

1

Discovering yourself

Unit overview

<p>Inside view</p> <p>Conversation 1 Conversation 2</p>	<ul style="list-style-type: none"> • C1 is a chat between Janet and her colleagues. She uses her summer holiday to work in London for a website called London Time Off. The language is casual and informal. • C2 is a light conversation between Janet and her colleague Andy about their job.
<p>Outside view</p> <p>Part 1 Part 2</p>	<ul style="list-style-type: none"> • Part 1 is an interview about a new idea developed by the principal of a German school, who wants to link school and happiness together. • Part 2 is an interview with a visiting lecturer and others who have been involved in the happiness classes about their opinions of this type of class.
<p>Listening in</p> <p>News report Passage 1 Passage 2</p>	<ul style="list-style-type: none"> • The news report is about why increasing numbers of young people are heading overseas to study. • P1 is an interview with a group of young people to find out what has influenced their views of life. • P2 is from a radio programme in which an academic counsellor is invited to talk about university students choosing the right course.
<p>Presentation skills</p> <p>Giving a formal presentation</p>	<p>This section trains Ss to give formal presentations. It shows Ss what content a formal presentation should include and what expressions can be used to fulfil the task of giving a formal presentation.</p>
<p>Pronunciation</p> <p>Plosion Linking sounds Unstressed words Consonant + <i>you / your</i></p>	<p>This section promotes the awareness of how some sounds in connected speech should be pronounced, eg plosion, linking sounds, unstressed words, and consonant + <i>you / your</i>.</p>

Inside view

Conversation 1

1

Example answers

- 1 They are outside, in a city. Judging by the buildings in the background, I would say they are in London.
- 2 The building behind the people in the first photo is Somerset House. In the second photo, I can see Tower Bridge, which crosses the Thames. In the third photo, I can see the Houses of Parliament and Big Ben.
- 3 Other famous sights in London include Buckingham Palace, the Tower of London, the London Eye, and the British Museum.
- 4 They might be sightseeing.

Language and culture

The long vacation is the summer holiday in July and August when most university classes are closed. In Britain, some students use this opportunity for travel but most get vacation jobs to help pay their university fees and living costs while they are studying.

The name **Parliament** comes from old French *parlement* which means "speaking". **The Houses of Parliament** in London is divided into **the House of Commons**, in which all members are elected, and **the House of Lords**, whose members were traditionally hereditary members of the aristocracy plus bishops of the Church of England, but most of whom are now appointed. The English Parliament emerged in medieval times as the occasional meeting of the king and his lords to discuss laws, taxes and finance, and general issues. Later, knights and representatives of ordinary people (the "Commons" or commoners, not the aristocracy) were members because people believed that taxation required consent. After the 17th century there were regular meetings, with free speech, and after the Representation of the People Act 1832, the elected representatives became more and more important until the House of Commons became the most powerful body.

Big Ben is the name often given to the famous four-faced clock on the tallest tower of the Houses of Parliament. In fact, Big Ben is the bell inside the

clock. It weighs more than 13 tons.

Tower Bridge is a drawbridge – the two parts of the bridge can be raised to allow ships to pass underneath it (see also Unit 2).

A **double-decker bus** has two decks. You can get a good view of the streets and sites from the upper deck. Some buses for visitors are open-topped (without a roof) so that in good weather you can get an even better, all-round view.

To shadow someone means "to follow someone wherever they go, usually secretly", but in this case Janet is following Andy in his job as a way of understanding the work and learning how to do her job.

The expression **Don't make me laugh!** expresses disagreement or disbelief in a light-hearted way, like **You must be joking!** (You're not serious.)

Dream on is a dismissive exclamation, like **In your dreams!** which also means that your ideas are just not realistic!

2

Answers

- 1 Janet is not going back home to China. (Because she wants to work in London during the long summer holiday and find out what it's like to live in this busy and lively city.)
- 2 It's the middle of summer.
- 3 Janet is going to work for London Time Off, a website about London.
- 4 Joe is Janet's boss.
- 5 Janet doesn't know what she is going to do. (Because it is her first day working there.)
- 6 Andy doesn't agree that New York is the greatest city. (Andy thinks London is.)

3

Answers

	Janet	Andy	Joe
1	✓		
2		✓	✓
3		✓	
4	✓		
5			✓
6			✓
7			✓
8	✓		

4

Teaching tips

This activity may have some overlapping information with Activities 1, 2 and 3. If Ss are capable of understanding the conversation and competently finish the previous activities, then T may use the class time for other exercises.

