



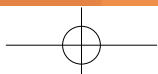
UNIT

1

Self-discovery

After studying this unit, you will be able to:

- ▶ describe different personalities;
- ▶ evaluate your fitness for a job;
- ▶ get a clue to argumentation writing;
- ▶ know more about diction in translation;
- ▶ get an insight into self-assessment.





Warm-up

Task 1 Work in pairs. Read the following descriptions of three famous people, guess who they are and discuss their personalities.

1 He has a strong sense of mission to lead people to pursue freedom and happiness. He is called the father of his country. He is the first president of the United States. He is [George Washington](#).

2 He belongs to those who are very fun-loving and tend to be spontaneous. He is fascinated with artistic creation and free expression of his thoughts. Many people enjoy his music even today. He is famous for the fifth symphony "Destiny." He is [Ludwig van Beethoven](#).

3 He highly values reason and logic. He enjoys thinking, reasoning and other academic research that requires knowledge of a number of expansive subjects. He is known to the whole world for the theory of relativity. He is [Albert Einstein](#).

Notes:

- The teacher can ask students to read the three descriptions and then describe the most impressive personalities of the three people.

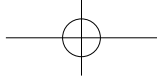
Task 2 Work in pairs. Fill in the forms, compare your self-assessment with your partner's impression of you, and then report it to the whole class.

"I" in my eyes	
Hobby and interest	
Favorite color	
Favorite sports	
Favorite music type	
Personality	
Dream job	

My partner in my eyes	
Hobby and interest	
Favorite color	
Favorite sports	
Favorite music type	
Personality	
Dream job	

Notes:

- The teacher may ask students to fill in the forms and then compare their forms.
- The teacher may lead students to discuss their forms and explain why they have such impressions of their partners.
- The teacher may invite several pairs to present the key points of their discussion to the whole class.



In-depth Reading

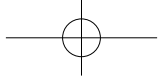


Topic Preview:

When facing career choices, self-reflection is of great importance. Having a sense of autonomy and being confident seem more significant than being passionate alone. It is necessary to understand yourself at the turning point from college to career, since self-discovery can help you find the right direction to success.

Follow a Career Passion? Let It Follow You

- 1 In the spring of 2004, during my **senior** year of college, I faced a hard decision about my future career. I had a job offer from Microsoft and an **acceptance** letter from the computer science **doctoral** program at the Massachusetts Institute of Technology. I had also just handed in the **manuscript** for my first **nonfiction** book, which opened the option of becoming a full-time writer. These are three **strikingly** different career paths, and I had to choose which one was right for me.
- 2 For many of my peers, this decision would have been with anxiety. Growing up, we were told by guidance counselors, career advice books, the news media and others to “follow our passion.” This advice **assumes** that we all have a **pre-existing** passion waiting to be discovered. If we have the courage to discover this **calling** and to match it to our livelihood, the thinking goes, we’ll end up happy.
- 3 To a small group of people, this advice makes sense because they have a clear passion. Maybe they’ve always wanted to be doctors, writers, musicians and so on, and can’t imagine being anything else.
- 4 Cal Newport, a computer science professor at Georgetown, says many people lack a “true calling” but have a sense of **fulfillment** that grows over time.
- 5 But this philosophy puts a lot of pressure on the rest of us—and demands long **deliberation**. Every time our work becomes hard, we are pushed toward an **existential crisis**, centered on an **unanswerable** question: “Is this what I’m really meant to be doing?” This constant doubt generates anxiety and **chronic job-hopping**.
- 6 As I considered my options during my senior year of college, I **ignored** the **cult** of passion. The alternative career philosophy that drove me is based on this simple premise: The traits that lead people to love their work are general and have little to do with a job’s specifics. These traits include a sense of **autonomy** and the feeling that you’re good at what you do and are having an impact on the world. Decades of research on workplace motivation back this up.



T In-depth Reading

Text Analysis

The text is an argumentation about self-discovery and career passion. The main idea is that you should focus on a sense of autonomy and your competence rather than just follow your passion when choosing a career. Passion will generate and increase in your persistent pursuit of career success.

In Paragraph 1, in which the author mentions the three career choices he was confronted with. In Paragraphs 2-7, he analyzes different philosophies when making a choice and mentions his own philosophy. In Paragraphs 8-11, he proves his idea by telling his story of choice and career. In the last paragraph, he advises young people to strive for their careers, which can promote career passion.

Detailed Study

Paragraph 2

1. For many of my peers, this decision would have been with anxiety.

该句可以理解为: If many of my peers had faced the three choices, they would have felt anxious.

表示与过去事实相反的虚拟语气中, 条件从句的谓语用 had + 过去分词, 主句谓语则通常用 would have + 过去分词, 也可根据情况使用 should / could / might + have + 过去分词。

- e.g. He would have forgotten the boy's birthday if you hadn't reminded him.

2. Growing up, we were told by guidance counselors, career advice books, the news media and others to "follow our passion."

现在分词 growing up 在句中作时间状语, 也可以用 while doing 的形式。

- e.g. (While) working in this factory, he did very well.

3. This advice assumes that we all have a pre-existing passion waiting to be discovered.

- 1) assume: v. 假定, 假设

- e.g. ① They assume his innocence before getting the evidence against him.

② We assume that everyone is kind and self-disciplined in his inner heart.

- 2) pre-existing: a. 先前的, 预先存在的
前缀 pre- 表示“在……之前的, 先于”, 例如: predict, prewar, prepare, preference, prehistory 等。

【拓展】fore-, 表示“预先的, 在前部的”, 例如: forecast, foretell, forehead 等。

4. If we have the courage to discover this calling and to match it to our livelihood, the thinking goes, we'll end up happy.

- 1) match... to: 将……与……相匹配

- e.g. It takes more processing to match the outgoing signal to the return signal.

- 2) the thinking goes: 这种观点认为, 其中 go 是“说, 表达”的意思。

- e.g. As the saying goes, there is no smoke without fire.

- 3) end up (doing / with): 以……而告终

- e.g. ① If you don't know what you want, you might end up getting something you don't want.

- ② Depending on the assumptions that they made, they could end up with very different answers.

Paragraph 5

5. This constant doubt generates anxiety and chronic job-hopping.

- 1) generate: v. 产生; 使形成

- e.g. ① The labor secretary said the reforms would generate new jobs.

② The company burns coal to generate power.

