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1 Unit

Psychology

Passage 1 »»

Six Basic Psychology Facts You Need to Know

Directions: In this section, you are going to read a passage with ten statements attached to it. Each statement contains information given in one of the paragraphs. Identify the paragraph from which the information is derived. You may choose a paragraph more than once. Each paragraph is marked with a letter. Please answer the questions by marking the corresponding letter.

Six Basic Psychology Facts You Need to Know

- [A] Psychology is a source of fascination for many people. By learning about the basics of behavior and the human mind, people are able to gain a greater understanding of themselves and others. Psychologists also play a vital role in health care by caring for individuals experiencing mental health issues, performing psychotherapy, investigating treatment options, and teaching patients how to manage their symptoms effectively.
- [B] For some people, an interest in psychology is fueled by a desire to pursue a career in the field. Others may simply want to learn more out of curiosity or because they are thinking about consulting a psychologist for help with a health concern. No matter what the reason, building a better understanding of topics such as

emotion, motivation, cognition, love, communication, and research methods will serve you well.

Psychology is the study of the mind and behavior

- [C] Psychology can be defined as the study of mental processes and behavior. The term comes from the Greek words *psyche*, meaning “breath, spirit, soul,” and *logia*, meaning “study of.” Psychology has not always existed as it does today. In fact, it is considered a relatively young discipline, although as the eminent psychologist Hermann Ebbinghaus explained, it has a long past but a short history.
- [D] Psychology emerged from biology, physiology and philosophy and is closely linked to other disciplines including sociology, medicine, linguistics, and anthropology. Psychology has quickly grown to play a tremendous role in the world today. Psychologists are employed in hospitals, mental health clinics, schools, colleges and universities, government agencies, private businesses, and private practices. They perform a wide variety of tasks and roles ranging from treating mental illness to performing research to influencing public health policy.

Psychology relies on scientific methods

- [E] One of the most common myths about psychology is that it is just “common sense.” The problem with this is that psychological research has helped demonstrate that many of the things that we believe are just common sense are actually not true at all. If common sense were as common as people say it is, then people wouldn't engage in behaviors that they know are bad for them, like smoking or eating junk food.
- [F] By challenging some of our misconceptions about how and why people behave as they do, psychologists are able to provide answers that help solve real-world problems. Psychology relies on scientific methods to investigate questions and arrive at conclusions. Using empirical methods, researchers are able to discover relationships among different variables. Psychologists use a range of techniques to study the human mind and behavior, including naturalistic observation, experiments, case studies, and questionnaires.

Psychologists take multiple perspectives

- [G] Topics and questions in psychology can be looked at in a number of different ways. Each perspective helps contribute a new level of understanding to a topic.

Some of the major perspectives in psychology include: the biological perspective, the cognitive perspective, the behavioral perspective, the evolutionary perspective and the humanistic perspective. Imagine, for example, that psychologists are trying to understand the different factors that contribute to bullying. One researcher might take a biological perspective and look at the role of genetics and the brain. Another might take a behavioral perspective and look at how bullying behaviors are reinforced by the environment. Another might take a sociocultural perspective and analyze the impact of group pressure.

- [H] No single perspective is right. Each contributes to how we understand a topic and allows researchers to analyze the myriad influences that contribute to certain actions. Then, they can come up with multi-faceted solutions to combat problematic actions and encourage better outcomes and healthier behaviors.

Psychology has subfields

- [I] In addition to many different perspectives, there are many branches of psychology. Psychologists often opt to specialize in a particular area. Some of the biggest subfields within psychology are clinical psychology, personality psychology, cognitive psychology, developmental psychology, and social psychology. The type of psychologist you need may depend upon the type of problem you are facing. If you are experiencing emotional or psychological symptoms, you might need a clinical or counseling psychologist. If you have a question about whether your child is developing normally, then you might want to ask a developmental psychologist.
- [J] Some psychologists work in the field of mental health, treating patients experiencing psychiatric disorders and psychological distress. Subfields such as clinical, counseling, and health psychology are focused on helping people with mental and physical health issues. Other psychologists work in applied subfields, such as forensic psychology and industrial-organizational psychology, to solve real-world problems. Still other psychologists focus their work on research to contribute to our understanding of the human mind and behavior. Such psychologists may specialize in a particular area such as development, social behavior, cognition, or personality.

