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Unit 1

Are You Hooked to It?



A hobby is defined as an activity done regularly in one's leisure time for pleasure. An addiction is a recurring compulsion by an individual to engage in some specific activity. The word is also used colloquially to refer to some activity for which a person has an overwhelming passion. We usually think that hobbies are harmless and addictions are dangerous, because hobbies can make our lives more colourful while addictions inflict physical or spiritual dependency on something to degrees that we cannot control. In reality though, the differences between hobbies and addictions can often be confusing. Most addictions begin as hobbies. Everyone spends time and energy on hobbies, but if excessive passion about a hobby affects one's life in a negative way, it becomes addiction from which it is hard to escape.

Nature supplies us all with the ability to become hooked—and we all engage in addictive behaviour to some degree.

WARM-UP



A Listen to three speakers talking about their childhood hobbies. Complete the following chart with the information you hear.

Note

Transformers are robots that turn into other things. Usually they turn into vehicles, like cars or jets. Transformers started in 1984 as a line of toys, but then an animated series and a comic book were created. Optimus Prime and Megatron are the names of two robots among many examples.

Name	Hobbies	The significance of their hobbies
Luther	1) _____	They are 2) _____.
Sarah	3) _____	She enjoys 4) _____.
William	5) _____	It is 6) _____ to him.



B Discuss the following questions.

1. What do you know about stamp collecting? Did you have a special collection when you were a child?
2. What was your hobby in childhood? How did your hobby affect your life? Do you still pursue that hobby?

Vocabulary

miniature /'mɪnɪətʃə(r)/ *a.* 微型的, 缩小的
fertilizer /'fɜːtɪlaɪzə(r)/ *n.* 肥料



LISTENING FOR CONTENT

① Listening to a conversation



A Listen to a conversation about Internet addiction. After the conversation, some questions will be asked about what was said. Write down a short answer to each question.

1. What is mainly talked about in this conversation?
_____.
2. Can you describe a picture of a typical Internet addict?
_____.
3. How can you know whether you are addicted to the Internet or not?
_____.

Vocabulary

alcoholism /'ælkəhɒlɪzəm/ *n.* 酗酒
hook /hʊk/ *v.* 对……入迷, 被……迷住
pathological /ˌpæθə'ɪɒdʒɪkəl/ *a.* 病理的, 病态的
fixation /fɪk'seɪʃən/ *n.* 依恋, 固着
abuse /ə'bjʊz/ *v.* 滥用



B Listen to the conversation again and choose the best answer from the four choices given to each question you hear.

1. A) She thinks Internet addiction is as serious as drug and smoking addiction.
B) She thinks Internet addiction is much severer than alcohol addiction.
C) She thinks Internet addiction is less serious than drug and alcohol addiction.
D) She thinks Internet addiction is the product of other addictions.
2. A) Only young people can be addicted to the Internet.
B) Internet addicts include both children and adults.
C) There are more adult addicts than teenage addicts.
D) Young addicts account for a larger part of Nicholson's patients.
3. A) Some learn how to deal with their relationships with others.
B) Some may get into trouble over money issues.
C) Most of them commit suicide in the end.
D) Most of them care more about their possessions.
4. A) People think experts overestimate the harmfulness of Internet addiction.
B) Internet addiction can be overcome by the addicts themselves.
C) Professor Nicholson thinks that Internet usage should be restricted or prohibited.
D) Internet addiction needs to be taken seriously and treated properly.

2 Listening to a passage



A *Are you good at your hobbies? Do your hobbies bring as much pleasure as they used to? Listen to the following passage carefully and choose the best answer from the four choices given to each question you hear.*

1. A) He feels ashamed about his son's incompetence.
B) He feels the other boys are too competitive.
C) He feels real regret for not teaching his son to play soccer well.
D) He finds it necessary to encourage his son to practise soccer.
2. A) He thinks people should practise hard to dance elegantly.
B) He thinks a dancer has to wear a nice dress to dance.
C) He thinks one would embarrass oneself without good dancing shoes.
D) He thinks dancing is a way to relax in one's spare time.
3. A) Hobbies are supposed to bring pleasure to people.
B) If a person takes up a hobby, he should work hard at it.
C) Dancing and jogging don't bring much fun to people.
D) Self-improvement is an important factor for taking up hobbies.
4. A) The speaker simply wants to have a good time.
B) The speaker is no good at dancing, singing and drawing.
C) The speaker dislikes people being so-so in any activity.
D) The speaker is often laughed at by others.

