



# 1

## Self-discovery



Knowing Yourself  
Self-discovery Club  
Which Job to Take?  
At the Counselor's Office





# First Sight

UNIT  
Self-discovery

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**Task 1** The following are some proverbs about self-discovery. Match Column A with Column B to complete the proverbs. Then work in pairs and discuss their meanings.

## Column A

- 1 All men should try their best to learn ...
- 2 He who knows others is learned; ...
- 3 The first step to getting the things you want in life is this: ...
- 4 Man's main tasks in life are...
- 5 It is not only the most difficult thing to know oneself...

## Column B

- A ... decide what you want.
- B ... what they are running from and to, and why.
- C ... to give birth to himself and to become what he potentially is.
- D ... he who knows himself is wise.
- E ... but the most inconvenient one, too.

**Task 2** Work in pairs and discuss the following questions. Then introduce yourself to the whole class.



- 1 What characteristics do you like/dislike about yourself?
- 2 Which do you like better, your appearance or your personality?
- 3 Who are your role models and why?
- 4 What makes you depressed?
- 5 What has been your greatest achievement so far?
- 6 What has been your toughest obstacle so far?
- 7 How would you describe yourself in five words?
- 8 What job do you think is the most suitable for you?





# Watching

## Watching I Knowing Yourself

### Task 1 Warm-up exercises.

1 Do you know yourself? Tick (✓) the statements that are true for you.

#### Do you know yourself?

- ☐ 1) I am aware of my likes and dislikes.
- ☐ 2) I know exactly what I am good at.
- ☐ 3) I know my weaknesses and now I'm trying my best to overcome them.
- ☐ 4) I often make right decisions.
- ☐ 5) It is easy for me to describe my personality to others.
- ☐ 6) I know what I really want.

2 Work in pairs. Tell each other the conclusion you draw from the above exercise about whether you know yourself or not, and support your conclusion with examples.

You may begin like this:

*I don't think* I know much about myself, *because* I find it's always hard for me to make right decisions. *For example*, ...

3 Study the following before watching.



conscious /'kɒnʃəs/ a. 有意识的

intention /ɪn'tenʃən/ n. 意图

passion /'pæʃən/ n. 激情; 热情

emotional /ɪ'məʊʃənəl/ a. 情绪上的; 情感上的

intelligence /ɪn'telɪdʒəns/ n. 智力; 理解力

pace /peɪs/ n. 速度; 步速

obstacle /'ɒbstəkl/ n. 障碍; 障碍物

connection /kə'nekʃən/ n. 联系

figure out 弄明白

hold... back 阻碍……的发展



**Task 2** Watch the video clip and decide whether the following statements are true (T) or false (F).

- ☐ 1 People always think that they don't know themselves well.
- ☐ 2 People will know themselves better when they grow old.
- ☐ 3 To know oneself is to understand one's emotions and thoughts, i.e. to figure out one's favorite color or song.
- ☐ 4 Knowing oneself is a useful way of developing one's emotional intelligence and self-awareness.
- ☐ 5 Those who are aware of themselves can live a more independent and more interesting life.

**Task 3** Watch the video clip again and complete the table with the information you've got.

Knowing Yourself	
What does knowing yourself mean?	What are the advantages of knowing yourself?
<ul style="list-style-type: none"><li>It means understanding your 1) _____ and 2) _____.</li><li>It means being aware of your likes and dislikes, 3) _____, passions and fears, desires and dreams.</li><li>It means knowing what your 4) _____ and life goals are.</li></ul>	<ul style="list-style-type: none"><li>Discovering more about yourself is a useful way of developing your 5) _____ and your self-awareness.</li><li>When you work on yourself, you can be more open to 6) _____ all around you.</li><li>You may also find out what 7) _____ that are holding you back, and you'll be able to find the resources to help you 8) _____ in your life.</li></ul>

**Task 4** Work in pairs and select from Task 3 one of the advantages. Tell your partner how you understand it. Use your personal experience as examples.



**Tips**



- I'm not sure I can remember all the details, but...
- That reminds me of the time when I...
- As I recall (回忆)...
- As far as I can remember...
- That takes me back to the days...

