

Map of the book

Unit	Scenario	Active reading
1 Knowing yourself <i>P2</i>	Record a significant personal growth story for an English-language podcast <i>P3</i>	Text <i>P4</i> Catching crabs Analyzing writing techniques: Keeping the narrative flowing Sharing your ideas: Talk about one of your critical growth moments
2 Beyond the horizon <i>P32</i>	Participate in an English-speaking contest on the topic "My unforgettable trip" <i>P33</i>	Text <i>P34</i> Life in the lanes Analyzing writing techniques: Making vivid descriptions Sharing your ideas: Talk about one of the most unforgettable trips you have taken
3 Informed or misinformed? <i>P60</i>	Share how to be a smart social media user to help UNESCO promote media and information literacy <i>P61</i>	Text <i>P62</i> Is social media good for us? Analyzing writing techniques: Engaging the audience Sharing your ideas: Talk about your understanding of social media
4 The heartbeat of a city <i>P88</i>	Present a city at an exposition during the World Culture and Tourism Forum <i>P89</i>	Text <i>P90</i> The beautiful blue Danube Analyzing writing techniques: Highlighting features when introducing a city Sharing your ideas: Write a paragraph about one feature of your city
5 Journey to the stars <i>P118</i>	Introduce China's space exploration for international students at the China Space Museum <i>P119</i>	Text <i>P120</i> Sailing the ocean of stars Analyzing writing techniques: Using a specific lead-in to introduce a grand theme Sharing your ideas: Write down China's achievements in space exploration
6 Path to prosperity <i>P146</i>	Share China's poverty alleviation efforts with international visitors in a workshop <i>P147</i>	Text <i>P148</i> Meeting poverty head-on Analyzing writing techniques: Improving credibility by using authoritative sources Sharing your ideas: Talk about the significance of alleviating and ultimately eliminating poverty

Further exploration

Speaking guide

Project

Extended reading

Text P11

The passage to adulthood

Video P14

Eight stages of development

Sharing your ideas: Talk about the significance of your moment

Telling a personal growth story via a podcast **P16**

Tell a personal growth story **P17**

Communication skill: Using vocal variety in podcast storytelling

Text P20

Helpful ways to know yourself

Text P41

Adventures of a lifetime

Video P44

The point of travel

Sharing your ideas: Talk about your views on the meaning of your trip

Giving a prepared speech in a speaking contest about an unforgettable trip **P46**

Make a speech **P47**

Communication skill: Starting your speech with impact

Text P50

The armchair traveller

Text P69

Social media literacy: The five key concepts

Audio P72

How to choose your news

Sharing your ideas: Talk about how to use social media smartly

Making a vlog on social media literacy **P74**

Make a vlog **P75**

Communication skill: Using body language effectively

Text P78

Making the headlines

Text P97

Wuzhen: Past and present

Video P100

How to make an attractive city

Sharing your ideas: Talk about a feature of your city related to its development and planning

Giving a presentation about your city at an exposition **P102**

Give a presentation **P103**

Communication skill: Using visual aids effectively

Text P106

Cities: Past and future

Text P127

Apollo 13

Audio P130

Staying healthy in space

Sharing your ideas: Role-play an interview about an astronaut's experience in space

Giving a guide's talk on China's space exploration **P132**

Give a talk **P133**

Communication skill: Making your talk interactive

Text P136

Fire!

Text P156

Global innovations for poverty alleviation

Video P159

A case of China's targeted poverty alleviation

Sharing your ideas: Make a list of China's strategies for poverty alleviation

Giving a talk in a workshop on poverty alleviation **P161**

Give a talk **P162**

Communication skill: Handling listeners' questions effectively

Text P165

Live-streaming helped a flower farmer thrive

UNIT

1

Knowing yourself




Learning objectives

After completing this unit, you will be able to

- > share your personal growth moments
- > evaluate the significance of your growth moments during a specific stage
- > record your personal growth story, using vocal variety


Episodes See All



Growth and Life

+ Follow
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When we remember special days, we are often actually remembering special moments. A popular English-language podcast is collecting stories for a special edition named “Growth and Life.” It will contain a collection of stories about the most formative moments in people’s lives, such as the moment they discovered something significant about themselves, found their real vocation in life, or began to shoulder their responsibilities. You find this meaningful and would like to record your significant growth story for the podcast.



Video scenario

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Try it out

- 1 Try to do the task above.
- 2 What difficulties did you experience while doing the task? List two or three major ones in English or Chinese in the following table.

	Aspects	Difficulties
Content	Describing my formative moment and my feelings	
	Expressing what I have learned from the moment	
Language	Vocabulary / Sentence / Style	
Structure	Organizing my story in a clear and logical way	
Communication	Using vocal variety to make my story lively and engaging	

Active reading

Work in pairs and discuss the following questions.

- 1 What difficulties have you encountered during your college life?
- 2 What did you do to overcome the difficulties?

Life is full of unforgettable moments that make us feel suddenly enlightened. The following text is a college student's account of his personal growth moment. What happened to him? How did he respond? Did he ask someone for help? Why is the moment critical for him? Read the text and think about whether you will do likewise if you encounter similar problems.

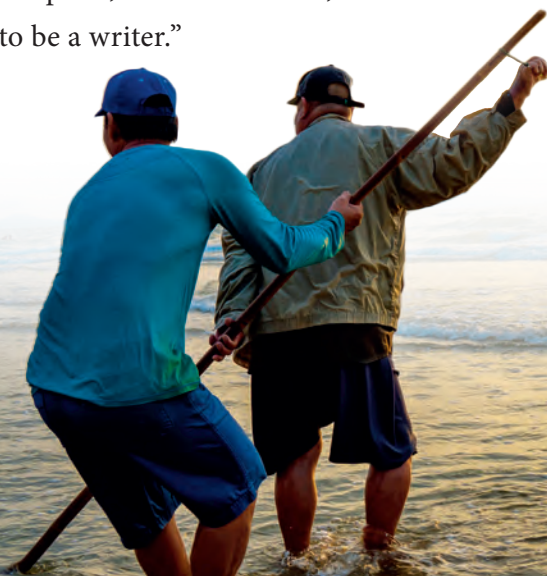
Catching crabs



- 1 In the fall of our final year at college, our mood changed. The idle days and relaxed atmosphere of the preceding summer semester had disappeared. We all started to get our heads down, studying late, and attendance at classes rose steeply again. We all sensed we were coming to the end of our stay here. We realized we would never get a chance like this again, and we became determined not to waste it. We knew that any errors at this stage would be costly. Most important of course were the final exams in April and May in the following year. No one wanted the humiliation of finishing last in class, so peer pressure to succeed was fierce. Libraries were even standing room only until the early hours of the morning.
- 2 But there was something else. At the back of everyone's mind was what we would do when we left university in a few months. Most people were looking either to continue their studies, or to find a white-collar job in a bank or local government, or anything which would pay

them enough to secure a comfortable life in their early twenties, and then settle down with a family, a mortgage, and some hope of promotion.

