己的选择和职业规划。

2. 篇章分析

本文是一篇议论文，同时融入了随笔和说明文元素。文章向读者传达的中心思想在于：机遇对于职业规划和职业生涯所产生的影响非常重要，其中不乏很多会产生积极影响的机遇，我们应该多创造并把握好此类机遇。

阅读时，教师可引导学生结合阅读理解练习的Activity 1对文章的篇章结构进行划分，提炼文章的中心论点，或者找寻原文中体现作者观点的话，如“*But sometimes, if we are too wrapped up in making the one right decision about our careers, we may forget the importance of chance.*”以及“*... you cannot plan chance events, but you can develop and take advantage of unexpected opportunities throughout your career.*”。

本文大致可以分为五个部分。

第一部分（第一至第三段）为文章主题进行铺垫。开篇引人入胜，作者以日常情景引入职业生涯这一话题，向读者展示了美国文化对于明确职业目标的重视。

第二部分（第四至第五段）引出文章主题。在美国，即使是青少年，社会也希望他们能明确自己未来的职业方向。第五段起了承上启下的作用。第一句话承接上文，指出职业规划技巧对于职业规划和职业抉择大有裨益。第二句话转折至下文核心论点，即如果我们沉湎于追求唯一正确的职业抉择，可能会忽略机遇的重要性，由此引出作者想要探讨的话题：机遇（偶然事件）对于职业规划和职业生涯的影响。

第三部分（第六至第八段）是论证部分，作者通过多种

手法阐释了计划性巧合理论（*planned happenstance*）这一概念。第六段作者引用著名心理学家约翰·克朗伯兹的观点点明文章的中心论点，即偶然的或计划外的事件在职业生涯中具有一定的影响力。第七段作者通过描述自己的亲身经历阐明偶然事件对职业生涯走向的重要影响。第八段作者进一步解释约翰·克朗伯兹的观点并且强调的确存在能产生积极影响的机遇，同时提出建议：我们应该增加此类机遇出现的频率。

第四部分（第九至第十四段）作者介绍了有助于创造机遇的五大特质：好奇心、坚持、乐观、灵活性和冒险精神。第九段为该部分的总起段，点明五大特质；第十至第十四段分别对五大特质进行具体阐述。

第五部分（第十五段）是对全文的总结。作者对读者提出了希冀：无论眼下有没有明确的职业规划，我们要做的就是全力以赴并且把握住机遇。

3. 拓展阅读

想要了解更多与职业选择或职业规划相关的内容，可在《科学》杂志官网搜索Kathie Sindt，查阅作者的其他专栏文章，如“*Career choices: What to expect from a career counselor*”、“*Career choices: Passion in the workplace*”、“*Career choices: A work environment approach*”以及“*Career choices: Keeping that New Year's resolution*”。同时，《科学》杂志网站上还有一个版块*Working Life*。很多人在这里讲述了他们在学术生涯中克服困难、转变思想的有趣故事，短小精悍，文字优美，值得阅读。

如果希望未来在商业领域工作，可以多阅读《福布斯》（*Forbes*）杂志。它经常会介绍一些商界领军人物的职业发展故事。

Language points

1. In American culture, we are expected to be **decisive** about the direction of our careers, and it is generally unacceptable to be unsure about what we want to do with our lives, even in our adolescence. (Para. 4)

Meaning In American culture, we are expected to know what career we want. People don't expect us to be unsure of how to spend our life, even as a teenager.

decisive: a.

- 1) able to make choices or decide what to do quickly and confidently 果断的; 坚决的
The government must take decisive action to control unemployment, as any delay in making a decision could have very negative consequences.
 - 2) making the final result of a situation completely certain 决定性的
Our manager played a decisive role in the last round of the business negotiation.
2. The importance we place on being “decided” in our society can make those who are uncertain about their future career feel as if something is wrong with them. (Para. 4)

Meaning People who aren't sure what career they want in the future can feel that there is something wrong with them because of the pressure from other people in our society.