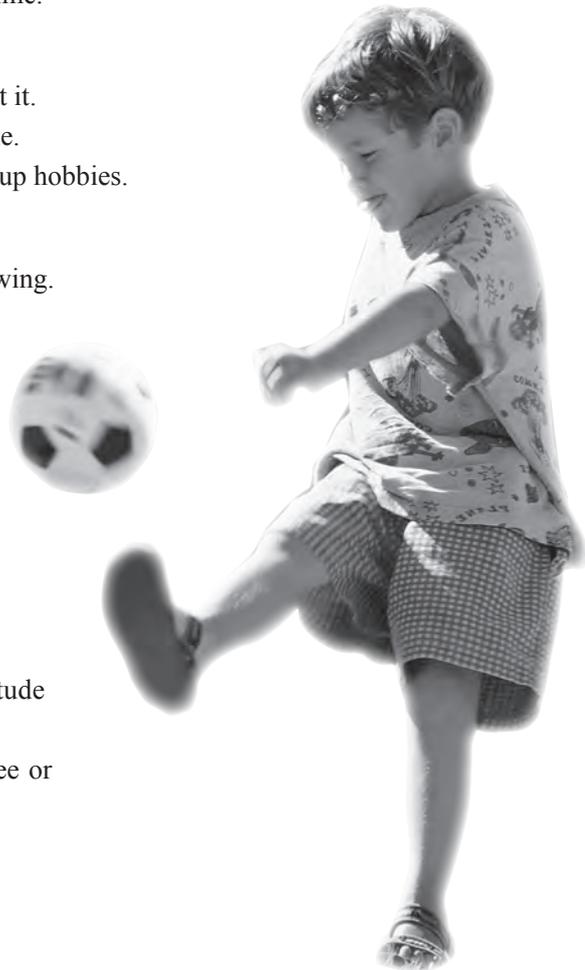
Vocabulary

nerd /nɜːd/ *n.* 乏味落伍的人
slaughter /'slɔːtə(r)/ *v.* 屠杀, 杀戮
tights /taɪts/ *n.* 紧身衣



B *Listen to the passage again and discuss the following questions.*

1. According to the passage, what is the common attitude towards hobbies?
2. Does the speaker himself agree with it? Do you agree or disagree? Why?



3 Listening to English news



A Listen to the following news about shopping addiction and fill in the blanks with what you hear.

Vocabulary

compulsive shopper: 购物狂
 outrageous /au'treɪdʒəs/ a. 毫无节制的
 spree /spri:/ n. 无节制的狂热行为
 aisle /aɪl/ n. 过道
 binge buy: 疯狂购买

Outrageous shopping bills are a familiar nightmare for many compulsive shoppers. And contrary to the popular opinion, men 1) _____ nearly as often as women. A new survey finds that both 2) _____ are almost equally likely to suffer compulsive buying disorder, a condition marked by uncontrollable, unnecessary and 3) _____ shopping sprees.

Researchers used to estimate that between 2 and 16 percent of the US population suffered compulsive buying disorder, and that 90 percent of 4) _____ were female. But a 2004 telephone survey of more than 2,500 American adults found that 6 percent of women and about 5.5 percent of men are compulsive shoppers; that's 5) _____.

The sexes do not shop at the same aisles though. Experts say that women are more likely to binge buy things like clothes or gifts for other people, while men tend to buy 6) _____. This survey is the first to find 7) _____.

Study authors hope that this finding can convince doctors of how many people are hurt by the disorder, so they can 8) _____.

I'm Bill Blakemore, in New York.



B Listen to the news again and answer the following questions according to what you hear. After you finish the task, check your answers with your partner.