- 3 During my customary visit home for Thanksgiving, inevitably my brothers and sisters kept asking me what I was planning to do. I thought they'd probably criticize me for my plans, so I told them what everyone else was thinking of doing.
- 4 My father was watching me but saying nothing. Late in the evening, he invited me to his study and poured us a drink.
- 5 "So?" he said.
- 6 "Er ... so what?"
- 7 "So what do you really want to do?" he asked.
- 8 My father was a lawyer, and I had always assumed he wanted me to go to law school, and follow his path through life. So I hesitated.
- 9 Then I replied, "I want to travel, and I want to be a writer."
- 10 This was not the answer I thought he would expect. Travel? Where? A writer? About what? I instinctively braced myself for some resistance to the idea. I was certain he would dismiss it as impulsive.
- 11 There was a long silence.
- 12 "Interesting idea," he said finally.
- 13 There was another long silence.
- 14 "I kind of wish I'd done that when I was your age."
- 15 I waited.
- 16 "You have plenty of time. You don't need to go immediately into a career which pays well. You need to find out what you really enjoy now, because if you don't, you won't be happy later."
- 17 "So how do I do this?"
- 18 He thought for a moment. Then he said, "Look, it's late. Let's take the boat out tomorrow morning, just you and me. Maybe we can catch some crabs for dinner, and we can talk more."



- 19 It was a small motorboat, moored 10 minutes away, and my father had owned it for years. Early the next morning we set off along the estuary.
- 20 There was no surf on the coastal waters at that time of day, so it was a smooth half-hour ride. “Let’s see if we get lucky,” he said, picking up a mesh basket with a rope attached and throwing it into the sea.
- 21 We waited a while, then my father stood up and said, “Give me a hand with this,” and we hauled up the crab cage onto the deck.
- 22 Crabs fascinated me. They were so easy to catch. It wasn’t just that they crawled into such an obvious trap, but it seemed as if they couldn’t be bothered to crawl out again even when you took the lid off.
- 23 The cage was brimming with dozens of crabs piled high on top of each other. “Why don’t they try to escape?” I wondered aloud to my father.
- 24 “Just watch them for a moment. Look at that one, there! He’s trying to climb out, but every time the other crabs pull him back in,” said my father.
- 25 As we watched, the crab climbed up the mesh toward the lid, but just as it reached the top, one of its fellow crabs reached out and pulled it back. Several times the crab tried to escape, without luck.
- 26 “Now watch!” said my father. “He’s starting to get bored with this game.”
- 27 Not only did the crab give up its lengthy struggle to escape, but it actually began to help stop other crabs from trying to escape. This was a signal of his acceptance of the easy way of life.
- 28 Suddenly, I got my father’s point. He looked at me. “Don’t get pulled back by the others,” he said. “Spend some time figuring out who you are and what you want in life. Think about what really interests you and what skills you have. Try to have some clarity about where you want to live, where you want to go, and how you want to work. And if you can’t answer these questions now, then take some time to find out. Because if you don’t, you’ll never be happy and contented.”
- 29 He paused.
- 30 “So you want to travel?” he asked.
- 31 “Yes,” I replied.
- 32 “Better get you a passport. And you want to be a writer?”
- 33 “I think so.”
- 34 “Interesting choice. We’ve never had a writer in the family,” he said.
- 35 My father started the motor and we set off back home.

Getting the idea

1 Complete the summary of the text.

In my final year at college, I started to consider what I would do after graduation. I thought my brothers and sisters would probably 1) _____ for my plans, so I just told them what others were thinking of doing. When my father asked me about my future plan, I told him that I wanted to be a writer. I thought he would resist this idea because I assumed that he would like me to 2) _____ through life and become a lawyer. However, my father did not dismiss my idea as 3) _____. Instead, he took me out to catch crabs. Crabs fascinated me because they were so easy to catch. In the cage, one crab was trying to escape, but when it reached the top, another crab reached out and 4) _____. In the end, the crab 5) _____ the game, gave up trying, and started to prevent other crabs from getting out of the cage. It was a signal of the crab's acceptance of 6) _____. I suddenly realized what lesson my father wanted to teach me by catching crabs.

2 Decide on the best choice for each question.

- 1 What happened to the students in the fall of the final year at university?
 - A. They had more idle and relaxed days on campus.
 - B. They studied late and felt intense peer pressure to succeed.
 - C. They spent more time outside and started to search for jobs.
 - D. They applied for more courses and tried to get high grades on exams.
- 2 Why did the author mention the expression “at the back of everyone’s mind” (Para. 2)?
 - A. To show that everyone was concerned more about their final exams.
 - B. To show that their final exams were closely related to their future jobs.
 - C. To show that their graduation in a few months is an important moment.
 - D. To show that everyone was concerned about what to do after graduation.
- 3 Why did the author’s father invite the author to his study?
 - A. To ask what the author was planning to do.
 - B. To persuade the author to go to law school.
 - C. To give some advice about becoming a writer.
 - D. To tell the author about his own path through life.
- 4 Why did the author’s father take the author out to catch crabs?

A. To find some material for writing.	B. To enjoy the coastline and the sea.
C. To show the author how to catch crabs.	D. To tell the author something about life.
- 5 What advice did the author’s father give?

A. Get to know oneself better.	B. Always listen to one’s parents.
C. Watch what others do carefully.	D. Embrace peer pressure at college.

Analyzing writing techniques

Keeping the narrative flowing



The flow of a narrative is one of the most important parts of telling a story. In a piece of narrative writing, a writer can keep the narrative flowing smoothly by switching between descriptions, the narration of events, and dialog, and thus spark readers' interest and keep them reading.

In this text, the above techniques are signaled by transition sentences, time expressions, and direct speech. They often come at the beginning of a paragraph and prepare the readers for the rest of the paragraph.

A transition sentence can help readers understand how sentences and paragraphs work together to move the plot forward. Specific words or expressions are often used to make good transitions. "Similarly," "likewise," and "in the same way" could communicate similarity. "However," "but," "in spite of," and "nevertheless" could help build contrast. "In fact," "indeed," and "of course" could express emphasis.

Time expressions, such as "in the fall of our final year," "during my customary visit home," "early the next morning," and "at that time of day," organize the story by time.

Direct speech can reveal conflicts or shift the topic directly without the narrator's involvement, and can help adjust the pace of a narrative according to the writer's need.



Work in pairs. Look at the sentences from the text and discuss the following questions.

- 1 *In the fall of our final year at college, our mood changed.* (Para. 1)
Why does the text begin with a time expression?
- 2 *But there was something else.* (Para. 2)
What is the purpose of this short sentence?
- 3 *"So?" he said.*
"Er ... so what?" (Paras. 5–6)
What is the effect of the use of direct speech?
- 4 *Crabs fascinated me.* (Para. 22)
How does the focus change with this sentence?
- 5 *My father started the motor and we set off back home.* (Para. 35)
When ending the story, instead of continuing the dialog, the author uses a simple statement. How do you like this conclusion? Why?

Building your language

1 Complete the following passage with the correct form of the expressions in the box.

be contented with brace oneself for clarity about
lengthy struggle secure a comfortable life

Memorable experiences

Kim, 30. After graduating from college, I worked in a local bank and 1) _____ in my twenties. But I often felt full of doubt about my career choice. Then a visit to New York changed my life. The first time I walked into The Metropolitan Museum of Art, I felt my interest in recreating past worlds. The visit helped me end my 2) _____ to continue the job I didn't like. Now I am studying history and archeology and I 3) _____ my decision.

Wang Xin, 19. Is the world of the blind colorless and dull? One day, I saw a 10-year-old girl with visual impairment. She participated in an orchestra and played the flute. I wanted to chat with her. As we didn't know each other, I 4) _____ some resistance from her. But we had a pleasant chat, and her love of life and 5) _____ future plans amazed me. I thought I would be the one enlightening her world, but it was she that enlightened my world.