3. However, an undecided person who is actively exploring all of the abundant career opportunities open to them may very well **find themselves following** an unexpected, but fulfilling, career. (Para. 4)

Meaning However, a person who isn't sure of the career they want but is willing to try different options may end up in a career they didn't think of and find that it's very rewarding.

find yourself doing sth.: to gradually realize that you are doing sth., although you did not

intend or plan to do it 发现自己(不知不觉地或没有预先计划地)在做某事

Even though you never liked math at school, you could find yourself taking a course in accounting.

Notes: Adjectives that can collocate with “opportunity” include “abundant”, “ideal”, “limited”, and “available”.

4. But sometimes, if we **are too wrapped up in** making the one right decision about our careers, we may forget the importance of chance. (Para. 5)

Meaning But sometimes, if we are too obsessed with making the one and only right decision, we may forget that chance could help us find the right career.

be wrapped up in sth.: to spend so much time doing sth. or thinking about it that you do not notice anything else 全神贯注于某事; 埋头于某事
She was so wrapped up in her work that she didn't realize how late it was.

5. According to John Krumboltz, a leading psychologist, chance or unplanned events have a definite place in the career-planning process. (Para. 6)

Meaning John Krumboltz, a leading psychologist, has said that when planning our career we need to think about chance or unplanned events, as they certainly play a role.

Notes: In the sentence, the noun phrase “a leading psychologist” gives additional information about John Krumboltz. We do not need it for the sentence to make sense and so it is separated from the main sentence by commas. We could also use brackets “()” or dashes “—” to separate the extra information from the main sentence.

6. It is an oxymoron – you cannot plan chance events, but you can develop and take advantage of unexpected opportunities throughout your career. (Para. 6)

Meaning The term “planned happenstance” contradicts itself: You cannot make a plan for a chance event to occur. However, you can do things that will increase the likelihood of positive chance events, and then make good use of any opportunities that come your way.

Notes: An oxymoron (矛盾修辞法; 逆喻) is a conjunction of two ideas that appear to contradict each other. It is usually used for dramatic effect. For example:
deafening silence: a complete silence, when it is uncomfortable or you are expecting someone to say something
profoundly shallow: (of someone) superficial in every single way

7. I was curious and felt hopeful that it might be fun; little did I know where it would lead. (Para. 7)

Meaning I was curious and hoped it would be fun; but I could not know what the result might be.

Notes: The second clause effectively means “I knew little about where it would lead”. By starting with an adverb and using an inverted sentence order, it emphasizes the unexpectedness of the outcome. Other examples of inversion for emphasis:
Hardly had I left the house when the rain came down.
Never did I think that I'd fall down my own staircase.

8. Most of us plan our careers because we feel the need to have the security of an income so we can put a roof over our heads and food on the table. (Para. 8)

Meaning Most people plan their careers so that they can be certain of earning enough money to have somewhere to live and enough to eat.

a roof over your head: a place to live 栖身之所; 住处
When you arrive in a strange city, all you want is a roof over your head.

9. Curiosity: Sometimes when we are stuck in the routine of our daily lives, we forget to be curious about the world around us. (Para. 10)

Meaning Curiosity: When we are stuck doing the same things at the same time every day, we may forget to keep curious about what’s happening around us.

Notes: Suffixes that can be used to form nouns include “-ity”, “-ism”, and “-ence” (-ance).

- We can combine the suffix “-ity” with an adjective to make a noun. The meaning of the noun is that it has the quality or state described by the adjective. So, “curiosity” is the state of being “curious”. Other such words include “creativity” (“creative” + “-ity”) and “security” (“secure” + “-ity”).
- We can use the suffix “-ism” to create a noun with the meaning of “believing in sth.”. So, “optimism” is the belief that only good things will happen. Other such words include “pessimism” and “feminism”.
- We can combine the suffix “-ence” or “-ance” with a verb to make a noun, e.g. “tolerate” to “tolerance”. The noun thus formed has the action, state, or quality indicated by the verb. Other such words include “resistance” and “insistence”.