1. What is compulsive shopping?
2. What is the difference between male and female shoppers?
3. How can the survey on shopping addiction help ordinary people?
4. Do you think you are a compulsive shopper? What can shopping addiction bring on?

SPEAKING FOR COMMUNICATION

1 Talking it up

A *As we know, English is widely used for international commerce. Usually the language used in a business setting is very formal. Even though most students grasp grammar and vocabulary, their use of proper English for business is usually not sufficient. If one talks informally on a formal business occasion, just as one talks with intimate friends, one's English may be regarded as "sloppy". Here are two settings. You can make a comparison.*



A: Hi, how're you doing? I haven't seen you for ages.

B: I'm fine. And you look great.

A: Good afternoon. I don't think we've met before. My name is Terry Robinson. I'm the Managing Director.

B: How do you do? My name is Lisa Hanks. It's my pleasure to meet you.

A: The pleasure's all mine. May I introduce our new Sales Executive, Tom Jones?



The following are some sentences with different functions often used in business settings.

1. To greet friends or strangers:

How are you getting along these days?

Can you tell me your name again, please?

How do you pronounce your last name?

*Could you give me your business card, please?
I'd like to introduce my manager, Mr. Wilson.
May I introduce my colleague Kate Trenton?
Have you two met?*

2. To show appreciation:

*We would appreciate your assistance.
Please accept my sincere appreciation for your assistance.
Thank you in advance for inviting us to the dinner party.*

3. To ask for permission:

*Would it be possible for me to take the day off this Friday?
How about having dinner together on Wednesday night, Mr. Anderson?
May I take down the price list for that product, if possible?
Would it be convenient for you to pick me up at the hotel tomorrow?*

4. To make a polite refusal or show opposition:

*I'm afraid I'm fully booked up this week.
I don't think that's a good idea.
Frankly, we can't agree with your proposal.
We have to tell you that we're not prepared to accept your proposal at this time.
To be quite honest, we don't believe this product will sell very well in this region.*

5. To show apology:

*With much regret,...
I didn't show up at the meeting. I owe you an apology.
Sorry. That's not what we wanted. Maybe we didn't make ourselves clear.
I apologize for having kept you waiting so long.*

B *Listen to the following short conversation and underline expressions often used on business occasions. Then practise the conversation with your partner.*

- Wilson:** Mr. Brown, I'm awfully sorry, but I won't be able to come on Friday afternoon.
Brown: What's the matter? Nothing wrong, I hope.
Wilson: I've just checked my schedule and realized I already have an appointment that afternoon. I'm really sorry for all the trouble I've put you to.
Brown: It doesn't matter. It's all right with me. In that case, let's have the meeting at three o'clock next Monday. Would that be convenient for you?
Wilson: Well, I'm afraid I can't make it at three o'clock. Four o'clock would suit me better.

Do you think you can make it?

Brown: Yes. That's fine. I'll look forward to seeing you next Monday afternoon, four o'clock.

Wilson: Ok, my team will be pleased to meet you too. I'm sure everything will go smoothly and we can discuss details of our cooperation on this project.

Brown: I hope so. See you then.

C *Group or pair work*

Smith and Johnson are negotiating a deal in a semi-formal business setting. Smith wants to order some new LCD (Liquid Crystal Display) models. He asks to see the catalogues and to hear Johnson's introduction. After that, Smith and Johnson also negotiate prices. Finally they reach an agreement on a 10% discount. Here is the opening of the talk. Finish the dialogue with your partner. Try your best to make use of appropriate business expressions when talking to each other.

Smith: Good morning, Mr. Johnson. It's a pleasure to see you again.

Johnson: Nice to see you too, Smith. How is business?

Smith: Fine...

Dialogue 

Hints: You can use the following expressions when necessary.

1. I'm so glad that you've made this great achievement.
2. Would you mind introducing your new LCD models?
3. I'm afraid the prices are higher than the ones you quoted six months ago.
4. I understand that, but we ensure that everything is of the best quality.
5. To call the whole deal off is the last thing I want to do.
6. I'm sure you'll have a happy experience doing business with us.
7. Let's look forward to positive cooperation between us.