2 Answer the following questions about the expressions in italics.

- 1 If you *follow someone's path* when making career choices, do you (a) follow their example, or (b) do things according to your own preferences?
- 2 If you *set off* on a new journey, do you (a) finish the journey, or (b) begin the journey?
- 3 If you *can't be bothered to* cook dinner, are you (a) unwilling to cook dinner, or (b) willing to cook dinner?
- 4 If you *are brimming with* creative ideas, are you (a) full of ideas, or (b) short of ideas?
- 5 If you have *figured out* the reason for something, have you (a) just paid special attention to it, or (b) thought about and understood it?

3 Translate the following paragraph into English with the words and expressions in the box.

inevitably fascinate sb. preceding be determined to do sth.

青年人不可避免地会面临许多选择。我们既要了解自己的兴趣所在，也要了解社会对我们的期待，并以正确的世界观（world view）、人生观（outlook on life）、价值观（sense of values）来指导自己的选择。前几代人的经验告诉我们，青年人选择吃苦也就选择了收获，选择奉献也就选择了高尚。新时代中国青年生逢中华民族发展的最好时期，既要怀揣坚定信念成为更好的自己，也要肩负起时代赋予的重任。

Sharing your ideas

Work in pairs and share with each other one of your critical growth moments. The following questions are for your reference.

- When did it happen?
- What happened?
- How did you feel when it happened?
- Was there someone who helped you? What did they say or do?
- What did you learn from the moment?

Further exploration

In *Active reading*, we learned about a fourth-year university student's personal growth moment. We all experience significant moments at different life stages. The process of experiencing is that of learning and growing up. In this section, we will learn about the significance of the passage to adulthood in different cultures, and about the eight stages in a person's development.

The passage to adulthood



- ¹ Shakespeare, in his play *As You Like It*, suggests that there are “seven ages” in a person's life. The phenomenon of rites of passage in almost every society confirms that we prefer to think of life in terms of stages such as childhood, adulthood, and old age.
- ² A rite of passage is a formal recognition of a move from one stage to another, the most universally recognized one being the transition between childhood and adulthood. This can take very different forms.



- ³ In ancient China, major ceremonies were held to mark the passage to adulthood. The rituals date back at least to the Zhou Dynasty, well over 2,000 years ago. According to *The Book of Rites*, young men should take part in a capping ceremony at 20, while girls should take part in a hair-pinning ceremony at 15. The ceremonies also signaled young people's duty to share family and social responsibilities. To this day, shouldering responsibility remains a symbol of adulthood in Chinese culture, which values an individual's contribution to the family and to the wider community. Chinese people hold dear the belief that when young people integrate their life goals with those of the nation and the people, they are leading a more fulfilling life.
- ⁴ Formal occasions mark rites of passage in the modern U.S., too. One example is the prom, a formal dance held at the end of high school. Students wear formal clothes – many for the first time in their lives – and it is usual to rent a car for getting to and from the prom. The prom marks the start of students' journey toward college or the world of work.
- ⁵ Rites of passage in some cultures can take unusual forms. One of the most dangerous coming-of-age ceremonies might be the land diving ceremony on Pentecost Island. Bungee

jumping is considered to have originated from it. Before the ceremony, the young men spend several weeks building a tall “jumping tower” with vines and logs. On the day of the ceremony, they jump from the high platforms to prove their manhood. It takes a great deal of skill to jump correctly and safely. People of the village sing loud songs to show their support for the young men’s bravery.

- 6 Perhaps one of the most interesting rites of passage is the walkabout of the native people of Australia, in which adolescents would be required to spend about six months walking alone through the wilderness, following the paths of their ancestors along the age-old “songlines,” routes which map out the country. In so doing, they would penetrate to the heart of native Australian culture and, in the process, discover themselves, too.
- 7 Although different cultures hold different forms of coming-of-age ceremonies, the ceremonies are similar in that they symbolize the transition from childhood to adulthood, after which the person is no longer considered a child and is granted the full rights and responsibilities of an adult.

Notes

Songlines, also known as dreaming tracks or footprints of the ancestors, are routes in traditional Australian Aboriginal culture, connecting landmarks and sources of food and water.

1 Check (✓) the statement that best summarizes the main idea of the text.

- A. The transition from childhood to adulthood can be quite painful, but it can help young people discover more about themselves.
- B. Coming-of-age ceremonies take place in different forms in different cultures, and being an adult has deep meaning for oneself and society.
- C. A person is no longer considered a child and is granted the full rights and responsibilities of an adult after taking part in a coming-of-age ceremony.

2 Answer the following questions.

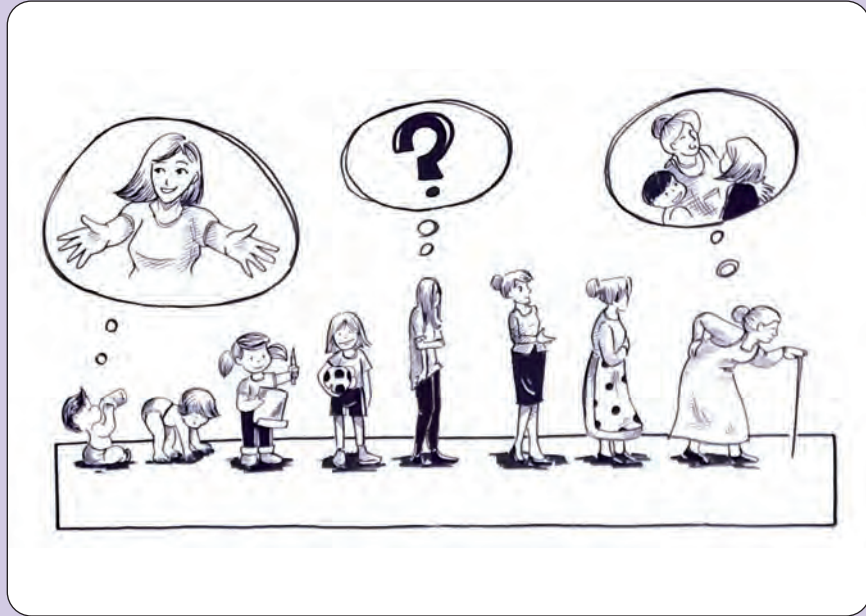
- 1 What is a rite of passage?
- 2 What were the rites of passage in ancient China?
- 3 What does shouldering responsibility mean for Chinese youth?
- 4 Why is there a formal dance at the end of high school in the U.S.?
- 5 What quality may people from Pentecost Island value?
- 6 What do adolescents among the native people of Australia do as a rite of passage?