10. When you seek new learning opportunities, some of your efforts may backfire or lead you nowhere. (Para. 11)

Meaning When you look for new learning chances, some of your efforts may actually have a bad effect or else give you no benefit at all.

11. Not everything about an opportunity will be foreseeable before you decide to take action and pursue it. (Para. 14)

Meaning Before you decide to take up an opportunity, you cannot know the outcome, and so there’s a risk to your action.

Notes: The subject of this sentence “Not everything ...” is a kind of partial negation. This is used to suggest that some aspects of an opportunity are foreseeable, but some are not. Other expressions we use in a similar way include “not everybody”, “not always”, and “not completely”. For example:

It was a very successful movie, but not everybody had good things to say about it.

The weather in England can be very gray and miserable, but it's not always raining.

Her criticism was not very popular with the managers, but she was not completely incorrect about her observations.

12. Constantly seek to feed your curiosity by exploring new opportunities, and who knows what you'll end up doing! (Para. 15)

Meaning Keep being curious, and keep exploring new opportunities whenever you can to satisfy your curiosity. If you do so, you may find yourself discovering something unexpected that you really enjoy!

Notes: Verbs or expressions that can collocate with “opportunity” include “seek”, “create”, “grasp”, “lose”, and “take advantage of”.

Comprehension

- 1 Paras. 1–3: d
Paras. 4–5: b
Paras. 6–8: c
Paras. 9–14: a
Para. 15: e
- 2 1. T
2. F
3. F
4. T
5. T
6. NG

- 3 According to the text, “planned happenstance” is a situation where you take steps to increase the chances of positive chance events happening.

Additional notes

Reading skill: *Defining key concepts or terms in a text*

There are several other ways in which authors try to clarify key concepts or terms in their writing, such as:

- Classifying the concept or term by describing how it fits into a particular category.
- If the concept or term refers to a process, it can be explained step by step to show how the concept or term works in practice.
- Noting a cause and effect to show how one event leads to another and how different concepts or terms relate to one another.

Being able to quickly identify the key concepts or terms in a text will improve our ability to quickly digest and interpret the meaning.

Critical thinking

4 Teaching tips

- Explain to Ss the meaning of “interpret the implications”: It is not just to paraphrase the meaning of each sentence, but to take each one further to what it could imply.
- Ask Ss to critically assess the different angles of each of the sentences. Sentence 1 is about opening their minds to possibilities; Sentence 2 is about exercising curiosity; Sentence 3 is about having the courage to explore the unknown.

Step 1

1. If we think there is only one right way, our minds may not be open to opportunities.
2. If we are too bound up in our daily lives, we may not be looking around for opportunities outside.

3. Before you take action, you cannot know what benefits might result.

Step 3

I think the three sentences are all connected to the importance of chance and the fact that we can't plan everything in advance. We need to open our minds, to keep our curiosity constantly alert, and to welcome the unknown.

Additional notes

Critical thinking skill: *Exploring implications*

Implications are not made explicit by a writer or speaker; they require the reader or listener to think about what the possible consequences of the statement or argument might be. In the text about happenstance, the author doesn't just define what happenstance is, but also explains its possible effects on a career. Therefore, when we read different statements, we need to ask ourselves what the consequences would be if we did or didn't do a certain thing.

Intercultural writing

5 Teaching tips

This writing activity asks Ss to research the topic of career planning.

- Ask Ss to reflect when they first started thinking seriously about a future career and making plans to develop the necessary knowledge, skills, and experience. Ask questions like: *Was your experience typical in China? What about your friends and classmates?*
- Remind Ss that career planning in Chinese culture has changed over time. They could compare the advice given to them by people of different generations, and also think about what advice they would give to someone of the younger generation.

Expressions related to giving suggestions:

It is a good idea to ...

It is worthwhile to consider / think about ...

One important thing to think about / take into consideration is ...