- 2) chronic: a. 长期的

- e.g. He suffered a lot from the chronic disease these years.

Paragraph 6

6. The alternative career philosophy that drove me is based on this simple premise.

alternative: a. 可供选择的; n. 替代

- e.g. ① We have two alternative flights to go to Shanghai.

② New ways to treat headache may provide an alternative to painkillers.

参考译文

你还在追随职业热情吗? 让它随你而行吧!

1 2004年春天, 我读大四的时候, 面临着未来职业生涯的一个艰难抉择。我得到了一份微软提供的工作, 收到了麻省理工学院计算机科学博士生项目的录取通知书, 也提交了我第一本纪实小说的手稿, 从而又多了一个成为一名全职作家的选择。这是三种截然不同的职业道路, 我必须做出适合自己的选择。

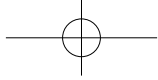
2 对于我的许多同龄人来说, 做这样的决定是一件令人焦虑的事情。在成长过程中, 就业指导老师、职业建议书籍、新闻媒体和其他人都告诉我们要“追随我们的热情”。这种建议假设我们都有一种已有的、等待被发现的热情。并且他们认为, 如果我们有勇气去发现这种内心的冲动并把它和我们谋生的职业联系在一起, 我们就会找到幸福。

3 这个建议对于一小部分人也许很有意义, 因为这些人有明确的热情。或许他们一直只想当医生、作家、音乐家, 诸如此类, 而从未想过去做其他的工作。

4 乔治敦大学的计算机科学教授卡尔·纽波特说, 许多人缺乏“真正的内心冲动”, 但是他们的成就感会与日俱增。

5 但这种人生哲学给我们很大压力, 需要我们深思熟虑。每当我们的工作面临困难时, 我们就会陷入一种存在危机, 把焦点集中于一个无法回答的问题: “这真的是我要做的吗?” 这种持续不断的疑问会导致焦虑和习惯性跳槽。

6 大四做选择的时候, 我不理会人们对热情的狂热崇拜。促使我做出选择的是另一种职业哲学, 它基于一个简单的前提: 人们对工作产生热爱是由于人所共有的特质, 而与某个职业的特性关系不大。这些特质包括自主意识, 相信自己擅长于所做的事情并会对世界产生影响的自信。几十年来对于工作动机的研究也支持这一说法。



Paragraph 8

7. Or, with the advance from my first book, I could have hunkered down in a quiet town to write.

1) 该句可以理解为: If I had kept writing and made further efforts, I could have settled down in a quiet town to be a writer.

2) with 短语作条件状语可用if改写为完整的虚拟语气从句, 此用法还常见于without, but for.

e.g. ① What would you do with a million dollars (= if you had a million dollars)?

② We could not have finished the work ahead of time without your help (= if we hadn't got your help).

③ The accident would not have occurred but for running the red light (= if he hadn't run the red light).

Paragraph 9

8. And at a place like MIT, you're surrounded by brilliance, which can make you question whether you belong.

1) 该句可解释为: At a top university like MIT, the students around you are so clever and outstanding that you may lose self-confidence and wonder whether you are a qualified member of this university.

2) 该句中brilliance是借代的用法, 用“才华”代指“有才华的人”。

Paragraph 10

9. So I worked hard, and, as my competence grew, so did my engagement.

so + 助动词 + 主语的结构是指“……也如此”。

【拓展】在so + 主语 + 助动词 / be 动词 / 情态动词结构中, so用于对前面事实的肯定, 表示“的确如此”。

e.g. He is a good man. So he is.

Paragraph 11

10. The most important lesson I can draw from my experience is that this love has nothing to do with figuring out at an early age that I was meant to be a professor.

1) draw a lesson from: 吸取教训

【拓展】draw a conclusion: 得出结论

2) have nothing to do with: 和……无关

e.g. Many of the issues that young people face online have nothing to do with crime.

3) be meant to: 应该要, 注定要

e.g. I was meant to be taking notes in class, but I just daydreamed.

【比较】mean to do: 打算, 意图, 企图
mean doing: 意味着

e.g. ① I had meant to leave on Sunday.

② The reform means liberating the productive forces.

11. What mattered is what I did once I made my choice.

1) what mattered: 名词性从句作主语, 也叫主语从句。主语从句通常由下列词引导: 从属连词that, whether, if等; 代词what, who, which, whatever, whoever, whom等; 连接副词how, when, where, why等。

e.g. ① Who will win the match is still unknown.

② Where the evening party will be held has not yet been announced.

2) what I did: 名词性从句作表语, 即表语从句。表语从句的引导词在陈述句中用that, as if或as though; 在一般疑问句中用whether; 在特殊疑问句中用相应的疑问词。

e.g. This is where our problem lies.

3) once: ad. 一次; 曾经

e.g. We once walked across the frozen river and reached the mysterious forest.

【拓展】once and for all: 彻底地

e.g. We have to resolve this matter once and for all.

Paragraph 12

12. To other young people who constantly wonder if the grass might be greener on the other side of the occupational fence, I offer this advice...

1) wonder后接whether或if引导的宾语从句, 用于有礼貌地询问或表示怀疑。

e.g. ① She wondered whether you were free that morning.

② I wonder if he will succeed.

wonder表示“想知道”、“对……感到怀疑”、“纳闷”, 后面也常接who, what, when等引导的宾语从句, 相当于want to know的用法。

e.g. I wonder why she did that.

2) the grass might be greener on the other side of the occupational fence的字面翻译是: 篱笆另一边的草可能会更绿。但是, 在翻译习语或俗语时通常需要使用两种语言相对应的习惯性表达方式, 因此可译为: 这山望着那山高。

e.g. Birds of a feather flock together.

物以类聚, 人以群分。

7 这些特质可以在许多工作中发现, 但是必须努力才能获得。获得有价值的技能是很困难且需要时间的。人在一个新的岗位时不要问“这个工作能带给我什么?”, 而应该问“我能给这份工作带来什么?”