Answers

- 1 Janet wants to find out what the busy and lively city of London is like.
- 2 Today.
- 3 Joe doesn't agree with Andy. (But they argue in a joking way.)
- 4 It is not as great a city as London.
- 5 She thinks London is probably the greatest city in the world.

Conversation 2

5

Example answer

Janet says Andy is a reporter. I think Andy needs to develop ideas for stories, find people to interview about the stories, and successfully conduct the interviews so that he has enough material to put on the website.

Language and culture

The rat race refers to the way of life in a large city where people compete in an aggressive way with each other in order to be more successful, earn more money or develop their careers. The expression is generally used as a negative description for an over-competitive working environment.

The tube is the London Underground, a system of underground trains. It has been known as the tube since the late 19th century. People go to a **tube station** to travel **by tube**.

The Royal National Theatre, which is also known as the **National Theatre**, is located next to the River Thames on the South Bank. It has three separate auditoria, and is part of a cultural centre which includes the National Film Theatre, the Museum of the Moving Image, the Queen Elizabeth Hall, and the Royal Festival Hall.

6

Answers

- 1 (b) 2 (c) 3 (a) 4 (c)

7**Answers**

- (1) working at
- (2) do you like working
- (3) drives me crazy
- (4) enjoy life
- (5) check out new events
- (6) the musicians or the actors
- (7) what happens
- (8) an interview

8**Answers**

- 1 (b) 2 (b) 3 (b) 4 (a) 5 (a) 6 (b)

9

Teaching tips

Ask Ss to use at least one expression from the box for each of their conversational exchanges.

Example answer

Student A Hi, guess what, I've started to date a girl. She is really good-looking and attractive. You know many boys on campus are interested in her. Did I tell you she is an English major? Sometimes she drives me crazy by correcting my English!

Student B I hope you don't mind my asking how you managed to get to know her.

Student A Well, my good friend, this is a secret. Well, OK, if you really want to know, I'll tell you. You know I was very bored with reciting English day in, day out and I just couldn't improve my English. So I decided to find someone in the English Department to help me to improve my English. I was really brave to approach her and ask her to help me. She was really nice and told me to "fire away" with my questions. And then things went on from there ...

Student B That's a really interesting story. Do you mind if I ask you something else? Do you think you can ask her to find me a girlfriend in her class?

Student A You must be joking. This is the last thing I want to ask my girlfriend to do. What do you take me for? I'm not an agent or a matchmaker and I don't expect her to be one.

Student B What do you mean by an agent?

Student A What I mean is that I am not a dating agent to look for boyfriends or girlfriends for anyone. If you like someone, you should be brave enough to ask her out yourself. After all, that's what I did!

Talking point

Teaching tips

If possible, ask Ss to check online for different interpretations about the dreams associated with the following situations.

Ask them to compare their findings and to critically evaluate the idea of dream interpretations: Should people analyze their dreams? And how true is each interpretation?

Example answers

- 1 Yes. I think so. But I cannot remember them exactly when I wake up.
- 2
 - Not very often. Sometimes I remember the last bit and sometimes I just remember a good or bad feeling when I wake up.
 - I remember quite a lot and I can tell my friends about my funny, scary or weird dreams.
- 3
 - Yes. I strongly believe so. Once, I dreamt that I fell from the sky and a few days later, I had a bad accident and broke my leg. So I think my dreams predict my future.
 - You believe in dreams? I certainly don't believe in them. If you read books and search online about interpretations of dreams, you can see that there are so many interpretations of the same dream: They can't all be true, can they?
- 4
 - Yes. If I am not happy, I always have bad dreams. In fact, these bad dreams make me feel even worse!
 - I would say that dreams do help me to discover something about myself – that I know I am tired if I remember them.

Outside view

1

Example answers

- 1 I think schools can be happy places. I remember my schools very well. My primary school gave me the opportunities to meet so many new friends. We are still good friends today even if we are now either studying in different universities or working in different professions.
- 2
 - Happiness is a skill, and because it is a skill it can be taught. In fact, there are many traditions in both the East and the West, both modern and ancient, which teach that happiness is under an individual's control. These traditions have one thing in common: They teach that although you cannot control your circumstances, you can control your emotions. So, yes, it is possible to teach happiness.
 - I would have strong doubts about this teaching idea. Happiness comes from within the heart and is helped by a person's physical and social environment. I wonder how happiness can be taught in class. I suppose you might teach students how to deal with bad things better so that they feel happier about life.
- 3
 - I am not sure if happiness directly equates to better learning. I would agree that being happy may make the learning process easier, though.
 - I would agree that happy students learn better than unhappy ones, because the happy ones are more relaxed and less emotionally burdened. They can overcome any learning difficulties more easily.
- 4
 - I suppose they could make students more aware of their own emotions and help them to understand how important happiness can be for their life.
 - Perhaps the happiness classes could have a sort of counselling effect on students.