Unlike in America, Chinese youngsters are not expected to be totally clear about their future career in adolescence. There are a number of reasons for this. Firstly, in China people believe that no matter what career they might pursue in the future, it is important during adolescence to acquire knowledge and build up their skills in order to be ready for any possible challenges. This involves developing a range of skills and acquiring knowledge in foundational areas.

The expectation is that while at university, students will have the time and guidance to choose an appropriate career, and they will develop their skills according to their chosen career directions.

It is probably a good idea to choose something that relates to current industry trends or to your interests and hobbies. If you know what your interests are, then you will be in a better position to build up the necessary knowledge, skills, and experience for a successful career. It is also worthwhile to consider what directions certain markets and industries are taking, to make sure your career goals are realistic.

Language in focus

Words and expressions

1. spark
2. generating
3. cautious
4. striving
5. commonplace
6. abundant

7. definite
8. counsel
9. attainable

- ② 1. am wrapped up in
2. over time
3. in response to
4. laid out
5. passing over
6. took action

Collocations

- ③ 1. unexpected
2. attainable
3. explore
4. seeking
5. take

Banked cloze

- ④ 1) K 2) M 3) O 4) H 5) I
- 6) A 7) D 8) J 9) N 10) F

Translation

- ⑤ As the Guangdong-Hong Kong-Macao Greater Bay Area (the GBA) is given the status of key strategic planning in the country's development blueprint, there comes a foreseeable demand for talent. Aiming at becoming an international innovation and technology hub with global influence, the GBA is devoted to strengthening global cooperation, as well as supporting scientific and technological innovation. This will generate new industries and create abundant employment opportunities. The development of the GBA has provided a new platform for young people. They should seize the opportunity, be bold in exploration, and join in the mission of the times.

Text B

Before you read

- I would prefer to do the same job for my whole life. I'm the kind of person who would stick to one job so as to gain enhanced expertise in a specific field.
• I would prefer to change jobs a few times as I feel that if I stayed in the same job, I would become bored. Of course, changing jobs could be challenging, but that's part of what makes it interesting.
- The main factors I would need to consider would be whether the salary was adequate and also the work conditions. I wouldn't want to change my career and find that I was worse off than before.
• For me, it's not just about money; it's about whether the challenges are still exciting. If I'm not still learning on the job, I'd rather move on.

The courage to change careers

Language points

1. They say "life begins at 40" – well, that was certainly true for me. That's when I took the plunge to do what I'd always wanted to do, at least when it came to my work life. (Para. 1)

Meaning People say that even at 40, you can still start afresh. That's what happened to me: I was brave enough to do what I'd always wanted to do, especially the work I'd always dreamed of.

Notes: In this sentence, "they" doesn't refer to one particular person, but to people in general. Other examples:

They say it's important to make the most of any opportunities that come your way.

They say that life is a two-way street: You get back what you put into it.

2. But nothing could have been further from the truth. (Para. 1)

Meaning It was completely untrue that I was having a mid-life crisis.

Notes: Besides "nothing could have been / could be further from the truth", we can also say "nothing could have been / could be further from reality".

For example:

Nothing could be further from reality – I have never been offered the position I always dreamed of.

3. My choice to make a radical career shift wasn't a **spur-of-the-moment** decision; it was one that had been **in the making** for a long time. (Para. 1)

Meaning My choice to make such a big change of career wasn't a decision I made suddenly, but one that had taken a long time to mature.

spur-of-the-moment: a. sudden and not planned 心血来潮的; 出于一时冲动的

This was a spur-of-the-moment purchase: I had never meant to buy a house in the country!

in the making: in the process of being created or produced 在酝酿中; 在生产过程中

Last week, the artist finally finished the portrait after it was two years in the making.

4. **That isn't a proper job. You need a job that will pay the bills. (Para. 2)**

Meaning Photography isn't a serious job; it's more like a hobby. You need a job that pays you enough money to cover your expenses.