8 回到我的故事, 我只是简单地思考了一下便决定去麻省理工学院。确实, 根据我自己的职业哲学, 我相信这三个职业选择都可以转化为一种热情, 而这种信心使我不担心会做出错误的选择。我最终选择了麻省理工学院, 主要是因为略微偏好东海岸。但如果去了在西雅图附近的微软总部, 或者从第一本书开始, 选择在一个安静的小镇静下来写作, 我也同样感到满足。

9 在我博士生的第一年, 我当然没有坚定地认为我找到了真正的职业热情。攻读博士一开始是很困难的。你还不能特别熟练地进行文献研究, 这令人十分沮丧。在麻省理工学院这样的地方, 你身边都是才华横溢的人, 这会使你质疑自己是否属于这里。

10 假如我那时就认同了“追随我们的热情”这种观点, 我可能在工作的头几年就离开了, 因为我会为自己不是每一天都热爱这份工作而担忧。但是我知道随着工作越来越有起色, 我的成就感会与日俱增。所以我努力地工作, 随着我能力的提高, 我对工作也更加投入了。

11 现在, 我是乔治敦大学的一名计算机科学教授, 我热爱我的工作。我从自己的经验中得到的最重要的启发就是: 我对工作的热爱与最初就认定我会成为教授毫无关系。我选择这条道路也没有什么特别之处, 真正重要的是我选定这条道路之后所做的努力。

12 一些年轻人总是这山望着那山高, 对于他们, 我提出如下建议: 热情不是你一定要追随的东西, 它会在你努力工作, 成为对世界有价值的人之后追随你而来。



- 7 These traits can be found in many jobs, but they have to be earned. Building valuable skills is hard and takes time. For someone in a new position, the right question is not, “What is this job offering me?” but, instead, “What am I offering this job?”
- 8 Returning to my story, I decided after only **minimal** deliberation to go to MIT. True to my alternative career philosophy, I was confident that all three of my career options could be **transformed** into a source of passion, and this confidence freed me from worrying about making a wrong choice. I ended up choosing MIT, mainly because of a slight **preference** for the East Coast, but I would have been equally content heading out to Microsoft’s **headquarters** near Seattle. Or, with the advance from my first book, I could have **hunkered** down in a quiet town to write.
- 9 During my initial years as a graduate student, I certainly didn’t enjoy an **unshakable** sense that I had found my true calling. The beginning of doctoral training can be rough. You’re not yet skilled enough to make **contributions** to the research **literature**, which can be frustrating. And at a place like MIT, you’re surrounded by **brilliance**, which can make you question whether you belong.
- 10 Had I **subscribed** to the “follow our passion” **orthodoxy**, I probably would have left during those first years, worried that I didn’t feel love for my work every day. But I knew that my sense of fulfillment would grow over time, as I became better at my job. So I worked hard, and, as my **competence** grew, so did my engagement.
- 11 Today, I’m a computer science professor at Georgetown University, and I love my job. The most important lesson I can draw from my experience is that love has nothing to do with figuring out at an early age that I was meant to be a professor. There’s nothing special about my choosing this particular path. What mattered is what I did once I made my choice.
- 12 To other young people who constantly wonder if the grass might be greener on the other side of the **occupational** fence, I offer this advice: Passion is not something you follow. It’s something that will follow you as you involve in the hard work to become valuable to the world.

(742 words)

Words

senior /'si:niə/ *a.* connected with the last year in high school or college 毕业班的

acceptance /ək'septəns/ *n.* allowing sb. to join sth. or be a member of a group 接收, 接纳

doctoral /'dɒkt(ə)rəl/ *a.* connected with a doctorate (the highest university degree) 博士的

manuscript /'mænjʊ,skript/ *n.* a copy of a book before it has been printed 手稿, 原稿

nonfiction /nɒn'fɪkʃn/ *n.* books, articles, or texts about real facts, people, and events 非小说类图书

strikingly /'straɪkɪŋli/ *ad.* in a striking manner, in an unusual way 显著地, 突出地

assume /ə'sju:m/ *v.* think or accept that sth. is true but without having proof of it 假定, 假设

pre-existing /,pri:ɪŋ'zɪstɪŋ/ *a.* existing previously or before sth. 先前的, 预先存在的

calling /'kɔ:lɪŋ/ *n.* a strong desire or feeling of duty to do a particular job, especially one in which you help other people (从事某种职业或活动的) 强烈的使命感, 内心冲动

fulfillment /fʊl'fɪlmənt/ *n.* a feeling of satisfaction at having achieved what has hoped for or expected 成就感, 满足感

deliberation /dɪ,lɪbə'reɪʃn/ *n.* the process of carefully considering sth. 考虑, 细想, 深思熟虑

existential /,egzɪ'stenʃl/ *a.* connected with human existence or the theory of existentialism 存在的, 存在主义的

crisis /'kraɪsɪs/ *n.* a time of great danger, difficulty, or confusion when problems must be solved or important decisions must be made 危机



unanswerable /ʌn'ɑ:ns(ə)rəbl/ *a.* impossible to answer 无法回答的

chronic /'krɒnɪk/ *a.* lasting for a long time 长期的

hop /'hɒp/ *v.* move by jumping on one foot 单脚跳

ignore /ɪg'nɔ:z/ *v.* pay no attention to sth. 忽视

cult /'kʌlt/ *n.* a way of life, an attitude, an idea, etc. that has become very popular 狂热崇拜, 迷信

autonomy /ɔ:'tɒnəmi/ *n.* the ability to act and make decisions without being controlled by anyone else 自主性

minimal /'mɪnɪml/ *a.* very small in size or amount 最小的, 最少的

transform /træns'fɔ:m/ *v.* change the form of sth. 转化, 转变

preference /'pref(ə)rəns/ *n.* a greater interest in or desire for sb. or sth. than sb. or sth. else 倾向, 偏爱

headquarters /,hed'kwɔ:təz/ *n.* a place from which an organization or a military operation is controlled 总部

hunker /'hʌŋkə/ *v.* sit on one's heels 盘坐, 蹲下

unshakable /ʌn'ʃeɪkəbl/ *a.* that cannot be changed or destroyed 不可动摇的, 坚定不移的

contribution /,kɒntrɪ'bju:ʃn/ *n.* an action or a service that helps to cause or increase sth. 贡献

literature /'lɪtrətʃə/ *n.* 1. pieces of writing or printed information on a particular subject 文献; 2. pieces of writing that are valued as works of art, especially novels, plays, and poems (in contrast to technical books and newspapers, magazines, etc.) 文学

brilliance /'brɪljəns/ *n.* unusual intelligence or mental ability (卓越的) 才华

subscribe /səb'skraɪb/ *v.* agree with an idea 赞成

orthodoxy /'ɔ:θə,dɒksi/ *n.* an idea or view that is generally accepted 正统说法

competence /'kɒmpɪtəns/ *n.* the ability to do sth. well 能力

occupational /,ɒkjʊ'peɪʃn(ə)l/ *a.* connected with a person's job or profession 职业的

Phrases and Expressions

hand in give sth. to a person in authority, especially a piece of work or sth. that is lost 提交, 上交

make sense be reasonable, logical or comprehensible 有意义, 有道理

Proper Names

Massachusetts Institute of Technology 麻省理工学院 (位于美国马萨诸塞州, 被誉为“世界理工大学之最”)

Seattle /sɪ'ætl/ 西雅图 (美国太平洋西北区最大的城市)

Georgetown University 乔治城大学 (创建于1789年, 美国综合性私立大学之一)



Comprehension

Task 1 Complete the following summary according to the text. Write no more than three words on each line.