Watching and understanding

Language and culture

“Happiness” is not something that is taught in the curriculum, but it is as important for psychological well-being as nutrition is for physical health. This new programme at the Willy Hellpach School emphasizes positive features of emotional, cognitive and physical dimensions of happiness and is taught by philosophers, nutrition experts, sports scientists, and drama specialists. Course elements include community aspects (family life, friendship, teamwork, and social responsibility), action (awareness, organization, resources, and motivation), and body and soul (identity, purpose, and feelings). After one year, the “Happiness” students (compared to a control group) were found to have a greater sense of purpose, clearer goals, greater self-awareness and more self-confidence.

A **higher self-consciousness** is a greater awareness of your inner self, your identity or essence and human or spiritual potential. **Self-conscious** normally means “embarrassed or worried about how you look or what other people think of you”, but here the expression has more of a spiritual meaning.

2

Answer

4-5-1-3-2

3

Answers

1 (b) 2 (c) 3 (c) 4 (a) 5 (a)

4

Example answers

1 I think the teachers may ask the students to discuss some happy experiences, then to compare them with unhappy ones. This may help them to think carefully about what makes them happy and how they can be happy in future.

- 2 • One activity might be a discussion on how to be happy. There might also be activities asking students to share their happy experiences. I guess most activities would involve group work.
 - I think the class might read some reports or fictional accounts of happiness and unhappiness. Students would then discuss times when they were happy or unhappy, and what made them feel that way.
- 3 I suppose some will think the class is useful and some won't believe in it. Different students may have different opinions and reactions.

5

Answers

- 1 (b) (d) (f)
- 2 (a) (e)
- 3 (g)
- 4 (c)

6

Answers

- 1 So that they can learn something about themselves.
- 2 It can lead to a higher self-consciousness.
- 3 It can lead to happiness.
- 4 A strengthening of the personality.
- 5 "Who am I as a person? Am I really happy?"
- 6 He thinks students can get indications of happiness from teachers.
- 7 Happiness scientists.
- 8 They don't write definitions on the board.

Developing critical thinking

7

Example answers

- 1
 - This is a difficult question. There are so many aspects of happiness that you could define. However, I would say happiness is something that comes from your heart. You feel very content with your life and you are jolly, bright and cheerful.
 - I guess some people relate happiness to material possessions – if they get what they want, they are happy. I always wonder how long this happiness can last, because there is no end to chasing material happiness. I prefer to think of happiness as a kind of spiritual contentment.
 - Chinese ideas for happiness may be different from Western ones, because Chinese culture emphasizes how happiness is related to one's social environment and how social harmony offers people happiness. We may not emphasize individuals' demands or

self-awareness of happiness. In Chinese culture, happiness may be achieved through those who are around us: our parents, children, other family members, close friends and others in our immediate social circle.

- 2
 - Yes, I do think you can learn to be happy. The human mind is very flexible, so people can change the way they think and behave. Being happy is a matter of learning to think positively.
 - I would say it's very unlikely. If it were possible, wouldn't everyone be happy? I don't think people can change their personalities to a large degree. Some people will always be unhappy because it's in their nature.
- 3 I guess some would love it, because it would be fun and different from their normal classes. Some may be very puzzled by this kind of class and even think it was a waste of their valuable school time.

8

Example answer

The concept of happiness is not usually associated with school studies. However, a German school – Heidelberg's Willy Hellpach School – has introduced a happiness class, in addition to standard subjects such as languages and mathematics, into the school curriculum in order to boost students' morale.

The principal and teachers believe that happy students can learn more than unhappy ones. The happiness class activities aim to help students achieve happiness by encouraging a positive state of mind, which leads to higher self-esteem and self-consciousness. One exercise that has been given to students is to ask one of them to walk across the classroom; the others then copy his or her movements. In this way, each student becomes aware of how he or she moves. Understanding their own body better helps them to understand their state of mind.