5. **Twenty years went by, and I can't say I had a bad life. (Para. 3)**

Meaning I had been living and working in this way for 20 years. Even though it was not exactly what I wanted, it was not a bad life.

Notes: In English, we sometimes use two negative words or expressions rather than simply using one positive word or expression. This is usually to reduce the emphasis. So the writer could have said "I had a pretty good life" instead of "I can't say I had a bad life", but the former would be too emphatic. He wants to suggest that his life wasn't completely good, but not completely bad either. For example:

It wasn't a bad movie, but it wasn't as good as I had hoped.

I'm not ungrateful for your contribution to the project, but I wished that you had helped a bit more.

6. **... but I constantly had a nagging sense that there could be something else for me beyond the choices I made in my 20s. (Para. 3)**

Meaning ... but I kept having a strong feeling that there were other choices I could make, apart from those I had made in my 20s.

nagging: *a. (only before noun)* affecting you in an unpleasant way for a long time and difficult to get rid of 恼人的; 不断烦扰的

I had a nagging toothache all week that wouldn't go away, so I finally went to the dentist.

7. **She said she knew that photography was my true calling in life, and it was time I started doing things for myself, and my own well-being. (Para. 4)**

Meaning She told me that she knew I had always wanted to do photography, and I should now start

doing it to make myself happy.

calling: *n. [C] (fml.)* a job or profession, esp. one that you consider important (尤指自认为重要的) 职业, 行业

Many people of my father's generation considered engineering to be one of the highest callings because of the benefits it could bring to the country.

There are a number of synonyms for "calling", e.g. "job", "profession", "career", "vocation", "trade", and "work". However, as with all synonyms, the words do not have completely the same meaning or use.

- calling: sth. that one feels compelled to do, often at an emotional or spiritual level
- job: any paid piece of work
- profession: work that requires advanced education and training
- career: work over a long period of time
- vocation: similar to calling, but the desire is based on suitability, rather than emotion or spirituality
- trade: a skilled job, esp. one requiring manual skills and special training
- work: a general term for all of the above

8. **At the same time I could feel excitement – something I had not felt for a long time – rising inside me. (Para. 4)**

Meaning At the same time I could feel myself becoming more and more excited. I hadn't experienced this feeling for a long time.

Notes: In this sentence, dashes are used to show that the part in between gives extra information which can be left out. The sentence without this information still makes sense.

9. **The job is everything I could ever have hoped for. (Para. 5)**

Meaning I could not have expected this job to be better. It included all the things I could want from a job.

10. The pay is **nowhere near** as good as my old salary, and I do miss my family when I'm away on a shoot. (Para. 5)

Meaning The pay is far less than what I was paid before, and I miss my family very much when I'm taking photos away from home.

nowhere near:

1) not at all 远没有; 远不及

I thought it would be a very challenging job, but actually it's nowhere near as difficult as I expected.

2) a long way from a particular place 离(某地方)很远

The apartment was nowhere near the university, so we had to take the bus every day.

Critical thinking

I think the best way to convince the father would be to start by mentioning examples of people who have made a successful career as professional photographers. These cases should help him see it as a "proper job". These successful photographers earn good money and respect, which should give him a higher opinion of the profession. Also, if I take on a career that I am passionate about, it will improve my motivation and my personal well-being. If he wants what is best for me, these arguments should help.

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。

1 Translation of the texts

Text in Episode 1

职业能力倾向测试101

霍兰德代码 (the Holland Codes) 是一个著名的职业测试模型, 由美国心理学家约翰·霍兰德开发。该模型基于个体的兴趣爱好将人们分为六种性格类型, 从而有助于人们匹配合适的职业。这六种类型分别为: 现实型 (行动者)、研究型 (思想者)、艺术型 (创造者)、社会型 (辅助者)、企业型 (说服者) 以及常规型 (组织者)。六种类型的英文首字母组成了一个缩略词: RIASEC。