SUMMARY

Three career choices

The three career choices I was confronted with in my senior year include working in Microsoft, entering the doctoral program at MIT, and becoming a writer.

Career philosophy

Many advisors gave the suggestion of following your passion.

In my opinion, only a small group of people had the true calling.

I had the alternative philosophy that the traits like a sense of autonomy and the feeling that you're good at what you do and are having an impact on the world were more important for your choice.

My own story

My career option when graduating from college was to enter MIT.

The beginning years of my career were rough, but I believed that as you worked hard, your competence and sense of fulfillment would grow, and accordingly, your engagement in your job would grow.

A piece of advice

Passion is not something you follow. It's something that will follow you as you put in the hard work to become valuable to the world.

Task 2 Paraphrase the following sentences, paying attention to the underlined part.

- 1 I had also just handed in the manuscript for my first nonfiction book, which opened the option of becoming a full-time writer.

I had also just handed in the original pages of my first nonfiction book, which gave me another choice of being a full-time writer.

- 2 This advice assumes that we all have a pre-existing passion waiting to be discovered.

This advice presumes that we all have the passion that already exists in our inner heart, yet to be found out.

- 3 Decades of research on workplace motivation back this up.

Tens of years of research on workplace motivation supports this idea.

- 4 Returning to my story, I decided after only minimal deliberation to go to MIT.

When it comes to my story, I only thought about it for a short time and then made my decision to go to MIT.

- 5 During my initial years as a graduate student, I certainly didn't enjoy an unshakable sense that I had found my true calling.

During the first several years as a graduate student, I didn't have a sure and firm idea that I had found my true passion.



Follow-up Exercises

I Vocabulary

Task 1 Work out the words on the left according to their meanings on the right.

1	<u>brilliance</u>	genius or unusual mental ability
2	<u>preference</u>	a feeling of liking for something or someone more than something or someone else
3	<u>assume</u>	presume or take something to be true without proof
4	<u>competence</u>	the quality of being well-qualified physically and intellectually
5	<u>autonomy</u>	personal independence or self-direction
6	<u>transform</u>	change or alter in form or appearance
7	<u>contribution</u>	individual efforts in a common endeavor in a cause
8	<u>occupational</u>	of or relating to a person's business or profession

Task 2 Complete the following sentences with the words given below. Change the form if necessary.

transform	literature	competence	preference
minimal	exist	assume	contribution

- 1 According to existentialism, one of the main schools of Western philosophy, people's personality and freedom should be respected.
- 2 What you wear says something about you and people always think those who dress seriously are more reliable and competent.
- 3 In a town where many people are illiterate, it is time-consuming to make them understand and accept the new policy.
- 4 She has contributed generously to the Red Cross in order to help the flood-stricken mountainous area.
- 5 He prefers / preferred to work alone rather than cooperate with this untruthful person.
- 6 Peasant workers, as a new group in the process of our social transformation, have aroused many researchers' attention to study their life and education.
- 7 We had about ten hours' warning in advance, so we were able to minimize the effects of the flood.
- 8 His actions are based on a false assumption, so his efforts are all in vain.



Task 3 Fill in the blanks in the following passage by selecting suitable words from the word bank. You may not use any of the words more than once.

When you enroll in a university, you commit yourself to at least a couple years of study. With motivation, you'll learn more. Motivation is the inner power that pushes you towards taking action and towards (1) A. It is powered by desire and (2) N. Compare a student who lacks motivation and hardly studies to a student who is highly (3) E and devotes many hours to his studies. Each student will (4) K get different grades and have different career choices.

When choosing a career, one of the things you must (5) O is your hobbies. *Webster's Dictionary* (6) G a hobby as "a (7) F outside one's regular occupation." Maybe this is a rule you should break. After all, no one ever said your hobby had to stay separate from your occupation. The combination of hobby and skill are very compelling reasons to (8) I a particular career.

But do you have to always follow your passion? Rowe Cates said: "Following your passion is the worst career advice I've ever got." When (9) C on his words at the *Huffington Post*, Cal Newport writes: "The pig farmer is happy because he's making a great living and does work that's useful to the world." In other words, stop worrying that your career doesn't match your passion. Instead, find ways to make yourself more useful, and then you'll find security and (10) M.

A) achievement	B) preference	C) commenting	D) ignore
E) motivated	F) pursuit	G) defines	H) brilliantly
I) pursue	J) various	K) eventually	L) transforming
M) fulfillment	N) calling	O) consider	

II Sentence Structure

Task 1 Combine two short sentences into a long one after the model.

Model:

I worked hard and my competence grew. My engagement also grew.

→ I worked hard and my competence grew, so did my engagement.

1 I have applied for membership in the club. Rubber has applied, too.

I have applied for membership in the club, so has Rubber.

2 Production is going up steadily. People's standard of living is going up accordingly.

Production is going up steadily, so is people's standard of living.

3 Human culture inevitably changes as time goes by. The case is the same with the environment.

Human culture inevitably changes as time goes by, so does the environment.

Task 2 Rewrite the following sentences after the model by using subjunctive mood.

Model:

I didn't subscribe to the "follow our passion" orthodoxy, so I didn't leave during those first years.

→ Had I subscribed to the "follow our passion" orthodoxy, I probably would have left during those first years.



- 1 He died before completing the manuscript, so he didn't elaborate it further.
Had he been alive before completing the manuscript, he could have elaborated it further.
- 2 I survived that accident because my colleagues made great efforts to save me.
Had my colleagues not made great efforts to save me, I wouldn't have survived that accident.
- 3 He couldn't win her love at the first sight because she was already engaged.
Had she been single, he could have won her love at the first sight.