Psychology is all around you

- [K] Psychology is not just an academic subject that exists only in classrooms, research labs, and mental health offices. The principles of psychology can be

seen all around you in everyday situations. The television commercials and print advertisements you see every day rely on psychology to develop marketing messages that influence and persuade people to purchase the advertised products. The websites you visit on a regular basis utilize psychology to understand how people read, use, and interpret online information.

- [L] Psychology can also play a role in improving your health and well-being. For example, understanding some of the basic principles of behavioral psychology might come in handy if you are trying to break a bad habit and establish new routines. Knowing more about some of the things that motivate behavior can be useful if you are trying to stick to a weight loss plan or exercise regimen. Overcoming phobias, managing stress, improving communication skills, and making better decisions are just a few of the things with which psychology can help.

Psychologists make human lives better

- [M] Among the major goals of psychology are to describe, explain, predict, and improve human behavior. Some psychologists accomplish these goals by contributing to our basic understanding of how people think, feel, and behave. Others work in applied settings to solve real-world problems that have an impact on everyday life. And finally, psychologists devote their lives to helping people who are struggling with psychological issues to live better lives. You may find these professionals working in hospitals, mental health clinics, private practices, and other settings to diagnose psychological disorders and provide psychotherapy to people from all walks of life.
- [N] Psychology is a rich and fascinating subject that has practical applications in many areas of life. Psychology has a powerful impact on the world today. Our daily lives are deeply impacted by the interaction of biology, relationships, and mental processes. Psychologists are skilled at understanding the role these factors play in influencing health, happiness, and overall well-being.

(1,117 words)

1. Psychological principles are put to use in a variety of everyday situations, such as print advertisements and television commercials.

2. If you find yourself experiencing distress that is affecting your everyday life, a counseling psychologist may be helpful for you.
3. When seeking the ways of changing bad behaviors or developing good habits, one may put some behavioral psychology principles into use for a tryout.
4. Psychology is not just as simple as common sense people usually take for granted.
5. Psychology provides people with effective approaches to understanding the mind and behavior of themselves and others.
6. Whether driven by career aspirations, curiosity, or personal need for professional help, gaining knowledge in various psychology topics will be beneficial.
7. While the work of psychologists may be highly varied, they all share one overriding goal: to help people live better lives.
8. Psychologists are the specialists extensively undertaking social and scientific responsibilities for psychological health of both individuals and the public.
9. In practice researchers utilize different psychological perspectives to analyze problems and put forward multi-faceted solutions.
10. Psychologists use a set of empirical methods and scientific techniques to conduct research and solve problems.

Passage 2 »»

Teen Depression: A Guide for Teenagers

Directions: In this section, there is a passage with ten blanks. You are required to select one word for each blank from a list of choices given in a word bank following the passage. Read the passage through carefully before making your choices. Each choice in the bank is identified by a letter. Please mark the corresponding letter for each item. You may not use any of the words in the bank more than once.

Teen Depression: A Guide for Teenagers

The teenage years can be tough, and it is perfectly normal to feel sad or irritable every now and then. But if these feelings do not go away or become so 1 that you can't handle them, you may be suffering from depression.

What depression feels like

When you're depressed, it can feel like no one understands you. But depression is far more common in teens than you may think. You are not alone and your depression is not a hopeless 2. Even though it can feel like depression will never lift, it eventually will – and with proper treatment and healthy choices, that day can come even sooner.

It's hard to put into words how depression feels, and different people experience it 3. There are, however, some common problems and symptoms that teens with depression experience.