基于霍兰德代码的职业能力倾向测试包含许多问题, 要求你描述自己喜欢从事某些活动的频率。测试结果有助于你了解自己的性格类型, 还能给你指明该类型的最佳职业选择。

阅读下一页的陈述并选出最符合你自身情况的答案。为了避免无意识的偏见, 你可以假设所有职业的薪酬和所享有的声望都相同。

职业能力倾向测试101

姓名

日期

我喜欢……

			经常	偶尔	从不
R	1	修东西或建东西			
	2	自己动手做事			
	3	做实际的事情			
	4	户外工作			
	5	用电脑工作			
I	6	做智力游戏			
	7	做实验			
	8	做研究			
	9	分析问题和情况			
	10	和数字打交道			
A	11	听音乐			
	12	参观摄影展			
	13	演奏乐器或唱歌			
	14	去剧院看话剧或歌剧			
	15	独立工作			
S	16	帮助他人			
	17	团队合作			
	18	了解其他文化			
	19	进行演讲			
	20	探讨各类话题			
E	21	承担责任			
	22	为自己设定目标			
	23	影响或说服他人			
	24	卖东西			
	25	确保完成任务			
C	26	遵循明确的指令			
	27	系统地工作			
	28	有条不紊			
	29	关注细节			
	30	精准记录			

完成测试之后, 将各个部分 (R, I, A, S, E 和 C) 的得分分别相加, 其中, “经常” 计2分, “偶尔” 计1分, “从不” 计0分。找到得分最高的那个部分, 它代表你的性格类型。

Text in Episode 2

流媒体视频

今年，全球流媒体视频市场的估值达501.1亿美元。未来8年，该估值预计增长20%以上。包括云解决方案在内的技术进步提高了流媒体视频的质量，从而推动了流媒体市场的发展。最受欢迎的流媒体视频形式是视频直播，约占市场份额的61%。这主要是因为许多用户更喜欢在便携易用的智能手机和平板电脑上观看视频。

未来几年，视频直播将继续受到欢迎。此外，许多大型制作方将不会向第三方平台分享自己的节目，它们甚至会推出自己独家的流媒体视频服务。另外，由于竞争激烈，点播类的影视节目有可能会大幅增加。需要关注的国家包括中国、印度、墨西哥和巴西，因为这些国家的消费能力在不断攀升。

人工智能

今年，全球人工智能市场的估值略低于400亿美元。未来几年，该估值的增长率预计约为42%。人工智能市场的快速发展在一定程度上得益于某些行业自动化程度的提高，例如零售业、制造业和医疗保健行业。

目前，全球人工智能领域总收入的20%以上来自广告和媒体行业。然而，未来几年，这一形势将会发生变化。到2027年，医疗保健行业将贡献人工智能领域总收入的大头。机器人辅助外科手术、自动图像诊断和虚拟助理护士都会为医疗保健行业带来更多收入。

另一个可能从人工智能的广泛应用中获益的行业是金融业。乍一看这可能有些奇怪，但是人工智能已在金融分析、风险评估以及投资管理等领域发挥作用。未来，支付安全和账户安全也将随着人工智能技术的应用得到进一步提升。

医疗保健行业

今年，全球的医疗保健支出超过8.3万亿美元，明年该数额预计将增长5%以上。然而，随着日本等许多国家的人口老龄化，多方预测全球的医疗保健支出将会加

速上涨。其他一些因素如整体收入水平的提高、新型疾病和流行病的出现都会促使医疗保健支出加速上涨。

随着人们对于高质量医疗保健服务的需求的增加，医疗保健行业需要一套全新的智慧医疗系统。该系统应以云计算、5G、人工智能、医疗物联网等先进数字技术为基础，将有助于改善患者与护理体系之间的互动，同时能使医院进行早期诊断和个性化治疗。