III Translation

Task 1 Translate the following paragraph from Chinese into English.

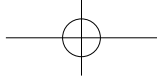
京剧是中国的传统戏曲之一。每个演员都会依照他们角色的性别、年龄及个性在脸上画不同样式的脸谱。这样，观众可以很容易分辨演员所扮演角色的性格特征。红色表示人物的忠心，如关羽；黑色体现人物的正直，如包拯，也暗示勇猛甚至鲁莽，如张飞；白色代表人物生性奸诈，如曹操。

Beijing Opera is one of the traditional operas of China. Each actor, according to the gender, age and personality of their roles, is characterized by different designs of facial makeup, so the audience can easily tell the character of the roles. Red faces portray loyalty of the character, such as Guan Yu. Black faces reflect integrity, such as Bao Zheng, and they also manifest bravery and even recklessness, such as Zhang Fei. White faces indicate treachery, such as Cao Cao.

Task 2 Translate the following paragraph from English into Chinese.

Lao Tzu was a famous thinker in the Spring and Autumn Period of China. In his philosophical works *Tao Te Ching*, he emphasized the importance of knowing oneself by saying "He who knows others is learned; he who knows himself is wise." This sentence also means it is harder to know oneself than to know others, as a Chinese poem says, "The true face of Lu Shan is lost to my sight, for it is right in this mountain that I reside." Anyway, to know your strengths and weaknesses clearly is rather helpful for your success.

老子是中国春秋时期著名的思想家。在其哲学著作《道德经》当中，他通过“知人者智，自知者明”这句话强调了自我认知的重要性。这句话也表明了解自己比了解他人更难。正如一句中国古诗所云“不识庐山真面目，只缘身在此山中”。总之，清晰地了解自己的优缺点对于一个人的成功相当重要。



Further Reading

What Is My Best Fitness?

1 Feeling **overwhelmed** about possible career choices? Not sure what to do next? If you are in the pain of career confusion, you may find yourself using online career assessments to give the “magic bullet” answer. My current **client** Julie will serve as the case study to **clarify** this approach.

2 The Four **Cornerstones** of Career Satisfaction include different aspects about YOU:

1) Motivated Skills and Strengths

3 Motivated skills are the skills you are good (or great) at AND enjoy doing. They are not all your strengths, but rather those you are eager to use. In fact, you may find that “time flies” while you are using your motivated skills! Julie found her motivated skills included showing compassion and **empathy**, building trust relationships, helping others, researching and organizing information, problem-solving, listening, and writing.

2) Interests and Passions

4 Common sense would indicate that if you are highly interested in (or even passionate about) a career or job, you would probably perform at a higher level and be more satisfied and successful. Your passions and interests could also play a part in which industries and companies you prefer. Julie’s big passion is centered on helping children. She also has clearly **defined** interests in Public Relations and Marketing (her Bachelor’s Degree is in this major), as well as in fitness, healthy living, and outdoor sports.

3) Personality Type / Personal Style

5 Your preferred **personality** type **characteristics** are **clues** to your **behavioral** style in the world. These clues may include where you get your energy from, how you **incorporate** and use data and information, how you make decisions, and how much planning and structure you are comfortable with in your daily life AND in your job. Julie’s personality assessment results indicated her focus on the needs of others, as well as **harmony** and cooperation. Her preference for digging deep to see facts accurately and clearly drives her **dedication** to **excellence** and **thoroughness**. While orderly, **conscientious**, and highly responsible, Julie is also **flexible** and supportive of teams and individuals.





4) Values and Goals

- 6 Values are the motivating factors that make your career or job more satisfying. They go beyond a **paycheck** to the other elements that make you eager to **tackle** your job each day. These values are also tied into your short-term and long-term career and life goals. Julie's top values include personal development, helping others, variety, using her skills and knowledge daily, expressing her ideas, and having a secure job.
- 7 All of the career assessments that Julie took were self-assessments. She tapped into her own understanding about herself. But Julie also **captured** feedback about herself from others via the 360 Reach personal branding assessment. The results detailed her memorable brand attributes and strengths, as well as her leadership style.
- 8 Based on the **perceptions** of others about her personal brand, Julie found consistency with her self-assessments. Her top brand attributes are: reliable, **intelligent**, organized, supportive, empathetic, and a **diplomatic** truth-teller. Relating to and building trust with others, as well as resolving problems, are her merits.
- 9 With the information from the four cornerstones and the personal branding feedback, you can find that Julie's overall common thread involves helping and supporting people, especially children. Her empathy, trust-building, and communication skills are essential to that goal. With a penchant for organizing and researching information to solve problems, and her love of expressing ideas through writing, Julie is now considering writing careers within the non-profit sector. In particular, she is drawn to working in non-profits that promote healthy lifestyles for children.
- 10 The functional roles Julie is considering include marketing, public relations, educational programming, community **outreach**, and grant writing. She is researching how to grow new competencies in social media and **grant** writing via **certification** programs and training. The end result of that training would position her as an up-to-date and highly **desirable applicant** in the non-profit marketplace.

(635 words)

Words

fitness /'fɪtnɪs/ *n.* 1. the state of being suitable or good enough for sth. 适合; 2. the state of being healthy and strong 健康; 健康状况

overwhelm /,əʊvə'welɪm/ *v.* affect sb.'s emotions in a very powerful way (感情上)使受不了; 使不知所措

client /'klaɪənt/ *n.* a person who uses the services or advice of a professional person or organization 客户

clarify /'klærə,fai/ *v.* make sth. clearer or easier to understand 阐明

cornerstone /'kɔ:nə,stəʊn/ *n.* 1. a stone at the corner of the base of a building, often laid in a

special ceremony 基石; 2. the most important part of sth. that the rest depends on 基础

empathy /'empəθi/ *n.* the ability to understand another person's feelings, experience, etc. 同情, 共鸣

define /dɪ'faɪn/ *v.* describe or show sth. accurately 明确, 确定

personality /pɜ:sə'næləti/ *n.* the various aspects of a person's character that combine to make them different from other people 个性, 品格

characteristics /,kærɪktə'rɪstɪks/ *n.* distinguishing qualities 特性, 特征

clue /klu:/ *n.* a fact or a piece of evidence that helps you discover the answer to a problem 线索, 暗示