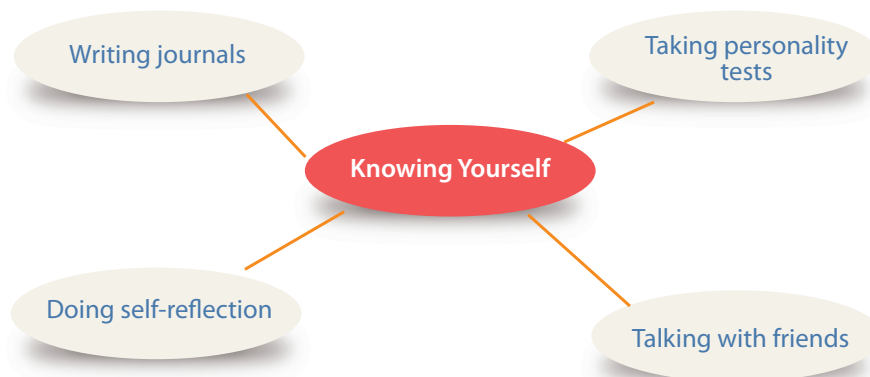


# Watching

## Watching II Self-discovery Club

### Task 1 Warm-up exercises.

- 1 The following are some possible ways for us to know ourselves. Have you tried any of them? And what do you learn about yourself from them? Discuss it with your partner.



- 2 If there were a club which could help you know more about yourself, would you like to join it? Why or why not? The following are for your reference.

Positive	Negative
<ul style="list-style-type: none"> <li>• I can meet people who are also interested in self-discovery.</li> <li>• Members in the club can discuss the topic of self-discovery.</li> <li>• Talking with others can help me know more about myself.</li> </ul>	<ul style="list-style-type: none"> <li>• The knowledge about oneself is one's privacy.</li> <li>• Nobody else can help me achieve better self-awareness.</li> </ul>

3. Study the following before watching.

<b>meditation</b> /ˌmedɪ'teɪʃən/ <i>n.</i> 冥想	<b>insight</b> /'ɪnsaɪt/ <i>n.</i> 顿悟; 洞察力
<b>consultant</b> /kən'sʌltənt/ <i>n.</i> 顾问	<b>inner voice</b> 内心的声音
<b>impact</b> /ɪm'pækt/ <i>v.</i> 对……产生影响	<b>reflect on</b> 反省; 回顾
<b>attribute</b> /'ætrɪbjʊt/ <i>n.</i> 特征; 属性	<b>have faith in</b> 对……有信心
<b>perception</b> /pə'sepʃən/ <i>n.</i> 观念	

### Task 2 Watch the video clip and choose the best answer to each of the following questions.

- 1 What is the relationship between the speakers?
 

A A consultant and a club member.	B Friends.
C Members of the same club.	D A student and a recruiter of a club.



- 2 What is the goal of the Self-discovery Club?
- A To help people develop their talents.  
B To help people gain passions for life.  
C To help people know more about themselves.  
D To help people establish a better way of living.
- 3 What does Radley say about himself?
- A He knows much about himself.                      B He knows nothing about himself.  
C He often makes right decisions.                      D He often makes wrong decisions.
- 4 Which of the following is true according to the conversation?
- A Club members hold discussions about a few things.  
B Club members can't take part in various activities.  
C Club consultants offer suggestions to the members.  
D Club consultants design personality tests for the members.

**Task 3** Watch the video clip again and design a poster for the club.

# Self-discovery Club

Our Goal: \_\_\_\_\_

Our Activities: \_\_\_\_\_

Our Advice: \_\_\_\_\_

If you want to know more about our activities or get more advice on SELF-DISCOVERY, just join us!

Contact info: XXXXXXXX



**Task 4** Suppose you are going to introduce the Self-discovery Club to the public, what will you say? Discuss it with your partner. Then present your introduction in class.

The introduction can include:

- the importance of self-discovery
- goals of the Club
- activities organized by the Club
- members, privileges (特权)



# Listening

## Listening I Which Job to Take?

### Task 1 Warm-up exercises.

- 1 The following are some factors people often consider when choosing a job. Which one is your biggest concern? Discuss it with your partner.

- salary
- location
- corporate culture
- work hours
- reputation of the company
- one's interests
- one's character

- 2 If you got more than one offer, who would you turn to for advice if you could not decide which job to take?

- 3 Study the following before listening.



paperwork /'peɪpəwɜ:k/ *n.* 文书工作

representative /,reprɪ'zentətɪv/ *n.* 代表

routine /ru:'ti:n/ *n.* 常规; 例行公事

appealing /ə'pi:lɪŋ/ *a.* 有吸引力的; 有趣的

counselor /'kaʊnsələ/ *n.* 顾问

Sales Department 销售部

think over 认真考虑 (某事)