New words

- psychosocial** /ˌsaɪkəʊ'səʊʃəl/ *a.*
社会心理的
- autonomy** /ɔ:'tɒnəmi/ *n.* 自主能力; 自主权
- initiative** /ɪ'nɪʃətɪv/ *n.* 自主决断的能力; 主动性
- industry** *n.* 勤劳; 勤奋
- inferiority** /ɪn,fɪəri'ɒrəti/ *n.* 低等
- industrious** /ɪn'dʌstriəs/ *a.* 勤奋的
- conform** /kən'fɔ:m/ *vi.* 顺从
- intimacy** /ɪ'ntɪməsi/ *n.* 亲密
- stagnation** /stæɡ'neɪʃən/ *n.* 停滞
- pessimistic** /ˌpesə'mɪstɪk/ *a.* 悲观的
- ego** /'i:ɡəʊ/ *n.* 自我
- integrity** /ɪn'tegrəti/ *n.* 完整
- grumpy** /'grʌmpɪ/ *a.* 脾气坏的; 易怒的

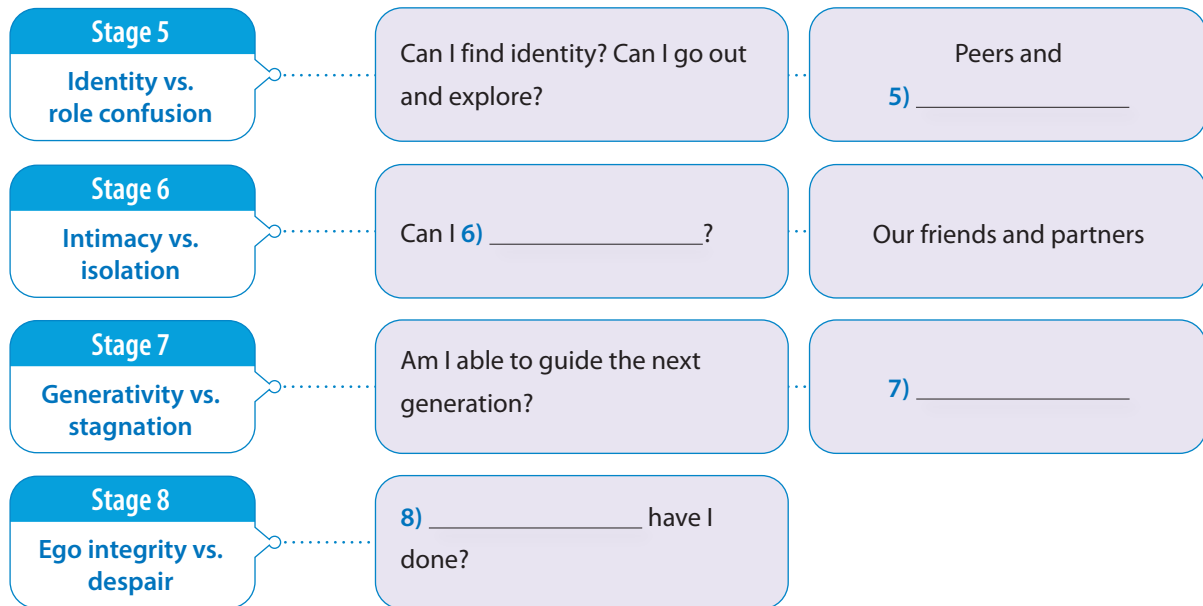


Eight stages of development



1 Watch the video and complete the following table about eight stages an individual passes through.

	Questions asked	Important people
Stage 1 Basic trust vs. mistrust	Can I 1) _____ the world? Is the world safe?	The mother
Stage 2 Autonomy vs. shame and doubt	Is it OK to be 2) _____?	Both parents
Stage 3 Initiative vs. guilt	Is it OK for me to do 3) _____?	The entire family
Stage 4 Industry vs. inferiority	Can I make it in this world?	Our 4) _____



2 Watch the video again. Check (✓) the true statements and correct the false ones.

- 1 Infancy is too early a time to develop a sense of trust.
- 2 Early childhood is an important period for self-exploration.
- 3 Preschool children should be encouraged to explore new things.
- 4 Recognition from teachers and peers makes school children hard-working.
- 5 Adolescents seldom suffer from an identity crisis even though they sometimes feel confused.
- 6 Relationships play an important role in the lives of young adults.
- 7 People in their forties become optimistic and comfortable.
- 8 People in their old age seldom experience despair.

Sharing your ideas

Think about the moment you talked about in the previous *Sharing your ideas*. Work in pairs and talk about the significance of your moment. The following questions are for your reference.

- In which life stage did the moment occur?
- Why do you think it is meaningful to you?

Speaking guide



Telling a personal growth story via a podcast



Podcasts were initially called audio blogs. Podcasting is a way for people to share their experiences and thoughts via audio recording over the Internet. There are different types of podcasts, and for the project of this unit, we focus on monolog, or solo, podcasts. This kind of podcast usually weaves ideas into exciting or interesting stories.

The project of this unit requires recording a personal growth story. This kind of story focuses on how someone developed their character and became wiser or more capable of dealing with life's challenges. A successful personal growth story has these features:

- It is a real story told in the first person.
- It has a plot that can hold the listeners' interest.
- It conveys a clear message or life lesson.
- It creates emotions that make the listeners enjoy the storytelling and inspires them to reflect on their own growth moments.

A good structure to use is **the setup – conflict – resolution pattern**, which will provide a template for you to come up with the best story.

Setup

This is the beginning part that describes the context or situation of the moment, including the time, the place, and the characters of your story. Make sure it is brief, lively, and attention-gaining. You may also add suitable background music to create a proper tone for your story.

Conflict

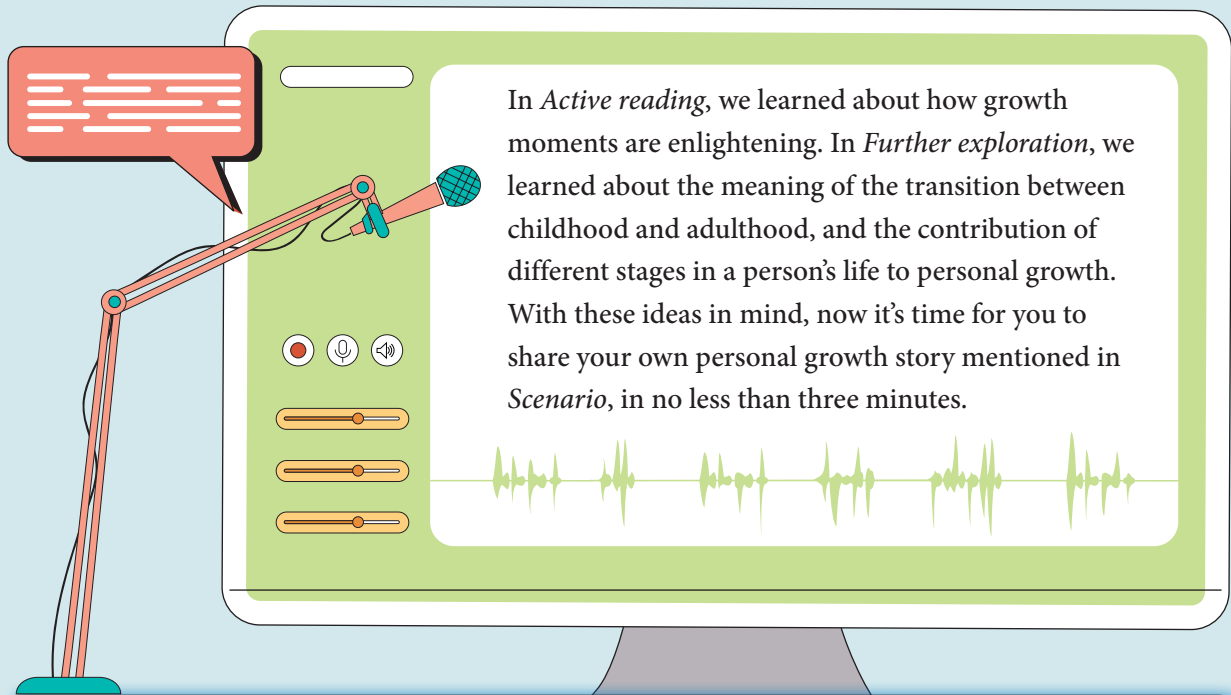
This is the body, telling the audience about what happens and what changes the situation in the previous part. It can be a problem, a struggle, a dilemma, a risk, a turning point, a hard decision, or any other kind of significant moment. Here you get the listeners engaged in your story by sharing the event or situation, how it developed, what you did, and how you felt. Make sure that you tell this part of the story with sufficient drama and details, so the listeners feel drawn to the situation and can connect with you on a deeper level. Use vivid language, and speak at the proper volume, pitch, and rate to engage your listeners.