behavioral /br'heɪvjərəl/ *a.* connected with behavior 行为的

incorporate /ɪn'kɔ:pəreɪt/ *v.* include sth. so that it forms a part of sth. else 包含, 合并

harmony /'hɑ:məni/ *n.* a state of peaceful existence and agreement 和谐, 协调

dedication /,dedɪ'keɪʃn/ *n.* the large amount of time and effort that sb. spends on sth. 奉献; 献身

excellence /'eksələns/ *n.* the quality of being excellent 优秀; 卓越; 杰出

thoroughness /'θʌrənɪs/ *n.* the quality of doing things very carefully and with great attention to detail 十分认真, 仔细

conscientious /,kɒnʃi'ɛnʃəs/ *a.* taking care to do things carefully and correctly 认真的, 谨慎的

flexible /'fleksəbl/ *a.* (approving) able to change to suit new conditions or situations 灵活的

paycheck /'peɪtʃek/ *n.* the amount of money that you earn 薪水

tackle /'tækəl/ *v.* make a determined effort to deal with a difficult problem or situation 处理

capture /'kæptʃə/ *v.* get control of sth. 获得, 得到

perception /pə'sepʃn/ *n.* the ability to understand the true nature of sth.; insight 洞察力

intelligent /ɪn'telɪdʒ(ə)nt/ *a.* good at thinking clearly and quickly, at understanding difficult ideas and subjects, and at gaining and using knowledge 悟性高的; 聪明的

diplomatic /,dɪplə'mætɪk/ *a.* having or showing skill in dealing with people in difficult situations 老练的

outreach /'aʊt,rɪ:tʃ/ *n.* the activity of an organization that provides a service or advice to people in the community, especially those who cannot or are unlikely to come to an office, a hospital, etc. for help 社区延伸服务

grant /'grɑ:nt/ *v.* agree to give sb. what they ask for, especially formal or legal permission to do sth. 同意, 许可

certification /sə,tɪfɪ'keɪʃn/ *n.* the process of giving certificates for a course of education 认证

desirable /dɪ'zɑɪərəbl/ *a.* that you would like to have or do; worth having or doing 令人满意的, 值得要的

applicant /'æplɪkənt/ *n.* a person who makes a formal request for sth. 申请者

Phrases and Expressions

play a part in be involved in sth. 参与

as well as in addition to sb. or sth. 还有, 也

in the world used to emphasize what you are saying 到底, 究竟

Proper Names

360 Reach 一家个人品牌评估网站



T Further Reading

Detailed Study

Paragraph 1

1. Feeling overwhelmed about possible career choices?
Not sure what to do next?

这两个问句都是省略句 (elliptical sentence), 是口语化的表达。其完整形式是: Are you feeling overwhelmed about possible career choices? Aren't you sure what to do next?

e.g. ① You okay? (=Are you okay?)

② You've what? (=What do you have?)

2. If you are in the pain of career confusion, you may find yourself using online career assessments to give the "magic bullet" answer.

该句中 the "magic bullet" answer 是暗喻 (metaphor) 的修辞手法, 可解释为: The answer is like the magic bullet, which is very effective.

e.g. He is a wolf in sheep's clothing.

Paragraph 3

3. Motivated skills are the skills you are good (or great) at AND enjoy doing.

该句中 AND 大写 (capitalized), 表示强调, 意思是“还有, 更重要的是你喜欢去做”。第二段的 YOU 也是同样的用法, 强调从四个方面去了解“你自己”。

4. They are not all your strengths, but rather those you are eager to use.

该句中 rather 表示“而是”, 常用 not ... but rather ... 表示“不是……, 相反(而是)……”。

e.g. Their problem is not a lack of funding, but rather a lack of planning.

【拓展】rather than + 形容词/名词, 表示“与其……, 不如……”。

e.g. This pair of shoes is comfortable rather than pretty.

【拓展】rather 作为独立的副词使用, 可表示“相当”, 其同义词有: pretty, quite, fairly。

e.g. The summer in Wuhan is rather hot.

Paragraph 4

5. Your passions and interests could also play a part in which industries and companies you prefer.

1) play a part / role: 起作用, 影响

2) which industries and companies you prefer 是名词性从句, 是介词 in 的宾语。

Paragraph 5

6. Your preferred personality type characteristics are clues to your behavioral style in the world.

1) preferred: a. 优先的, 首选的

e.g. Everyone has his own preferred way of solving problems.

【拓展】prefer: v. 更喜欢; 宁愿

e.g. I prefer tea to coffee.

2) be clues to: 可以作为……的线索, 通过……可以判断

e.g. Chinese fortunetellers think facial features can be clues to a person's characteristics.

Paragraph 7

7. She tapped into her own understanding about herself.

1) tap into: 利用, 采用 (思想、经验、知识等)

e.g. Teachers and students can now tap into an unprecedented amount of open digital content.

2) 该句可解释为: She made use of her own understanding about herself.

8. The results detailed her memorable brand attributes and strengths, as well as her leadership style.

detail: v. 详述; n. 细节

【拓展】detailed: a. 详尽的

in detail: 详尽地

e.g. They asked for detailed explanation. (= They want you to explain that in detail.)

Paragraph 8

9. Based on the perceptions of others about her personal brand, Julie found consistency with her self-assessments.

1) consistency: n. 一致性

e.g. There is no consistency in the way they deal with offenders.

2) 该句可解释为: Julie found others' comments on her personality agree with her self-evaluation.

Paragraph 10

10. The end result of that training would position her as an up-to-date and highly desirable applicant in the non-profit marketplace.

position: v. 定位

英语中很多词汇既可作名词又可作动词, 例如: land, stay, move, break, cash, question, dress, smell, insult, offer, paint, plant 等等。

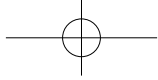
e.g. Shortly after my wound was dressed, my fever was gone, and the doctor told me that I had to rest for the rest of the week.

参考译文

我最适合做什么?