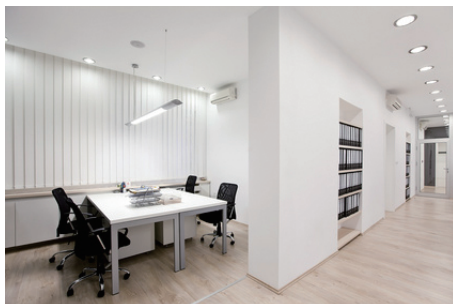
to be frank 坦白地说

### Task 2 Listen to the conversation and answer the following questions.

- 1 When will Tom and Julia graduate from college?  
In \_\_\_\_\_.
- 2 What dilemma is Julia in?  
A company offered her \_\_\_\_\_.
- 3 Has Julia made her decision about her job?  
\_\_\_\_\_, because she \_\_\_\_\_.
- 4 What help can Julia get from the career counselors?  
They help students examine their \_\_\_\_\_ so they can find \_\_\_\_\_ for them.



**Task 3** Listen to the conversation again and complete the information about the two positions.



### Doing paperwork in the office

Job description: \_\_\_\_\_

Julia's comment: \_\_\_\_\_

Mark's comment: \_\_\_\_\_



### A sales representative position

Job description: \_\_\_\_\_

Julia's comment: \_\_\_\_\_

Mark's comment: \_\_\_\_\_

**Task 4** Work with a partner and discuss your preference if you were Julia in the conversation. Give reasons for your choice.

### Tips



- If I were Julia, I'd like to...
- If it was up to me, I'd...
- I'd take...
- As far as I'm concerned, ... seems better.





# Listening

## Listening II At the Counselor's Office

### Task 1 Warm-up exercises.

1 Do you think it is necessary to turn to a career counselor for advice? Why or why not?

3 Study the following before listening.

#### Tips

- professional
- mature
- generation gap
- experienced
- unfamiliar
- a brief talk

senior /'si:niə/ *n.* (中学或大学)最高年级学生; 毕业班学生

intuition /,ɪntju'ɪʃən/ *n.* 直觉

definitely /'defɪnɪtli/ *ad.* 明确地; 肯定地

negotiate /nɪ'ɡəʊʃieɪt/ *v.* 谈判; 协商

hang out with sb. 与……经常在一起

stick to 坚持

make sense 有道理

### Task 2 Listen to the conversation and complete the following questions. Then listen again and rearrange them according to the sequence in the conversation.

- A What're you more interested in, 1) \_\_\_\_\_ or 2) \_\_\_\_\_?
- B Do you have 3) \_\_\_\_\_?
- C When negotiating with others, do you often 4) \_\_\_\_\_ or do you just 5) \_\_\_\_\_?
- D Do you often 6) \_\_\_\_\_ your intuition?
- E Do you 7) \_\_\_\_\_ the needs of other people?
- F How would you prefer to 8) \_\_\_\_\_?

Q1

Q2

Q3

Q4

Q5

Q6

### Task 3 Listen to the conversation a third time and write down Julia's answers.

A1: Yes, I do. I really like 1) \_\_\_\_\_.

A2: I prefer to hang out with my friends. Normally, we 2) \_\_\_\_\_, 3) \_\_\_\_\_, or 4) \_\_\_\_\_.

A3: It's hard to say. If my intuition is strong enough, I'll 5) \_\_\_\_\_.

A4: 6) \_\_\_\_\_.

A5: 7) \_\_\_\_\_.

A6: That depends. If the other person has 8) \_\_\_\_\_, I'll surely accept them. If I think my ideas 9) \_\_\_\_\_, I'll try my best to 10) \_\_\_\_\_.



**Task 4** Work in pairs and guess what Mr. Watson and Julia will say next. Work out the ending of the conversation and role-play it in class. The following are for your reference.

- What will Mr. Watson say about Julia's personality?
- What will be Mr. Watson's suggestions?
- Will Julia accept Mr. Watson's suggestions? Why or why not?
- What position will Julia choose?

**Task 5** Work in pairs. Choose two jobs and discuss which one is more suitable for you according to your personality. Act out the conversation and then present it in class.

Asking about personality	Stating personality
<ul style="list-style-type: none"><li>• What kind of personality do you have?</li><li>• What kind of person do you think you are?</li><li>• Do you think you are introverted (内向的) or extroverted (外向的)?</li><li>• What basic principles do you follow in your life?</li></ul>	<ul style="list-style-type: none"><li>• I'm quite active and energetic.</li><li>• I'm a curious person and I like learning new things.</li><li>• I wouldn't call myself introverted though sometimes I'm quiet and enjoy staying all by myself. But often, I like engaging in activities with others.</li></ul>





# Communication Skills

## Task 1 Warm-up exercises.

- 1 Listen and repeat.
- 1) A: How would you describe yourself?  
B: I'm an outgoing person. I love to meet different people.
- 2) A: What's your greatest strength?  
B: My greatest strength is determination. I don't give up easily.
- 3) A: What're your weaknesses?  
B: One of my weaknesses is that I'm not a very good listener. Sometimes I lack the patience necessary to actively listen to others. I'm trying to get better at this.
- 4) A: Are you good at working on a team?  
B: Yes, I'm a good team player. I get along well with my co-workers.
- 5) A: What kinds of people do you find difficult to work with?  
B: I don't like to work with people who complain a lot.