因此，需要加强医疗保健行业的员工培训，尤其在医生和护士这两个关键医疗岗位上。

Text A

职业选择: 机遇的重要性

- 1 “你长大以后想做什么？”
- 2 你可能还记得小时候被大人问到过这个问题。如果你回答：“我不知道”，那么他很可能会列出一系列职业让你考虑。
- 3 大学新生开学第一周可能会被反反复复问到这个问题：“你打算主修什么专业？”
- 4 在美国文化中，我们应该明确自己的职业方向。如果我们不确定自己的人生规划，那通常是不可接受的，即使是在青少年时期。我们的社会对“确定”的重视会让那些对自己未来职业不确定的人感觉自己有问题。然而，就算一个人未做出决定，只要他积极探索大量可能的职业机会，就很有可能迎来不期而遇的但却能给人带来成就感的职业生涯。
- 5 典型的职业规划技巧——例如将兴趣、技能和能力与特定工作匹配，或规划未来10年、20年或者30年的生活——往往非常有助于职业规划和职业抉择。但有时，如果过于执着于做出“唯一”正确的职业抉择，我们可能会忘记机遇的重要性。
- 6 著名心理学家约翰·克朗伯兹曾经说过，偶然的或计划外的事件对于职业规划确实有影响。克朗伯兹

- 提出了一种较新的职业咨询方法，即“计划性巧合理论”。这似乎自相矛盾，因为你不能规划偶然事件。然而，你可以在你的职业生涯中发掘并利用偶然出现的机会。
- 7 下面是我亲身经历的一个例子。信不信由你，我从来没打算过为*Next Wave*写职场专栏。但几年前我冒了个险，参加了*Next Wave*的一次聚会。这次小小的冒险引发了一连串的事件，最终让我开始写这个专栏。当时对于写专栏我很好奇，觉得这件事可能会很有趣，但我不知道最终能做成什么样。
- 8 我们大多数人做职业规划是因为我们觉得需要有收入带来的安全感，因为有收入才能有地方住，有饭吃。我想澄清的是，计划性巧合理论并不是说你不应该规划或者全靠机遇。但是对职业生涯产生积极影响的机遇确实会出现，而且你能够增加这种机遇出现的频率。
- 9 为了让偶然事件去影响职业生涯，你必须摆正位置，为偶然事件的发生做好准备。计划性巧合理论指出，有五种特质有助于个人创造偶然事件，即：好奇心、坚持、乐观、灵活性和冒险精神。
- 10 **好奇心**：有时，当我们被困在周而复始的日常生活中时，我们会忘记对周围的世界保持好奇。而拥有好奇心的人会探索周围的世界，并对新的学习机会保持开放的态度。为表明好奇，你可以选修一门课程来培养新的技能或兴趣，重建人际网络，或上网了解其他职业。
- 11 **坚持**：当你寻求新的学习机会时，有些付出可能会适得其反或一无所获。当感到气馁时，要坚持下去。对于还没有拿到本科学位的你们，坚持也是一项有用的技能！
- 12 **乐观**：只要保持积极的态度，你就会相信新的机会就在身边，并且那些机会是可以抓得住的。即使遇到挫折，这种态度也可以帮助你坚持下去。
- 13 **灵活性**：在面对变化无常的环境时，如果你心态足够开放，能够改变自己的态度或信念，那么当机遇真的到来时，你就更有可能抓住它。
- 14 **冒险精神**：在决定采取行动去追寻机会之前，机会的方方面面并非都是可预测的。我们每个人都有一定的风险承受能力。如果你发现自己因为过于谨慎而没有采取行动去探索新的机会或忽略了机会，那么可能是时候重新审视自己的风险承受能力了。
- 15 因此，新学期伊始，我鼓励你去思考一下自己的职业生涯。如果你还不确定未来会做什么，请记住，这很正常，而且即使有明确职业目标的人也常常会发现，他们的目标会随着时间的推移而改变。如果你有明确的职业目标，并且正在努力实现这些目标，那么继续尽你最大的努力，同时对偶然事件保持开放的态度。通过探索新的机会，不断滋养你的好奇心，谁知道你最终会做什么呢！