1 对可能面临的职业选择感觉不知所措吗? 不知道下一步该做什么? 如果你深陷职业困惑的痛苦, 你也许会发现使用在线职业评估给出的结果像“魔术弹”一般精准, 正中目标。我目前的客户朱莉可作为案例来阐明这种方法。

2 职业满意度的四个基石涵盖了你的不同方面:



1) 动机性技能与优势

3 动机性技能是指你擅长（或相当擅长）的技能，并且，更重要的是指你喜欢使用的技能。他们并非都是你的优势，而是你渴望运用的。事实上，当你使用你的动机性技能时，你会发现“时光飞逝”！朱莉发现她的动机性技能包括表示同情、建立信任关系、帮助别人、研究和组织信息、解决问题、倾听和写作。

2) 兴趣与激情

4 常识表明，如果你对一个职业非常感兴趣（甚至热衷于此），你会表现出更高的水平，感到更加满足且更加成功。你的激情和兴趣也会影响你对某些行业和企业的好恶。朱莉对帮助儿童有很大的兴趣。她在公共关系和营销（她获得学士学位的专业），以及健身塑形、健康生活和户外运动方面也有明确的兴趣。

3) 性格类型/个人风格

5 以你的个性特征倾向为线索，也能了解到你在这个世界上的行为风格。这些线索可能包括：你从哪里得到能量，如何整合使用数据和信息，如何决策，你在日常生活以及工作中是否喜欢规划。朱莉的人格评估结果显示她关注他人的需求，以及和谐与合作。她喜欢深入探究以准确清晰地看清事实，这促使她追求卓越，认真仔细。朱莉做事井然有序，高度负责，同时她也非常灵活，乐于支持团队，帮助他人。

4) 价值观与目标

6 价值观是一种激励因素，它能使你的事业或工作更加令人满意。这些激励作用超越了薪水和其他因素，使你每一天都渴望做好工作。这些价值观也关乎你的短期和长期的职业和人生目标。朱莉最重要的价值观包括个人发展、帮助他人、追求变化，每天使用自己的技能和知识，表达自己的想法，有一份安稳的工作。

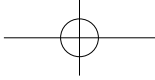
7 朱莉所做的所有职业评估都是自我评估。她利用了自己对自己的了解。但是，朱莉也通过360个人品牌评估网站获取了他人对自己的评价。评估结果详细地说明了她的品质属性和优势，以及她的领导风格。

8 基于他人对她个人品性的看法，朱莉发现了这些看法和她自我评价的一致性。她最重要的品质属性是：可靠、聪明、有条理、乐于助人、善解人意、善于交际、喜欢实话实说。与他人建立联系和信任，以及解决问题的能力，都是她的优点。

9 基于这四个基石的信息和个人品牌的反馈，你可以发现朱莉的特点主要是帮助和支持他人，尤其是孩子。她的同情心，建立信任的能力和沟通的技巧是达成目标的关键。她喜欢通过组织和研究信息来解决问题，喜欢通过写作来表达思想，因此她正在考虑在一个非营利部门开始自己的写作生涯。她尤其想要加入可以促进儿童健康生活方式的非营利组织工作。

10 朱莉正在考虑的功能角色包括市场营销、公共关系、教育规划、社区延伸服务和申请书撰写。她正在研究如何在社交媒体上拓展新的能力，以及通过认证程序和培训提高申请书的写作能力。培训的最终结果将把她定位为一个非盈利市场领域中新时代的优秀申请人。





Comprehension

Task Choose the best answer to each of the following questions or statements according to the text.

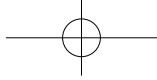
- 1 According to the text, what is the “magic bullet” answer to your career confusion? C
 - A. The suggestion from your guidance counselor.
 - B. Getting ideas by reading more career advice books.
 - C. Doing online career assessments.
 - D. Getting online assessment from peers.

- 2 In the author’s opinion, motivated skills refer to B .
 - A. your strengths and advantages
 - B. the skills you have strong desire to use
 - C. the skills you are eager to use to defeat your competitors
 - D. the skills you are good at

- 3 Which of the following statements is NOT true according to the text? D
 - A. How you make decisions also reflects your personality.
 - B. Values are more motivating, making your job more satisfying.
 - C. Other people’s assessment also helps you get your direction.
 - D. Passion and interests determine your career choice.

- 4 What kind of characteristics makes Julie dedicate to excellence and thoroughness? D
 - A. She is curious and eager to know new things.
 - B. She is optimistic and extroverted.
 - C. She likes to be flexible and supportive of teams and individuals.
 - D. She likes to dig deeply and see things well and truly.

- 5 Julie decided to apply for a non-profit marketplace because she had the following characteristics EXCEPT A .
 - A. being systematic and ambitious in leadership
 - B. big passion for helping children and interests in Public Relations and Marketing
 - C. love of expressing ideas through writing
 - D. showing compassion and empathy to others



Level-up Exercise

Task Work in pairs. Discuss with your partner on good teachers in your eyes and fill in the blanks.

Why are some teachers so popular among students? Why do you think teaching is their fittest job? Your discussion can be conducted from the following aspects.