Resolution

This part concerns the lesson you learned and the changed situation after the conflict. Instead of simply summarizing the outcome, tell in detail the specific actions you took, the decision you finally made, the reflection you had, or the inspiration you gained. Also, share what you learned from the experience and let the listeners think about the core value of the story. In other words, end the story in a way that means something to your listeners.



Tell a personal growth story: The most memorable moment of my life



Using vocal variety in podcast storytelling

To make your podcast story lively and engaging, you need to apply vocal variety. Vocal variety involves volume, pitch, rate, pause, etc.

Volume relates to how loud or soft your voice is. For a podcast, generally, it is advisable to speak at a medium volume. But you can also raise your volume when you want to put emphasis on the point you are making.

Pitch refers to the highness and lowness of your voice. The changes in pitch reveal whether you are asking a question or making a statement, whether you are talking about something exciting or serious, whether you are happy or sad. These pitch changes add a personal touch to your storytelling.

Rate is how quickly you speak. There is no uniform rate for storytelling. The best rate depends on your vocal attributes and the mood you want to create. Just avoid extremes, because a too-fast rate can make it difficult for your audience to follow, and a too-slow rate may bore them. When you practice telling your story, you can note where you need to slow down or speed up.

Pause signals the end of a thought unit, gives a moment for an idea to sink in, and adds dramatic impact to your storytelling. Make sure you do not pause in the middle of thought units and do not fill the silence with distracting utterances such as "um," "er," "well," or "you know."



STEP

1

Develop your ideas

Review the moment you talked about in the previous sections. Decide on what you want to include in your story.

STEP

2

Organize your story

After developing the ideas for your story, consider how to organize them. You can use the following outline for reference.

Outline**Setup**

- What is the setting?
- Who was involved?
- What were you like before the moment?

Conflict

- What happened?
- What did you do?
- What did you think?
- How did you feel?

Resolution

- What did you do or what decision did you make in the end?
- What changed you or inspired you?
- What did you learn from the moment?

STEP
3**Write your script**

Now it's time to write your script. You may find useful expressions or sentences in this unit to enhance your language. Write them down according to the following functions.

- **Function: Narrating what happened in the past**

e.g. (time) **In the fall of our final year at college**, our mood changed.

- **Function: Describing one's feelings**

e.g. If we get too much negative feedback, we start to **feel inferior and lose motivation**.

- **Function: Talking about what has been learned**

e.g. Chinese people hold dear the belief that when young people **integrate their life goals with those of the nation and the people**, they are leading a more fulfilling life.

STEP
4**Present your story**

Record and share your story, then invite feedback from your classmates and make revisions.

Extended reading

We all know the importance of knowing ourselves. But we may not know the specific ways of getting to know ourselves. What aspects could we pay attention to in order to gain greater self-knowledge? What techniques are there to help us discover our own strengths and weaknesses? Read the text and you will find the answers.

Helpful ways to know yourself

- ¹ “Know thyself.” These famous words are often incorrectly attributed to the Greek philosopher Socrates. But what exactly do you know when you “know yourself”? Let’s look at several different areas of our lives and think about what we can learn about ourselves from those areas.
- ² The first and most important area is your values. These are the principles and practices that you think are important to follow in your life. There are many different values in life, and not all of them go together. Does adopting a particular set of values make you feel happier, healthier, and more content, and give you a greater sense of meaning and purpose in life? Research suggests that adopting intrinsic values such as social responsibility, a desire for personal growth, and meaningful relationships can lead to greater happiness and overall life satisfaction compared to extrinsic values like financial success, physical attractiveness, and social recognition.
- ³ Psychology experiments demonstrate that worthwhile values can provide you with the necessary motivation to keep going even when you are exhausted. Therefore, it is important to create and maintain worthy values, and take healthy actions.
- ⁴ Another important thing to figure out in life is what your life goals are, or what your life mission is. When you are young, you might think your life goal is to create great art, and so you decide to be a musician. Later, you realize that your life goal is to help others, so you train to be a physician or an emergency medical technician. How, then, can you identify your life goals more accurately? One way is to think about the experiences that have been the most meaningful to you. They offer a clue about your

life goals. Your knowledge of your life goals can guide you in your choice of career and other important decisions.

- 5 Added to your values and your goals is your temperament. Your temperament covers a wide range of things about you. What those things have in common is that they are inborn preferences. You might be an introvert, which means you restore your energy from being alone. Or you might be an extrovert, and restore your energy from being with other people. Maybe you make decisions based on analysis. Or perhaps you prefer to follow your feelings. Maybe you love details. Or you may prefer big ideas. These things are all part of your inborn temperament. Knowing your preferences can help you make decisions that will suit you best.
- 6 After your temperament, you can think about your strengths. Your strengths are not limited to your talents, skills, and abilities. Some of your greatest strengths include your character strengths, such as loyalty, fairness, emotional intelligence, and respect for others. Knowing your strengths is a way to improve your self-confidence.
- 7 Other people can help you identify your strengths. Try listening for compliments and noticing skills that could be clues to your strengths. For example, what if someone says you have a soothing voice? Maybe you could get a job voicing audiobooks or become a radio presenter. Likewise, being aware of your weaknesses can enable you to be honest with yourself about the areas where you lack proficiency. You may choose to either overcome those weaknesses or minimize their impact on your personal or work life.
- 8 You also need to understand your biological rhythms. One simple question to ask is whether you are an “early bird” (a morning person), or a “night owl” (an evening person). Some people work best early in the day, while some others feel more energetic at night. Trying to do all your work at the wrong time (for you) will leave you feeling tired and moody, and with little accomplished.
- 9 Finding a roommate who shares similar biological rhythms may bring great joy to your life. You can easily coordinate your bedtime routine and wake up together. If both of you are early birds, you can plan to go for a morning walk together, which can help you bond and stay healthy. Although this may seem insignificant compared to important values, your daily life is more enjoyable when you are in sync with your biology. When you don’t waste energy pretending to be someone you aren’t, it becomes easier to appreciate life in all aspects.

- ¹⁰ Finally, consider your interests. They include your hobbies, and especially things that you are passionate about over a sustained length of time. If you are very lucky, you will be able to turn your deepest interests into a career. To identify your areas of interest, you can consider some essential questions like: What do I concentrate on? What topics do I find fascinating? What issues bother me? When you have a strong curiosity toward something, it can give you clues to your deepest passions.
- ¹¹ The more you know about these areas of your life and character, the more energy and confidence you will have. You'll feel more motivated to appreciate life, grow as a person, improve yourself, and connect with others.

Decide on the best choice for each question.