2 Talking it through

A *In the previous section, we have learned that people with different personalities favour different hobbies and different people have different tastes in clothing. So you may have your own choices in how you dress, either formally or informally. Now consider the following question: What is your favourite style of dress? Discuss the question and give reasons for your answer.*



Tips for dressing on business occasions

One fashion designer said, “The good news about today’s workplace is that men and women have a world of choices about what to wear to work. The bad news about today’s workplace is that men and women have a world of choices about what to wear to work. Therein lies the dilemma.” People have more choices in dressing but they still need to pay attention to the appropriateness of attire. You don’t have to dress to astonish, but you need to dress properly and professionally in business settings such as interviews, conferences, awards shows, exhibitions and so on.

Generally speaking, western business formal attire is conservative in style. A two-piece matching suit is always the best and safest choice. Conservative colours like navy blue, dark grey and black are often used. Formal attire always includes solids or subtle weave patterns. Remember to keep your hair and nails clean and neat. Avoid using perfume or cologne that have too strong a fragrance or may cause allergic reactions in people around you. Pay attention to clothing details like accessories, tags or dangling threads. Always make sure that your clothes are clean and pressed. A MAN usually wears a well-tailored suit, preferably in a dark colour, and a tie. The shirt is always long-sleeved and button-down, mostly in hues of white or light blue. Black or brown dress shoes need to be leather that matches with the belt. (Photo A is an example of men’s formal business attire.) A WOMAN usually wears a well-tailored pants suit or skirt or dress suit. Blue, grey, black, navy are very common but green, purple and other colours are also possible, as long as the colour doesn’t look too gaudy and garish. The colour of the blouse had better match with the suit, and preferably in textures like cotton or silk. For women, skirts mustn’t be too short. Mini skirts make women look too informal in business environments. It’s safe to wear a knee-length skirt or slightly below the knee when standing. Most women wear closed-toe heeled shoes rather than open toe shoes, even in hot summer. (Photo B is an example of women’s formal business attire.) For both MEN and WOMEN, sandals, slippers and sneakers are not appropriate.

As formal wear can make people in business feel too conservative and dull, people have started to wear “business casual”, especially in white-collar workplaces since the 1990s. This became common in technology, academic and research settings, and then spread to less formal business settings. “Business casual” has no strictly accepted definition or standards. Different people may interpret it widely and differently. It just means dressing professionally yet being relaxed and neat. For MEN, a collared shirt or tennis shirt and cotton trousers are acceptable. Comfortable slacks are also all right with button-down and tucked-in shirts. A jacket and tie are not necessary. For WOMEN, on some “business casual” occasions, they may wear skirts or pressed slacks, with blouse and sweater, or

twin-sets. MEN and WOMEN may wear casual shoes, but sneakers or sandals are still not acceptable.

The tips above are applicable for the majority of business settings. At certain special events, especially in the art business or entertainment fields, you can try to be more creative and unique. You can wear clothing of your own choice that blends in with the ambience. However, there is a golden rule: if you are not sure of the general tastes or the routine dress codes at any business occasion, you'd be better off to play it safe and select a more conservative style in your dress and other details. For example, body tattoos, piercings or excessive accessories may make you look special but may also arouse negative attitudes. Thus, be careful with such fashions.



Photo A
(Men's formal business attire.)



Photo B
(Women's formal business attire.)



Photo C
(Men's business casual.)



Photo D
(Women's business casual.)

B *Read the following information and then discuss hobbies and personalities with your group members.*

It is said that hobbies can reflect one's personality. Have you discovered the relationship between your personality and your hobbies? Read the following quiz designed by CNN editors and find out which hobby best suits your personality.