Text B

改变职业的勇气

- 1 人们常说“人生始于40岁”——对我来说确实如此。在我40岁的时候，我决定去做我一直想做的事情，至少在工作方面。当我第一次公布我的计划时，我的一些朋友和家人都很紧张，他们认为我正在经历中年危机！但事实远非如此。我刚刚进入人生的新阶段，当机会来临时，我有足够的勇气和决心去抓住它们。我选择彻底改变职业并不是心血来潮的决定。它已经在我心里酝酿很长时间了。
- 2 和很多人一样，我早期的职业选择在很大程度上受父母的影响。18岁的时候，我最痴迷的是摄影。每天，我会花好几个小时读书和看视频，尽我所能去学习如何拍出好照片以及关于摄影的一切知识。我甚至在我的壁橱里建了一个小暗房来冲洗我拍摄的照片！一直以来，我都梦想着有一天摄影可以成为我的职业。然而，当我把这个梦想告诉我父亲时，他只是对我说：“那不是一份正经的工作。你需要的是能够养家糊口的工作。”这些严厉的话给我留下了深刻的印象，而我现在才意识到这句话对我的余生产生了多么大的影响。在那段时间里，我记得有好

几天自己走路都是跌跌撞撞的，经常快要哭出来。但在父亲面前我不能哭，因为我知道他会说：“男儿有泪不轻弹。”后来，我上了大学，取得了家人认可的商学学位。我的相机和摄影书躺在卧室的书架上，落满了灰尘。毕业后，我学完了会计课程，然后开始在我叔叔的公司当会计。

- 3 二十年过去了，我的生活说不上糟糕。我结了婚，有两个孩子，在一家我喜欢的公司里干着一份舒适的工作，享受其中……但是我总有一种挥之不去的念头：如果不是我在20多岁时做出的决定，我还可以有其他的选项。每当我感到自己在原地踏步时，我总是幻想着重新回到摄影行业，有一次我甚至参加了当地的一个摄影比赛。然而，我从未觉得自己真的有时机和勇气去全身心地投入到我真正热爱的事业中去。
- 4 后来，有一天晚上，我和妻子一起看电视。有一个节目讲的是一些人把他们的爱好变成了事业。我当时一定是在充满渴望地盯着屏幕，自己却全然不觉，因为节目中途，我的妻子转过来对我说：“你也应该这样做。”我看着她，一脸困惑。她随后向我解释说，我应该抓住这个机会，做一名摄影师。她说她知道摄影是我生命中真正热爱的职业，我也该开始为自己和自己的幸福考虑了。我坐在那里怔怔地盯着她，整整一分钟，一句话也没说。在那一分钟里，我感到心中涌起阵阵兴奋之情，那是我很久都没有过的感觉。那一刻我知道，她是对的。我必须更加勇敢，掌握自己的生活。
- 5 当天晚上，我和妻子为我的职业转变做出了规划。我们存了不少钱，如果我转行没有成功，她的薪水还可以维持我们的生活。从那之后，我开始把我的摄影作品投给世界各地的杂志和网站。如今，长话短说，在过去的三年里，作为一名野生动植物摄影师，我的足迹遍布世界各地。我攀过高山，登过火山，到过丛林最深处，甚至潜入过水底！这份工作就是我梦寐以求的。做了这份工作之后，我感到精力充沛，充满活力。每当我的朋友或家人看到我，他们都说我看起来非常健康、非常快乐。当然，这

份工作也有不可避免的缺点：薪水远不及我以前的，而且当我外出拍摄时，我确实很想念家人。然而，每当我在家时，这些遗憾都得到了弥补，因为事实是，我比以往更加满足，更加放松。

- 6 现在我最大的孩子对古代文明非常着迷，想大学时学习考古学。我觉得这很棒！当然，你18岁时拥有的激情可能不会持续一辈子，这是事实，但没关系。我现在明白了一件事：在人生的后半辈子转换职业可能会让人望而却步，但只要有一点勇气和自信，一切皆有可能。