- 1 Why is it important to create and hold on to worthwhile values?
 - A. They keep us motivated.
 - B. They give us self-confidence.
 - C. They change our temperament.
 - D. They help us achieve social recognition.
- 2 How can we identify our life goals?
 - A. By following our inborn temperament.
 - B. By thinking about our most meaningful experiences.
 - C. By recalling the life goals we set when we were young.
 - D. By figuring out whether we are introverts or extroverts.
- 3 What is the importance of knowing our strengths?
 - A. It plays a vital role in finding one's talent.
 - B. It helps achieve one's life mission and goals.
 - C. It is essential for the building of confidence.
 - D. It complements one's emotional intelligence.
- 4 How can we make our daily life generally more enjoyable?
 - A. By sharing important values.
 - B. By keeping pace with our roommate's schedules.
 - C. By being a morning person and avoiding staying up late.
 - D. By planning daily activities based on our biological rhythms.
- 5 How can we find our interests?
 - A. By paying attention to what we are good at most at work.
 - B. By trying to do something for a sustained period of time first.
 - C. By paying attention to what catches our attention at first sight.
 - D. By asking ourselves what we concentrate on or find fascinating.

Self-reflection

What have you learned in this unit? Complete the reflection sheet in English or Chinese.

	Aspects	Gains
Content	Describing my formative moment and my feelings	I am able to describe in detail the moment that I learned to make decisions;
	Expressing what I have learned from the moment	I am able to talk about how I make decisions now and explain how the moment taught me to make decisions;
Language	Vocabulary / Sentence / Style	Vocabulary: at the back of everyone's mind / brace oneself for / set off
		Sentence: Suddenly, I got my father's point.
		Style: I know my personal growth story should be appealing ...
Structure	Organizing my story in a clear and logical way	I am able to tell clearly when and where I learned to make decisions;
Communication	Using vocal variety to make my story lively and engaging	I am able to use pauses properly in my story;
Action	Reflecting on my personal growth and development	I evaluate the significance of my growth moments;

Vocabulary

Catching crabs

New words

★ **idle** /'aɪdl/ *a.*

1 (*usu. before noun*) (of time) not spent doing work or sth. particular 空闲的

Laura wished she could go back to those idle days.

2 (of people) not working hard 懈怠的; 懒惰的

There is no place for idle and unreliable staff members in this company.

preceding /prɪ'si:dɪŋ/ *a.* (*only before noun*) (*fml.*)

happening or coming before the time, place, or part mentioned 在前的; 在先的; 前面的

This is not consistent with the argument in the preceding paragraph.

★ **attendance** /ə'tendəns/ *n.* [C, U] the number of people who attend a class, game, meeting, etc. 出席人数

They had an average attendance of 4,000 fans per game.

★ **steeply** /'sti:pli/ *ad.* suddenly or by a large amount (增加或减少)大幅度地, 急剧地

It is odd that the price of the villa has risen steeply.

★ **costly** /'kɒstli/ *a.*

1 sth. that is costly causes a lot of problems or trouble 代价高的; 损失大的

The manager's delay in making a decision could be a costly mistake for the whole team.

2 very expensive, esp. wasting a lot of money 昂贵的; (尤指)花太多钱的

Fixing the bike was costly, so she bought a new one instead.

humiliation /hju:,mɪli'eɪʃən/ *n.* [U] a feeling of shame and great embarrassment, because you have been made to look stupid or weak 丢脸; 羞辱

Mike faced the humiliation of discussing his grades.

★ **fierce** /fɪəs/ *a.* done with a lot of energy and strong feelings, and sometimes violence 激烈的

The competition between the companies has become increasingly fierce.

★ **secure** /sɪ'kjʊə/ *vt.* get or achieve sth. that will be permanent, esp. after a lot of effort (尤指经过大量努力) 获得, 得到

He scored a goal and that secured his team's victory.

★ **mortgage** /'mɔ:ɡɪdʒ/ *n.* [C] a legal arrangement by which you borrow money from a bank or similar organization in order to buy a house, and pay back the money over a period of years 抵押贷款; 按揭

Many people had trouble meeting their mortgage payments during the financial crisis.

★ **promotion** /prə'məʊʃən/ *n.* [C, U] a move to a more important job or position in a company or organization 提升; 晋升

Sally wants a job with good prospects for promotion.

★ **customary** /'kʌstəməri/ *a.*

1 (*only before noun*) sb.'s customary behavior is the way they usu. do things (人的行为)习惯性的

She greeted us with her charming smile and customary politeness.

2 sth. that is customary is normal because it is the way sth. is usu. done 惯例的; 合乎习俗的

In America, it is customary to give tips to waiters and waitresses.

★ **inevitably** /ɪ'nevɪtəbli/ *ad.* used for saying that sth. is certain to happen and cannot be avoided 不可避免地

She inevitably had a high fever, because she had stood in the heavy snow the whole night.

★ **criticize** /'krɪtɪsaɪz/ *v.* express your disapproval of sb. or sth., or talk about their faults 批评; 指责

His mother had rarely criticized him or any of her children.

★ **lawyer** /'lɔ:jə/ *n.* [C] sb. whose job is to advise people about laws, write formal agreements, or represent people in court 律师

She is one of the leading criminal lawyers in New York.

注: 单词表中带★符号的为大学英语四级词汇或其派生词。

- ★ **instinctively** /ɪn'stɪŋktɪvli/ *ad.* in a way that is not thought about, planned, or developed by training
本能地
Instinctively, she reached out toward the handrail to steady herself.
- brace** /breɪs/ *vt.* mentally or physically prepare yourself or sb. else for sth. unpleasant that is going to happen
准备迎接 (令人不快的事)
Nancy is bracing herself for a long legal battle.
- ★ **resistance** /rɪ'zɪstəns/ *n.* [U, sing.] a refusal to accept new ideas or changes (对新观念或改变的) 反对, 抗拒
There was no resistance to the new policy proposed by the new CEO.
- ★ **dismiss** /dɪs'mɪs/ *vt.* refuse to consider sb.'s idea, opinion, etc., because you think it is not serious, true, or important 拒绝考虑; 不理睬
My dad just shrugged and dismissed my career ideas as unrealistic.
- ★ **impulsive** /ɪm'pʌlsɪv/ *a.* tending to do things without thinking about what will happen as a result 冲动的; 草率的
Planning will help you avoid making an impulsive decision.
- motorboat** /'məʊtəbəʊt/ *n.* [C] 摩托艇; 汽艇
- moor** /mʊə/ *v.* fasten a ship or boat to the land or to the bottom of the sea using ropes or an anchor 系泊; (使) 停泊
Several fishing boats were moored to the west of the island.
- estuary** /'estʃuəri/ *n.* [C] 河口
- ★ **surf** /sɜ:f/ *n.* [U] 拍岸的浪花
v. ride on waves while standing on a special board 冲浪
Many tourists spend hours surfing the large waves that form near the beach.
- mesh** /meʃ/ *n.* [C, U] (用线或金属丝编织的) 网状(织)物; 网
- ★ **haul** /hɔ:l/ *vt.* pull sth. heavy with a continuous steady movement 拖; 拉
The men worked together and hauled the boat up onto the beach.
- ★ **cage** /keɪdʒ/ *n.* [C] 笼子
- ★ **deck** /dek/ *n.* [C] 甲板
- ★ **trap** /træp/ *n.* [C] a piece of equipment for catching animals (捕捉动物的) 夹子, 罗网, 陷阱
He accidentally stepped into a bear trap that was covered with snow.
- brim** /brɪm/ *vi.* (be ~ming with sth.) have a lot of a particular thing, quality, or emotion 充满 (某种事物、品质或情感)
He was brimming with confidence before the debate.
- ★ **dozen** /'dɒzən/ *number (pl. dozen or dozens)*
1 (~s of sth.) (*informal*) a lot of sth. 许多
The journalist has interviewed dozens of local residents about their views on the project.
2 twelve 一打 (12个)
Cindy sent her friends a dozen personalized postcards she created herself.
- ★ **lengthy** /'leŋθi/ *a.* (*usu. before noun*) continuing for a long time, often too long 长时间的; 过长的
They went through a lengthy period of intense training before the competition.
- ★ **acceptance** /ək'septəns/ *n.*
1 [U] the ability to accept an unpleasant situation which cannot be changed, without getting angry or upset about it (对无法改变之事的) 承受
By the end of the story, John had moved toward acceptance of his fate.
2 [C, U] the act of accepting a gift, an invitation, an offer, etc. 接受 (礼物、邀请、建议等)
Without any hesitation, he wrote a letter of acceptance to the university.
- ★ **clarity** /'klærəti/ *n.* [U]
1 the ability to think, understand, or remember sth. clearly 清晰的思维 (理解或记忆) 能力
I was impressed with her clarity of thought and purpose.
2 the clarity of a piece of writing, law, argument, etc. is its quality of being expressed clearly 清楚; 明确
The clarity of the author's writing style makes the novel a great pleasure to read.
- ★ **contented** /kən'tentɪd/ *a.* happy and satisfied because your life is good 满意的; 满足的
Winston was no longer contented with working in a small company.