Vocabulary

- American Idol: “美国偶像” (选秀节目)
- gadget /'gædʒɪt/ *n.* (机器的)小配件
- golf club: 高尔夫球杆
- laptop /'læptɒp/ *n.* 便携式电脑
- binoculars /baɪ'nɒkjʊləz/ *n.* 双筒望远镜

1. You prefer to be:	(a) in the garden. (c) in another country. (e) at a museum. (g) cooking something.	(b) learning something new. (d) in front of your computer. (f) at a park.
2. Of these shows, the one you prefer is:	(a) "Biography". (c) "American Idol". (e) "WIRED Science".	(b) "National Geographic Explorer". (d) a baseball game.
3. You like to read:	(a) Self-improvement guides. (c) blogs about gadgets. (e) cookbooks.	(b) Lonely Planet. (d) poetry. (f) sports illustrated.
4. To relieve stress, you:	(a) paint or sculpt. (c) get on the road. (e) cook your favourite dish.	(b) do yoga. (d) do yard work. (f) play video games.
5. Your friends describe you as:	(a) curious. (c) restless. (e) inspired.	(b) athletic. (d) hungry. (f) handy.
6. If left on a desert island, what could you not live without?	(a) golf clubs. (c) laptop. (e) evening classes.	(b) "crazy glue". (d) binoculars.

Hints

Types of personalities:

Outdoors: You like to breathe fresh air and commune with nature. You might like hobbies such as hiking, sea diving, or other outdoor team sports.

Travel: You like to visit different places to get to know the world. You're ready to travel anywhere.

Creative: You like ideas expressed in all forms of art. You might like hobbies such as sketching, photography, sculpture, or playing an instrument.

Home: You are a homebody. You like sewing, gardening, plumbing and making your house beautiful.

Technology: You buy the newest gadgets because you need them for your ongoing projects. Your hobbies are always related to the latest technical skills.

Thinking: You like to think. You may not be so good at talking to others but you communicate with them in other ways, such as through writing, reading, or playing chess.

Topics for discussion:

Look at the hobbies in the following pictures. Ask your partner about each other's hobbies and personalities. Then based on what you have learnt, make a wild guess as to which hobby your partner might or would like once he or she takes it up.



1



2



3



4



5



6



7



8

FOLLOW-UP

① Listening to short conversations

In this section you will hear five short conversations. At the end of each conversation, a question will be asked about what was said. Both the conversation and the question will be read only once. After each question there will be a pause. During the pause, you must read the four choices marked A), B), C) and D), and decide which is the best answer.

1. A) He has only one hobby and no bad hobbies.
B) He thinks he can learn skills from good hobbies.
C) He has both bad hobbies and good ones.
D) He thinks one can turn bad hobbies into good ones.
2. A) Stephen is good at taking account of everything.
B) Stephen's babies are interested in collecting coins.
C) Stephen learns to be systematic from his hobby.
D) Stephen collects coins because they are valuable.

3. A) Roy often empties his bag when he returns home.
B) Roy is trying to persuade Carol to go fishing with him.
C) Roy is only interested in catching fish.
D) Roy's real interest in fishing is sitting alone and doing nothing.
4. A) The farmer makes robots without much knowledge about high-tech.
B) The farmer has held on to his hobby even though he met with great difficulties.
C) The farmer's hobby has brought great changes to his village.
D) The farmer started his hobby at the age of 44.
5. A) She thinks drug addiction is the most dangerous.
B) She thinks Internet addiction is the most harmful.
C) She thinks addictions that make you trash are the worst.
D) She thinks every addiction is as bad as the other.

2 Listening to a longer conversation

In this section you will hear a longer conversation. At the end of the conversation, some questions will be asked about what was said. After each question there will be a pause. During the pause, you must read the four choices marked A), B), C) and D), and decide which is the best answer.

1. A) Mark is a poker addict.
B) Mark is obsessed with online gambling.
C) Mark is fond of making friends on the Internet.
D) Mark is addicted to online games.
2. A) Ron doesn't like any games.
B) Ron thinks it's OK to play games for money.
C) Ron is not a serious gaming addict.
D) Ron loves online poker games.
3. A) Gloria thinks it's no big deal for Mark to be addicted to games.
B) Gloria is afraid that Mark will get addicted to online gambling.
C) Gloria hopes Mark can control himself playing games.
D) Gloria wishes Mark can learn more from the games he plays.
4. A) Ron thinks gambling is more harmful than playing games.
B) Ron dislikes women addicted to playing games.
C) Ron thinks playing games surely leads to gambling.
D) Ron shows strong opposition to playing games.