- You constantly feel irritable, sad, or angry.
- Nothing seems fun anymore, and you just don't see the point of trying.
- You feel bad about yourself – worthless, guilty, or just “wrong” in some way.
- You sleep too much or not enough.
- You have frequent, unexplained headaches or other physical problems.
- Anything and everything makes you cry.
- You've gained or lost weight without consciously trying to.

- You just can't concentrate. Your grades may be plummeting (骤然下降) because of it.
- You feel helpless and hopeless.
- You're thinking about death or suicide. (If this is true, talk to someone right away!)

What you can do to feel better

Depression is not your fault, and you didn't do anything to cause it. However, you do have some control over feeling better. Staying 4 to friends and family, and making healthy lifestyle decisions can have a hugely 5 impact on your mood.

In the meantime, you might need therapy or medication to help you while you sort out your feelings. Look into your treatment 6 with your parents. If medication is being considered, do your research before making a decision, as some antidepressants (抗抑郁药) used for adults can actually make teens feel worse.

Try not to isolate yourself

When you're depressed, you may not feel like seeing anybody or doing anything. Getting out of bed in the morning can be difficult, but 7 yourself only makes depression worse. Make it a point to stay social, even if that's the last thing you want to do. As you get out into the world, you may find yourself feeling better.

Spend time with friends, especially those who are active, upbeat (乐观的), and could make you feel good about yourself. Avoid 8 out with those who may get you into trouble, or who may make you feel insecure. It's also a good idea to limit the time you spend playing video games or surfing online.

Keep your body healthy

Making healthy lifestyle choices can do wonders for your mood. Things like diet and exercise have been shown to help relieve depression. Ever heard of a runner's high? You actually get a rush of endorphins (内啡肽) from exercising, which makes you feel 9 happier. Physical activities can be as effective as medication or therapy for depression, so get involved in sports, ride your bike, or take a dance class. Any activity helps! Even a short walk can be beneficial.

As for food, it's true that you are what you eat. An improper 10 can make you feel sluggish and tired, which will worsen depression symptoms. Your body needs vitamins and minerals such as iron and B vitamins, so make sure you're feeding yourself with plenty of fruits, vegetables, and whole grains. Talk to your parents, doctor or school nurse about how to ensure your diet is adequately nutritious.

(630 words)

A. advocated	B. case	C. connected	D. diet
E. differently	F. fair	G. hanging	H. instantly
I. isolating	J. intense	K. limits	L. options
M. outstanding	N. positive	O. sticks	

Passage 3 >>>**Young Mental Health Advocates Hope to Educate College Students**

Directions: In this section, there is a passage with ten blanks. You are required to select one word for each blank from a list of choices given in a word bank following the passage. Read the passage through carefully before making your choices. Each choice in the bank is identified by a letter. Please mark the corresponding letter for each item. You may not use any of the words in the bank more than once.

Young Mental Health Advocates Hope to Educate College Students

College can be a stressful time for many young people. Students are away from home for the first time, and have to deal with increased 1, as well as a heavier workload. One organization is hoping to educate U.S. students about depression and other mental illnesses, before 2 problems overwhelm them.

Ross Szabo was diagnosed with bipolar disorder (双相障碍) at the age of 16. “At 16 years old, I started going through a lot of 3. Not sleeping for four days at a time. Not sleeping for more than an hour a night for two weeks at a time, and not needing sleep,” said Szabo. “I was always active. And, my mood would change at the flick of a switch. I would start hitting walls, start kicking things, flipping out on (acting crazily in front of) my parents, flipping out on my friends.”

More than 10 years later, he is now a(n) 4 for mental health awareness and speaks out to high school and college students. But Szabo says he took the long road to get there. “You always hear that the medication and the diagnosis and the treatment are the most important things. But I really hated myself.

The disorder led to a lot of 5 feelings and anger, and I really took that out on myself. I really needed to care about myself, before I could deal with the bipolar disorder or anything else,” said Szabo. He is back at his alma mater (母校) – American University in Washington. He is speaking to a new generation of mental health advocates at the annual Active Minds conference.