Phrases

at the back of sb.'s mind if sth. is at the back of sb.'s mind, they are thinking about it or it is affecting how they behave, perhaps without their realizing it 内心中觉得; 下意识地觉得

At the back of his mind, he wonders what he can do after graduation.

set off start to go somewhere 出发; 启程

The whole family set off early for a trip to the beach.

sb. can't / couldn't be bothered (to do sth.) used to say that sb. does not want to make the effort to do sth., or that sb. does not interested in doing sth. 不想费心(做某事); 没兴趣(做某事)

The house needs a thorough clean-up, but I can't be bothered to do it on such a hot day.

reach out stretch out your arm to try to touch or hold sth. 伸手去摸; 伸手去拿

She slowly reached out to touch the little dog.

The passage to adulthood

New words

★ **adulthood** /'ædʌlθʊd/ n. [U] the time when you are an adult 成年

People in many countries legally reach adulthood at 18.

rite /raɪt/ **of passage** n. [C] a ceremony or an event that marks an important stage in sb.'s life (标志人生重要阶段的) 重大事件

For many, going to college is a rite of passage.

★ **universally** /ˌjuːnɪˈvɜːsəli/ ad. by everyone in the world or everyone in a particular group 全体地

It is universally accepted that one's thinking directs one's actions.

★ **passage** n. [U] the passage of sb. or sth. is their progress from one situation or one stage in their development to another 过渡

The passage to college needs to be gradual, allowing students time to develop their academic identity.

fulfilling a. making you feel happy and satisfied because you are doing interesting, useful, or important things 令人满意的

Nursing is hard work, but it can be very fulfilling.

prom /prɒm/ n. [C] (AmE) a formal dance party for high school students, often held at the end of a school year (常在学年末举行的) 高中生正式舞会

Students are supposed to wear formal clothes at the prom.

★ **diving** /'daɪvɪŋ/ n. [U]

1 the activity of jumping into water with your head and arms first (头和胳膊先入水的) 跳水

Weight is crucial in diving because the aim is to cause the smallest splash possible.

2 the sport of swimming under water using special equipment to help you breathe (使用特种呼吸辅助装备的) 潜水

The main purpose of my holiday to Greece was to go diving.

bungee /'bʌndʒi/ **jumping** n. [U] 蹦极跳

vine /vaɪn/ n. [C] 攀缘植物; 蔓生植物

walkabout /'wɔːkəbaʊt/ n. [C] a journey (originally on foot) that is made by an Australian Aboriginal in order to live in the traditional manner (澳大利亚土著为回归传统生活而进行的) 短期丛林漫游

Walkabout was a traditional rite of passage for Aboriginal Australians.

★ **ancestor** /'ænsəstə/ n. [C] a member of your family who lived a long time ago 祖先

Luke's ancestors immigrated to the United States from Ireland.

★ **route** /ruːt/ n. [C] a way from one place to another 路线

The camel transformed the desert into an accessible route of trade and communication.

★ **penetrate** /'penətreɪt/ v.

1 study or investigate sth. in order to understand it 洞察; 了解; 深入研究

The biography penetrates into aspects of the artist's personal life.

2 enter sth. and pass or spread through it, esp. when this is difficult 穿过; 进入

Sunlight penetrated the windows and shone onto the bed.

- ★ **symbolize** /'sɪmbəlaɪz/ vt. if sth. symbolizes a quality, feeling, etc., it represents it 象征; 代表
The lighting of the Olympic torch symbolizes peace and friendship among the nations of the world.

Proper nouns

As You Like It 《皆大欢喜》(戏剧名)

The Book of Rites 《礼记》(秦汉以前各种礼仪论著的选集)

Pentecost /'pentɪkɒst/ **Island** 彭特科斯特岛(西南太平洋瓦努阿图中部岛屿)

Eight stages of development

New words

psychosocial /,saɪkəʊ'səʊʃəl/ a. relating to both sb.'s mind and how they behave with other people 社会心理的

Many mental disorders can be treated using psychosocial methods.

autonomy /ɔ:'tɒnəmi/ n. [U]

1 the ability or opportunity to make your own decisions without being controlled by anyone else 自主能力; 自主权

Experts believe autonomy is incredibly important for children.

2 freedom that a place or an organization has to govern or control itself 自治; 自治权

The measures will grant the city greater autonomy in important areas.

- ★ **initiative** /ɪ'nɪʃətɪv/ n. [U] the ability to make decisions and take action without waiting for sb. to tell you what to do 自主决断的能力; 主动性
Don't always turn to me for advice. You should use your initiative.

★ **industry** n. [U] (fml.) the act of working hard 勤劳; 勤奋
She has demonstrated a great deal of industry in finishing the project on time.

★ **inferiority** /ɪn,fɪəri'ɒrəti/ n. [U] when sb. or sth. is not good or not as good as sb. or sth. else 低等; 劣等
It took him a long time to get rid of the unpleasant feeling of inferiority.

★ **industrious** /ɪn'dʌstriəs/ a. sb. who is industrious works hard 勤奋的
Most of my students are strongly motivated and highly industrious.

★ **conform** /kən'fɔ:m/ vi.

1 If you conform, you behave in the way that you are expected or supposed to behave 顺从; 按规矩行事; 随潮流

He was quite flexible and quickly conformed to the local customs.

2 If sth. conforms to sth. such as a law or sb.'s wishes, it is of the required type or quality 遵守, 符合(法律、意愿等)

The table has been designed to conform to safety standards.

★ **intimacy** /'ɪntɪməsi/ n. [U] a state of having a close personal relationship with sb. 亲密
There is a strong sense of intimacy and love among the family members.

stagnation /stæg'neɪʃən/ n. [U] the fact of no longer developing or making progress 停滞; 不发展; 不进步
Political difficulties caused a degree of stagnation in trade between the two countries.