The teachers believe that it takes time for students to achieve happiness. Most students realize that happiness is not a definition written on the board, but something they have to work hard to find for themselves. As a result, this is a new type of teaching which may have a long way to go before it catches on.

Listening in

News report

1

Answers

1 (a) 2 (d)

Passage 1

2

Example answers

- 1 I think my teachers have had a major impact on my life. They are nice and supportive, and they've helped me learn and achieve a lot in school and university.
- 2
 - I have learnt to be more independent in organizing my life, study and thinking. I sometimes have to make decisions without my parents being there and I gain life experience by doing so.
 - I think the biggest change that has happened to me is that I've learnt not to only follow books or teachers, but I've also begun to think for myself and to question the things taught to us. Being at university gives me resources to search online and read books from the library to broaden my vision of the world.
- 3 Travelling gives us opportunities to see people and societies from different angles. It allows us to meet more people, see more things with our own eyes and experience cultures which may be very different to the one we grew up in.
- 4
 - I suppose taking on a challenge, solving a problem or doing something we have never done before is an example of the kind of activity which will make us think hard, adapt ourselves and endure hardships.
 - I would say working with very young children or the elderly makes people become more caring and protective.
 - Travelling to different places and experiencing new things can help us to have an open and understanding attitude towards the people around us.

Listening and understanding

Language and culture

A **more rounded person** is a person who combines different aspects of character to produce a well-developed person.

A **reality TV show** is a TV programme that does not use professional actors but shows real events and situations involving ordinary people, or sometimes celebrities. To involve the audience there is sometimes a competitive element in which the participants are progressively **voted off** (the audience votes to choose who leaves the show) until one remains as a winner.

3

Answers

1 (c) 2 (d) 3 (a) 4 (b)

4

Teaching tips

To save class time, T may ask Ss to work in pairs: Student A completes the first blank in all the sentences and Student B the second.

Answers

- 1 tolerant; rounded
- 2 close to; stand up
- 3 beauty; generosity
- 4 an opportunity; beyond the one
- 5 behaved; selfish
- 6 pretend; see through
- 7 helping victims; impact
- 8 difficult time; a huge amount of

Developing critical thinking

5

Example answers

- 1 Natural disasters such as the Sichuan earthquake make people think how powerful nature is and how determined victims are to overcome their difficulties.
- 2 I think going to university broadens our vision of life through reading books, meeting different people and possibly travelling to new places. We are better equipped with knowledge, skills and understanding of people, society and life.
- 3 I would say experiences like disasters, hardships, generosity and kindness from others would make people reassess their own thinking and behaviour, and thus they learn from these experiences the most.

Passage 2

6

Example answers

- 1 No. I like arts and I am a lively and social person, but my parents wanted me to do

biochemistry, so I spend most of my time in the labs.

- 2 My uncle talked to me about what to study at university. He told me that I must follow my heart and balance it with my ability. Of course I took his advice, because I always trust him.
- 3 I would tell them that they should ask first if they have any passion for the subject they intend to study. If they think they don't know whether they have a passion for it, then they should read information about the subject online or ask people who have studied the subject.

Listening and understanding

7

Answers

- 1 Joan is an academic counsellor at Manchester University.
- 2 She is talking to a presenter and a listener for a radio programme.
- 3 It is important because their subject choices are likely to have an impact on their future careers.
- 4 He wants to work in IT.
- 5 Not at all. (In Britain each university has a different mixture of courses; some courses can only be found in a few universities.)

8

Answers

- 1 strengths; weaknesses; personality; like; subjects; organized; confident; outgoing; a team; working alone
- 2 future career; into a particular area of work; chosen field; related industries; leading
- 3 vocational; graduates; high-flyers; career; practical; transferable; recruitment

Developing critical thinking

9

Example answers

- 1 I find it useful to know the importance of your choice of course to your future career. I normally don't think that far ahead, since we study at university for four years.
- 2
 - Yes, I think students are given enough help, by the most important people – their families. Most parents do their best to offer their help and support on career choices. When I was in my second year in high school, my parents asked me what career I wanted in the future. I said I wanted to be a surgeon. They helped me to find an opportunity to gain experience at the hospital where my uncle works. I spent my whole winter vacation there watching how my uncle and his colleagues work. This experience strengthened my determination to become a surgeon. I feel so grateful to my parents and my uncle for their support and guidance.
 - No, I don't think most students in China get enough help when choosing what to study at university. Their parents may try to give them advice, but in fact parents don't really know what careers will be prosperous or secure in the future. Also, there are few organizations which can provide career counselling for students. Chinese schools usually do not provide individualized career advice to students. This means that students usually make their own decisions based on their personal interests, without giving consideration to all the issues.
- 3
 - You can learn transferable skills in the workplace, so I think that students should prioritize their academic achievements whilst at university.
 - I would choose a vocational education because it would train me to have skills that I can apply to a job. I can always study a master's degree at a later date if I want to change to an academic route.