Active Minds is a non-profit organization that 6 to educate college students about mental health issues. Student advocates attend their conference from colleges across America. Guest speakers include healthcare professionals, lawyers and authors. The conference also features student-run workshops, 7 on ways to reach out and educate college students.

Alison Malmon is the founder and executive director of Active Minds. She started the organization after her brother committed suicide. “He started experiencing symptoms of a mental health disorder in his freshman year,” said Malmon. “But he was scared, 8, did not feel comfortable talking to anyone about what he was experiencing or feeling.”

Malmon says Active Minds helps to break down the stigmas (耻辱) surrounding mental health issues that prevented her brother from getting help in time. “It offers students a venue to express their concerns and stories, the education to know what to say to their friends. That education was never there,” said Malmon.

Jacob Hanna is one of the leaders of the Active Minds chapter at American University. “We 9 just offer a friendly person to talk to. We would then refer them to the counseling center on campus, or the health and wellness center. Or (we would) just try to help them, by sending them in the right direction, and offering a wall to bounce thoughts and feelings off,” said Hanna.

Ross Szabo says college students need to know that receiving a diagnosis of a mental illness is not the end of the world. “It is a starting point. It is by no means the end. It is going to take a lot of time, a lot of work, a lot of effort. Nowhere could anyone ever say these things are fun, quick and easy to do. But, with work, time and effort, they are treatable. They are things you can get through,” said Szabo. The student advocates at Active Minds hope educating and 10 their

peers about mental health issues will help them better cope with the stress of college life.

(626 words)

A. elaborate	B. ashamed	C. basically	D. considerations
E. advocate	F. focusing	G. illegally	H. influence
I. informing	J. negative	K. potential	L. responsibility
M. strives	N. symptoms	O. tackles	

Passage 4 »»

Improving Emotional Health

Directions: In this section, there is a passage followed by some questions or unfinished statements. For each of them there are four choices marked A, B, C and D. You should decide on the best choice and mark the corresponding letter.

Improving Emotional Health

People who are emotionally healthy are in control of their emotions and their behavior. They are able to handle life's challenges, build strong relationships and recover from setbacks. But just as it requires effort to build or maintain physical health, so it is with mental and emotional health. Improving your emotional health can be a rewarding experience, benefiting all aspects of your life, including boosting your mood, building resilience, and adding to your overall enjoyment of life.

What mental health or emotional health is

Mental or emotional health refers to your overall psychological well-being. It includes the way you feel about yourself, the quality of your relationships, and your ability to manage your feelings and deal with difficulties.

Good mental health isn't just the absence of mental health problems. Being mentally or emotionally healthy is much more than being free of depression, anxiety or other psychological problems. Rather than the absence of mental illness, mental and emotional health refers to the presence of positive characteristics. Similarly, not feeling bad is not the same as feeling good. While some people may not have negative feelings, they still need to do things that make them feel positive in order to achieve mental and emotional health.

People who are mentally and emotionally healthy have:

- a sense of contentment;
- a zest (热情) for living and the ability to laugh and have fun;

- the ability to deal with stress and bounce back from adversity;
- a sense of meaning and purpose, in both their activities and their relationships;
- the flexibility to learn new things and adapt to changes;
- a balance between work and play, rest and activity, etc.;
- the ability to build and maintain fulfilling relationships;
- self-confidence and high self-esteem.

These positive characteristics of mental and emotional health allow you to participate in life to the fullest extent possible through productive, meaningful activities and strong relationships. These positive characteristics also help you cope with life's challenges and stress.

The role of resilience in mental and emotional health

Being emotionally and mentally healthy doesn't mean never going through bad times or experiencing emotional problems. We all go through disappointments, loss, and changes. And while these are normal parts of life, they can still cause sadness, anxiety and stress.

The difference is that people with good emotional health have an ability to bounce back from adversity, trauma (痛苦) and stress. This ability is called resilience. People who are emotionally and mentally healthy have the tools for coping with difficult situations and maintaining a positive outlook. They remain focused, flexible, and creative in bad times as well as good ones.