★ **pessimistic** /,pɛsə'mɪstɪk/ a. expecting that bad things will happen in the future or that sth. will have a bad result 悲观的
Instead of being pessimistic, Allison chose to look on the bright side of everything.

ego /'i:gəʊ/ n. [C] the opinion that you have about yourself 自我; 自我意识
The encouragement from her boss and colleagues really boosted her ego.

★ **integrity** /ɪn'tegrəti/ *n.* [U]

- 1 (fml.) the state of being whole and not divided 完整; 完好
A major difficulty was how to protect the integrity of the building.
- 2 the quality of being honest and having strong moral principles 诚实正直
A man of integrity sets high moral and ethical standards for himself.

grumpy /'grʌmpɪ/ *a.* bad-tempered and easily annoyed 脾气坏的; 易怒的
I hadn't had enough sleep and was feeling kind of grumpy.

Phrases

let go (of sth.) give up an idea or an attitude, or control of sth. 放弃, 摒弃 (想法、态度或控制)
It is time to let go of the past.

fit in if sb. fits in, they are accepted by the other people in a group 被他人接受; 相处融洽
I had a hard time fitting in at college for the first few months.

Proper nouns

Erikson /'erɪksən/ 埃里克森 (Erik Homburger Erikson, 1902—1994, 美国心理学家)

Helpful ways to know yourself**New words**

thyself /ðə'self/ *pron.* (old use) yourself 你自己
To know thyself is to find the inner transformations that make you better mentally.

★ **attribute** /ə'trɪbjʊ:t/ *v.* (~ sth. to sb. / sth.)

- 1 if people in general attribute a particular statement, painting, piece of music, etc. to sb., they believe that person said it, painted it, etc. 认为……是……所说 (所作等)
This saying is usually attributed to the Chinese philosopher Confucius.

- 2 believe or say that a situation or event is caused by sth. 把……归因于……
The power cut was attributed to the unexpected heavy rain and strong winds.

intrinsic /ɪn'trɪnsɪk/ *a.* being part of the nature or character of sb. or sth. 内在的; 本质的; 固有的
He enjoys every minute of his math lessons because he has an intrinsic interest in the subject.

extrinsic /ek'strɪnsɪk/ *a.* (fml.) coming from outside or not directly relating to sth. 外来的; 无直接联系的
You have to consider any extrinsic factors in the success of the business.

★ **psychology** /saɪ'kɒlədʒi/ *n.* [U] the study of the mind and how it influences people's behavior 心理学
She is now a leading scholar in the field of developmental psychology.

★ **experiment** /ɪk'sperɪmənt/ *n.* [C] a scientific test done to find out how sth. reacts under certain conditions, or to find out if a particular idea is true 实验
Many people do not like the idea of experiments on animals.

★ **worthwhile** /ˌwɜ:θ'waɪl/ *a.* if sth. is worthwhile, it is important or useful, or you gain sth. from it 重要的; 有益的; 值得做的
They decided to donate the money to Project Hope, a worthwhile public welfare program.

★ **physician** /fɪ'zɪʃən/ *n.* [C] (esp. AmE) (fml.) a doctor 医生; 大夫
Please talk to your physician before beginning any new diet.

★ **emergency** /ɪ'mɜ:dʒənsi/ *n.* [C, U] an unexpected and dangerous situation that must be dealt with immediately 紧急情况; 不测事件
The emergency response team was on the scene within eight minutes.

★ **technician** /tek'nɪʃən/ *n.* [C] sb. whose job is to check equipment or machines and make sure that they are working properly 技师; 技术人员
Doctors and emergency medical technicians are moving into the area following the storms.

temperament /ˈtempərəmənt/ *n.* [C, U] the emotional part of sb.'s character, esp. how likely they are to be happy, angry, etc. 气质; 性情; 性格; 禀性

The twins are very different from each other in terms of temperament.

inborn /ɪnˈbɔːn/ *a.* an inborn quality or ability is one you have had naturally since birth 天生的; 与生俱来的
Kevin, who has an inborn talent for music, is a brilliant piano player.

introvert /ˈɪntrəvɜːt/ *n.* [C] sb. who is quiet and shy, and does not enjoy being with other people 性格内向的人; 不爱交际者

As an introvert, she prefers to stay at home most of the time.

- ★ **restore** /rɪˈstɔː/ *vt.* make sth. return to its former state or condition 使恢复

Grandpa was hoping that the mild climate would restore him to full health.

extrovert /ˈɛkstrəvɜːt/ *n.* [C] sb. who is active and confident, and who enjoys spending time with other people 性格外向的人; 活泼自信的人

Her sister is an extrovert who enjoys social gatherings and parties.

- ★ **suit** /suːt/ *vt.* be acceptable, suitable, or convenient for a particular person or in a particular situation 适合; 中……的意
There are a whole variety of dishes which can suit all tastes.

n. [C] a set of clothes made of the same material, usu. including a jacket with trousers or a skirt 套装; 一套衣服

You can wear a business suit while going for an interview.

- ★ **fairness** /ˈfeərnəs/ *n.* [U] the quality of being fair 公平; 公正
The much-respected judge has a record of fairness and non-discrimination.

compliment /ˈkɒmplɪmənt/ *n.* [C] a remark that shows you admire sb. or sth. 夸奖; 称赞

Saying "Thank you" is the usual way of reacting to a compliment.

soothing /ˈsuːðɪŋ/ *a.* making you feel more calm and more relaxed and less nervous, worried, or upset 抚慰的; 安慰的

I felt quite nervous before the contest, but my tutor's words had a soothing effect on me.

- ★ **likewise** /ˈlaɪkwaɪz/ *ad.* (fml.) in the same way 同样地
The teacher drew a circle and told the students to do likewise.

- ★ **weakness** /ˈwiːknəs/ *n.* [C] a fault in sb.'s character or in a system, organization, design, etc. (性格、体制、组织、设计等的) 弱点, 缺点, 不足

I will try spotting the weakness in his argument.

- ★ **proficiency** /prəˈfɪʃənsi/ *n.* [U] a good standard of ability and skill 熟练; 精通

The goal of the task is to assess a person's language proficiency.

early bird *n.* [C] sb. who always gets up very early in the morning 惯于早起的人

I am an early bird, but I do sleep in on weekends.

night owl /aʊl/ *n.* [C] sb. who enjoys staying awake all night 夜猫子; 喜欢熬夜的人

Night owls usually have more energy well into the evening and go to bed late.

- ★ **moody** /ˈmuːdi/ *a.* annoyed or unhappy 情绪不好的; 郁郁寡欢的
Kate was moody all morning after hearing that the school trip had been cancelled.

- ★ **accomplish** /əˈkʌmplɪʃ/ *vt.* succeed in doing sth., esp. after trying very hard (尤指通过努力) 完成, 实现
We have not accomplished all our goals yet, but we are getting very close.

- ★ **pretend** /prɪˈtend/ *v.* behave as if sth. is true when in fact you know it is not, in order to deceive people or for fun 假装; 装作
I couldn't go on pretending that I was asleep.

- ★ **sustained** /səˈsteɪnd/ *a.* (only before noun) continuing for a long time 持久的
The conductor was greeted by sustained applause from the audience.

Phrases

in sync (with sb. / sth.) if things are in sync, they are working well together at exactly the same time and speed

(与某人或某事物) 同步的

The film's soundtrack is not in sync with the picture.

Proper nouns

Socrates /'sɒkrətiːz/ 苏格拉底 (公元前 469—公元前 399, 古希腊哲学家)