5. A) Some gaming addicts make friends when playing together.
- B) Professional people are less likely to get addicted to games.
- C) Only a small percentage of gamers are gambling.
- D) There are more male addicts than female addicts.

Notes

Dark Age of Camelot: a famous game produced by Mythic Entertainment. The game's story background lies in European history and Northern European myths. (大型网络角色扮演游戏)《卡米洛特的黑暗时代》

World of Warcraft: a massive multiplayer online role-playing game, in which players have the opportunity to seek adventure in a vast, continual game world, forming friendships, slaying monsters, and engaging in epic quests that can span days or weeks (网络游戏)《魔兽世界》

③ Listening to a passage

A Listen to a report about money-making hobbies. Then decide whether the following statements are true (T) or false (F).

1. The hobby of the speaker's friend changed from travelling to writing and photography.
2. One can quit their current job if the money they earn from hobbies is enough.
3. Some preparations are necessary before one tries to earn money from a hobby.
4. The speaker thinks that collecting ancient coins can bring more money than playing games.
5. If one can't turn a hobby into a money-making one, it is better to change their hobbies.
6. The speaker advises people not to expect profits in a short time from hobbies.
7. Financial reward is the primary goal in developing one's hobbies.
8. The speaker supports the idea of making money from hobbies.

Vocabulary

dime /daɪm/ *n.* (美国、加拿大的)1角硬币

scheme /ski:m/ *n.* 计划; 阴谋

B Listen to the report again and locate the exact facts to support your answers.

Note

Dale Carnegie: Dale Carnegie (1888—1955) was a US writer and the developer of famous courses in self-improvement, salesmanship, corporate training, public speaking, and interpersonal skills. Born in poverty on a farm in Missouri, he was the author of *How to Win Friends and Influence People*, first published in 1936, a massive bestseller that remains popular today. He also wrote a biography of Abraham Lincoln, entitled *Lincoln the Unknown*, as well as several other books. 戴尔·卡耐基 (《人性的弱点：如何赢得朋友和影响他人》等书作者)

4 Enjoying yourself

Listen to the following poem and read it aloud. Then explain the meaning of the poem to your partner.

Hobbies

By W. H. Greever

A hobby may be fancy wild,
Or just a whim, as in a child;
It is something one likes to do,
And does by choice, with pleasure too;
May outlet be for latent skill
Or just life's way a gap to fill;
May tribute be to best in art,
When love for beauty fills the heart;
May be God's way, with soil and air,
To bring to life some beauty rare;
Or it may be some form of sport,
Beyond the call of duty's court;
May be excuse for chance to play
When duty's call bids one obey.
When one can be to duty true
And not compelled a thing to do.
A hobby's good, as men have found,
If one be ill; or one be sound,
When duty tends to make a slave,
A hobby helps one's freedom save;
No matter much what hobby be
It matters most that one is free.



5

Oral report

A *Prepare a 3-minute oral report on the following topics, which are related to what you have learned in this unit. You will be asked to present it in the next class.*

1. Parents want the best of everything and want to give their children every opportunity. A political leader may imagine his children to be interested in politics, as he was when younger. A wealthy businessman may wish his children to take up collecting antiques as a hobby. However, is it really fair that parents mentally map out their children's interests, or interfere with children's hobbies according to their own inclinations?
2. Most people are apparently "hooked", not only on drugs, nicotine, alcohol, but also on caffeine, sugar, fats, work, theft, cheating, gambling, exercise, and even love. What are the things you are hooked on? Do they affect your life?

B *Prepare a 3-minute oral report on the following topic, which are related to what you have learned in this unit. You will be asked to present it in the next class.*

Addicts fool people, but most of the time, they fool themselves. Addiction to alcohol is the most common addiction that is often overlooked. Most people think that a glass of alcohol won't do any harm. The following video clip is selected from the TV series Crime Scene Investigation (CSI): Miami. The clip shows us how alcohol addiction may bring tragedy to others and oneself as well.