One of the key factors in resilience is the ability to balance stress and your emotions. The capacity to recognize your emotions and express them appropriately helps you avoid getting stuck in depression, anxiety or other negative mood states. Another key factor is having a strong support network. Having trusted people you can turn to for encouragement and support will boost your resilience in tough times.

Physical health is connected to mental and emotional health

Taking care of your body is a powerful first step toward mental and emotional health. The mind and the body are linked. When you improve your physical health, you'll automatically experience greater mental and emotional well-being.

The activities you engage in and the daily choices you make affect the way you feel physically and emotionally.

- Get enough rest. To have good mental and emotional health, it's important to take care of your body. That includes getting enough sleep. Most people need seven to eight hours of sleep each night in order to function optimally.
- Learn about good nutrition and practice it. The subject of nutrition is complicated and not always easy to put into practice. But the more you learn about what you eat and how it affects your energy and mood, the better you can feel.
- Exercise to relieve stress and lift your mood. Exercise is a powerful antidote (缓解之物) to stress, anxiety and depression. Look for small ways to add activities to your day, like taking the stairs instead of the elevator or going on a short walk. To get the most mental health benefits, aim for 30 minutes or more of exercise per day.

(756 words)

1. People who are mentally and emotionally healthy do NOT possess the quality of _____.
A. self-confidence, self-esteem and arrogance
B. dealing with stress and difficulties
C. learning new things and adapting to changes
D. building and maintaining relationships
2. According to the passage, the word *resilience* means _____.
A. the quality of being strong and not easily being damaged
B. the ability to recover from adversity, trauma and stress
C. the ability to laugh and have fun
D. the capability to remain focused
3. Which of the following factors is involved in resilience?
A. Maintaining a positive outlook.
B. Balancing stress and emotions.
C. Having a strong support network.
D. All of the above.
4. Which of the following activities is suggested for your physical and emotional health?
A. Getting enough rest and sleep.
B. Following a nutritious diet.
C. Setting aside some time each day for exercise.
D. All of the above.

5. Which of the following statements about mental health is NOT true?
- A. Mental or emotional health is defined as one's overall psychological well-being.
 - B. Being mentally healthy means never experiencing emotional problems.
 - C. Keeping fit is the first step toward mental and emotional health.
 - D. Diet has an effect on mental and emotional health.

Passage 5 »»

Strategies for Controlling Your Anger

Directions: In this section, there is a passage followed by some questions or unfinished statements. For each of them there are four choices marked A, B, C and D. You should decide on the best choice and mark the corresponding letter.

Strategies for Controlling Your Anger

Everybody gets angry, but out-of-control rage isn't good for you or those around you. When you can't control your anger, you may get into fist fights or drive recklessly, endangering yourself and others.

Anger plays havoc (破坏) with your own body. Research shows that anger can increase people's – especially men's – chances of developing coronary (冠状动脉的) heart disease and having worse outcomes if they already have heart disease. Anger can also lead to stress-related problems, such as insomnia (失眠), digestive problems and headaches.

You can learn to control your anger, however. In one study for example, cognitive behavioral therapy improved people's control of their anger and reduced their hostility, aggression, and depression. Here are some strategies you can use to simmer down (平静下来).

Relaxation

Simple relaxation tools, such as deep breathing and relaxing imagery, can help soothe angry feelings. Try these simple steps:

- Breathe deeply, from your diaphragm (膈). Breathing from your chest won't relax you, so picture your breath coming up from your "gut."
- Slowly repeat a calming word or phrase, such as *relax* or *take it easy*. Keep repeating it to yourself while breathing deeply.
- Use imagery. Visualize a relaxing experience from your memory or your imagination.

- Try non-strenuous (不费力的) and slow exercises. Yoga and similar activities can relax your muscles and calm you down.

Practice these techniques daily. Eventually, you'll be able to use them automatically when you're in a tense situation.