Presentation skills

Giving a formal presentation

1

Teaching tips

T may suggest to Ss that they talk about the topics in the list one by one in pairs and perhaps come up with at least two new topics to add to the list:

- finding a part-time job
- finding the best and cheapest routes to travel to the university
- knowing ways of finding books in the library
- making arrangements for washing clothes and bedding

2

Example answers

- I would talk to friends who are already in university to get some study tips from them.
- I would say we are more mature and more independent. So on the one hand we have more freedom to socialize at university, but on the other hand we have more responsibilities about our own social behaviour.
- I would go online to check information about the university I want to apply for. It would be helpful if there were a video clip about the campus or the university life. If there weren't, I would try to talk to people who have been to university.
- They have to learn to study by themselves. This is not easy at the beginning, because they have been spoon-fed in school for a long time.
- We may form study groups to share information and exchange study ideas.

4

Teaching tips

T can ask Ss to prepare a PowerPoint (PPT) presentation (for which an example will be given below) and then prepare notes for the oral delivery of the PPT slides. Encourage them to add pictures and colours to their PPTs.

Example answer (points for a PPT presentation)

How to make new friends

By Li Hui and Wang Min

An overview:

- why we should make new friends
- tips for making new friends
- how you can get help for making new friends

Reasons for making **new** friends:

- This is a **new** phase of your life.
- You are in a **new** place.
- It is fun to have **new** friends.

Useful and practical ideas for making friends:

- Be friendly and smile when you see a new face.
- Send an email to your classmates to introduce yourself.
- Try to remember the names and interests of your new friends.
- Ask the person sitting next to you in a lecture if they would like to go for lunch.
- Join some social clubs in the university.

Further information from:

- club organizers
- the university student union
- handbook for new students

Pronunciation

Teaching tips

In this section, T may follow the instructions in each of the activities and go through them very quickly since these issues have been raised in previous books.

T may also consider asking a few Ss to demonstrate their reading after listening.

Unit task

Preparing and doing a personality quiz

Teaching tips

T may ask Ss to work on this task before the class first. Then, during the class, T chooses Ss from different pairs or groups to form new pairs or groups. The new pairs or groups work together and test each other with the quiz they have made. (An example quiz is given below.)

Each pair or group may work on a different topic, and they have to make at least five questions for each topic.

Example quiz

How open-minded are you?

- 1 **If you hear an opinion you don't agree with, do you ...?**
 - A disregard this opinion straightaway
 - B listen politely, but not take in any points
 - C consider this opinion again and see if there is any new information which may change your mind
- 2 **If you attend a lecture by a famous teacher, do you ...?**
 - A accept all the points made in this lecture, because this person is famous
 - B query some points in your mind, but don't ask questions
 - C ask questions about the points you have queries about and evaluate the answers given
- 3 **If you attend a lecture in which you think you know the content well, do you ...?**
 - A stop listening to the lecture
 - B listen, but not attentively
 - C listen carefully and check if the lecturer has made all the points you know and any points you don't

4 When you read a textbook, do you ...?

- A accept everything said in the book
- B still use the content even if you have different opinions
- C challenge the textbook and write down all your queries in order to ask your teacher or discuss them with your classmates

5 When you receive a low mark, do you ...?

- A blame the person who marked your work
- B think "well, bad luck, I know I did not put much time there, but I was hoping the teacher would give me a higher mark"
- C ask yourself and later your teacher about how you can improve your learning and get a higher mark in your next piece of work

Suggestions for interpreting the scores

Please do not let the person know the scoring system until they finish the quiz.

A 0 point B 1 point C 3 points

Add the scores of all the choices made by the person and get a total score:

- If the person gets a score lower than 5, it indicates that they are not open-minded.
- If the person gets a score of 5 or above, but lower than 10, this shows that they are able to think in an evaluative way, but are not always willing to pursue their initial thoughts further.
- If the person gets a score of 10 or above, they are active thinkers, willing to take on different opinions, reconsider them and make a judgment based on known and new information.