## 2 Study the following before listening.

**professional** /prə'feʃənəl/ a. 职业的; 专业的

**candidate** /'kændɪdɪt/ n. 候选人

**generosity** /dʒenə'rɒsɪti/ n. 慷慨; 大方

**trait** /treɪt/ n. 特点

**shortcoming** /'ʃɔ:t,kʌmɪŋ/ n. 缺点; 短处

**concrete** /'kɒŋkri:t/ a. 具体的

**convincing** /kən'vɪnsɪŋ/ a. 有说服力的

**corporate culture** 企业文化

**in a good light** 在有利的环境中

## Task 2 Listen to the passage and answer the following questions.

- 1 How many tips are mentioned in the passage?
- 2 Why do many interviewers like to ask candidates about their personalities and strong points?

- 3 Why should a candidate be honest about his or her negative traits?
- 4 How can a candidate make his or her answers more convincing?

## Task 3 Listen to the passage again and complete the following notes.



- 1) \_\_\_\_\_—Emphasize 2) \_\_\_\_\_ you have and focus on traits that are important for the job.
- 3) \_\_\_\_\_ your weaknesses—Speak out about your negative traits and the steps you are taking toward 4) \_\_\_\_\_.
- 5) \_\_\_\_\_ with concrete examples—These details can make you sound more convincing and provide enough information for the interviewer to decide whether you are 6) \_\_\_\_\_.
- 7) \_\_\_\_\_ on the employer—8) \_\_\_\_\_ the company's values and goals as well as 9) \_\_\_\_\_.

## Task 4 Work in pairs and take turns to answer the questions in Task 1 in your own words.

**Task 1** Watch the video clip and decide whether the following statements are true (T) or false (F).

- ☐ 1 The speaker, Ms. Rubin, is talking about the Hope Project.
- ☐ 2 The key to happiness, according to Ms. Rubin, is self-knowledge.
- ☐ 3 Knowing oneself is not easy for everyone.
- ☐ 4 The more you know about yourself, the happier you will be.
- ☐ 5 Ms. Rubin finds herself interested in things many other people think pleasurable.

**Task 2** Watch the video clip again and choose the proper words and phrases to complete the following summary. Change the form if necessary.

trick	temperament	self-knowledge	reflection	sad
happy	ambitious	let go of	foundation	ought to

Ms. Rubin is talking about the relationship between 1) \_\_\_\_\_ and 2) \_\_\_\_\_. Knowing yourself can be very 3) \_\_\_\_\_. But you can have a happy life only on the 4) \_\_\_\_\_ of your own nature, your own interests, values and 5) \_\_\_\_\_. The more your life 6) \_\_\_\_\_ your nature, the happier you will be. And there is also 7) \_\_\_\_\_ in knowing your own nature as well, because to admit to yourself who you really are—not who you wish you were, not who you think or other people think you 8) \_\_\_\_\_ be—means you have to admit all the things you are not. The more you spend your time on the things that really make you happy, and 9) \_\_\_\_\_ the things that you just wish to make you happy, the happier you will be. Ms. Rubin concludes her speech by mentioning the words of Thomas Merton, “... my highest 10) \_\_\_\_\_ is to be what I already am.”

## Self-assessment Sheet

Complete the following self-assessment sheet.

- 1 I can summarize the importance of self-discovery in \_\_\_\_\_ sentences.
- 2 I have tried \_\_\_\_\_ ways to develop my self-awareness.
- 3 I can describe my personalities in \_\_\_\_\_ sentences.
- 4 According to my personalities, the most suitable job for me may be \_\_\_\_\_.
- 5 I have spent \_\_\_\_\_ hours on this unit with \_\_\_\_\_ on listening and \_\_\_\_\_ on speaking.
- 6 I have learned \_\_\_\_\_ new words and phrases from this unit.
- 7 I feel \_\_\_\_\_ after covering this unit.
- 8 The mistake(s) I made while learning this unit is (are) \_\_\_\_\_.
- 9 I know the biggest problem for me in English learning is \_\_\_\_\_.
- 10 My next action plan is \_\_\_\_\_.