Cognitive restructuring

Simply put, cognitive restructuring means changing the way you think. When you're angry, your thinking can get overly dramatic. When something goes wrong, you might tell yourself, "Everything's ruined!" With cognitive restructuring, you replace those kinds of thoughts with more reasonable ones. You might tell yourself instead, "This is frustrating, but it's not the end of the world."

Try these strategies:

- Avoid words like *never* or *always* when talking about yourself or others. Statements like *This never works* or *You're always forgetting things* make you feel your anger is justified and there's no way to solve the problem. Such statements also alienate (使疏远) and humiliate people who might otherwise be willing to work with you on a solution.
- Focus on goals. Say you have a friend who's constantly late when you get together. Don't go on the attack. Instead, think about what you want to accomplish. State the problem and then try to find a solution that works for both of you. If that doesn't work, take matters into your own hands. You might tell your friend to meet you half an hour earlier than you plan to arrive, so that he or she will get there when you do. Either way, the problem is solved – without damaging the friendship.
- Use logic. Even when it's justified, anger can quickly become irrational. Remind yourself that the world is not out to get you and that you're just experiencing one of life's inevitable rough spots. Do this each time you start feeling angry, and you'll get a more balanced perspective.
- Translate expectations into desires. Angry people tend to demand things, whether it's fairness, appreciation, agreement, or just the willingness to do things their way. We are all hurt, disappointed and frustrated when we don't get what we want, but don't let disappointment turn into anger. Some people use anger as a way to avoid feeling hurt, but that doesn't make the hurt go

away. Instead, become aware of your demanding nature and change your demands into requests. Saying you would like something is healthier than saying you must have it.

Better communication

Angry people tend to jump to conclusions. If you are in a heated discussion, slow down. Listen carefully to what the other person is saying. And take your time before answering. Instead of saying the first thing that comes into your head, think carefully about what you want to say.

Think about what's behind your anger. Say you value your freedom, but your significant partner wants more closeness. If he or she starts complaining, don't retaliate (报复) by painting your partner as a jailer.

It's natural to get defensive when you're criticized, but don't fight back. Instead, listen to what's beneath the words. Perhaps the real message is that your partner feels neglected and unloved. It may take patient questioning, but don't let anger spin things out of control.

(756 words)

1. According to the passage, which of the following is NOT a possible effect of anger?
 - A. Driving recklessly.
 - B. Developing heart disease.
 - C. Having stress-related symptoms.
 - D. Becoming a loser.
2. _____ are expected to help soothe angry feelings.
 - A. Deep breath and exciting words
 - B. Intense exercises
 - C. Deep breath and imagery
 - D. Exciting words and slow exercises
3. Which of the following ways of thinking reflects cognitive restructuring?
 - A. When something goes wrong, you think everything's ruined.
 - B. When you're angry, your thinking gets dramatic.
 - C. When something is frustrating, you don't think it is the end of the world.
 - D. When you make a mistake, you think there is no way to get it right.

4. Which of the following strategies does NOT belong to cognitive restructuring?
 - A. Translating expectations into desires.
 - B. Using words such as *always* and *never*.
 - C. Using logic.
 - D. Focusing on goals.
5. According to the passage, what is the suggestion given to the person involved in a heated discussion?
 - A. Telling himself that everything will be OK.
 - B. Emphasizing the freedom of speech.
 - C. Taking time to think before speaking.
 - D. Fighting back immediately.

Understanding China

The pioneering spirit of our people

人民首创精神

The pioneering spirit is not only the confidence of Chinese people to face the future with solid efforts for years, but also the attitude and support to explore more cutting-edge fields, seek more in-depth reforms and solve more important problems in the future. Yuan Longping, the pioneer of hybrid rice research, Tu Youyou, an outstanding representative of TCM scientific and technological innovation, and Sun Yongcai who presides over the research and development of Fuxing high-speed trains are all the representatives from various fields who have the courage to break the routine and confront challenges. They have both the pioneering spirit of moving proactively and the scientific courage to keep pace with the latest trends without fear of hardship.