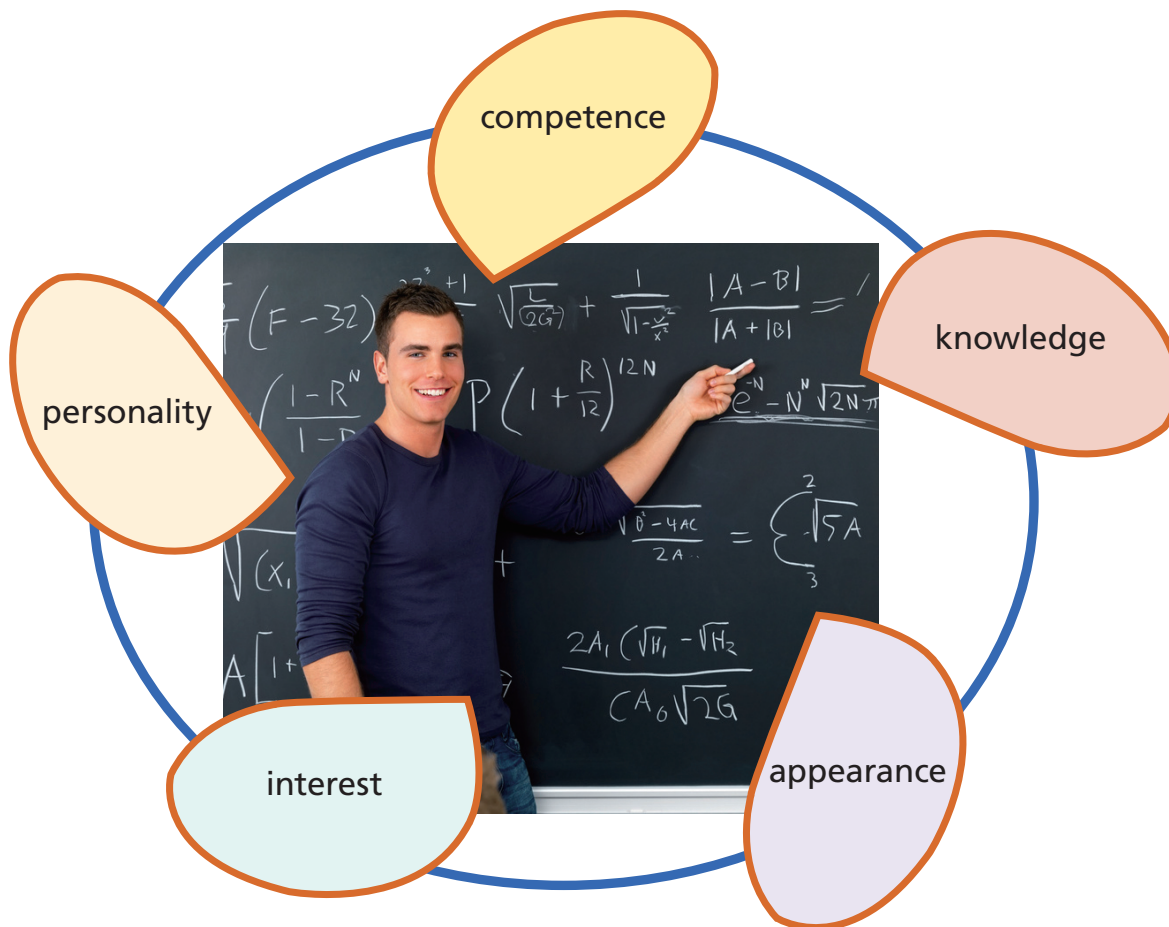
Competence: good at expressing ideas, communicating and coordinating

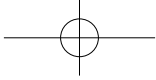
Personality: outgoing, sociable, friendly, easy-going, mild, patient, warm-hearted, optimistic, energetic, high-spirited

Knowledge: know a lot about languages, Western culture and customs, teaching methods and strategies

Interest: interested in interaction, making friends, writing, singing and playing the piano

Appearance: fashionable, neat, tidy, graceful, elegant





Vocational Listening and Speaking

Task 1 Listen to a long conversation and choose the best answer to each question you have just heard.

- A. He gives everything to his friends.
B. He doesn't care about money.
C. He always takes friends for dinner.
D. He often invites friends for movies.
- A. He is mentally disorganized.
B. He is forgetful.
C. He is always late.
D. He is very selfish.
- A. He is grateful. B. He is generous.
C. He is easy-going. D. He is punctual.

Word Bank

generous /'dʒenərəs/ *a.* 慷慨的
 disorganized /dɪs'ɔ:ɡə,naɪzd/ *a.* 混乱的
 easygoing /,i:zi'gəʊɪŋ/ *a.* 随和的

Task 2 Listen to two passages and choose the best answer to each question you have just heard.

Passage One

- A. You are more sensitive to your strengths.
B. You can find your core personalities.
C. You may define your hobby.
D. You can find the best job you can do.
- A. Biking.
B. Playing basketball.
C. Eating at a new restaurant.
D. Talking with a friend.
- A. You can get more harmonious passion.
B. You will have a wider horizon.
C. You can gain more positive experiences.
D. You will get more work satisfaction.

Word Bank

regulation /,regjʊ'leɪʃn/ *n.* 调控
 engagement /ɪn'ɡeɪdʒmənt/ *n.* 承担

Passage Two

- A. They can get real world skills.
B. They can get valuable experiences.
C. They can get preparation for their résumé.
D. They can be financially independent.
- A. It is before February. B. It is in May.
C. It is in March. D. It is after April.
- A. There are many businesses near it.
B. Many businesses have partnership with it.
C. It can give useful websites information.
D. You can find a good job in it.

Word Bank

internship /'ɪntɜ:n,ʃɪp/ *n.* 实习
 résumé /'rezju:,meɪ/ *n.* 简历
 recruiting /rɪ'kru:ɪŋ/ *n.* 招聘
 retail /'ri:teɪl/ *n.* 零售
 analytics /,ænə'lɪtɪks/ *n.* 分析学

Task 3 Listen to three news reports and choose the best answer to each question you have just heard.

Report One

- A. They joined in the armed protest.
B. They set fire illegally on public land.
C. They had standoff with federal officials.
D. They refused to pay for grazing cattle.
- A. Ranchers' passion for wildlife reserve.
B. Relationship between ranchers and federal officials.
C. Ranchers' demands for grazing lands.
D. Public values about wildlife protection and public lands.

Word Bank

protester /prə'testə/ *n.* 抗议者
 reserve /rɪ'zɜ:v/ *n.* 保护区
 rancher /'rɑ:ntʃə/ *n.* 农牧场主
 guilty /'ɡɪlti/ *a.* 有罪的
 standoff /'stændɒf/ *n.* 僵持
 graze /greɪz/ *v.* 放牧
 squeeze /skwi:z/ *v.* 压榨



Report Two

- 3 A. Male and female brains can be clearly categorized.
 B. Most human brains combine features of male and female.
 C. Human brains can be identified by a brain scan image.
 D. Human brains are influenced by sex.
- 4 A. Do more research on men and women similarities.
 B. Make further study on sex features of male and female.
 C. Study the biological differences between male and female brains.
 D. Make more study on features of human beings' brains.

Word Bank

neatly /'ni:tli/ *ad.* 整齐划一地
 category /'kætəg(ə)ri/ *n.* 类别
 identify /aɪ'dentɪfaɪ/ *v.* 识别
 autism /'ɔ:tɪz(ə)m/ *n.* 自闭症

Report Three

- 5 A. To be educated.
 B. To work at a local school.
 C. To be Syrian hip pop stars.
 D. To leave Syria.
- 6 A. The charity "Their World."
 B. Ben Hewitt.
 C. The government.
 D. The world leaders.
- 7 A. To arouse people's attention to the three Syrian refugees.
 B. To help the three Syrian refugees realize their dream.
 C. To appeal to world leaders to raise money for refugee children.
 D. To arouse people's awareness of sending refugee children into school.

Word Bank

appeal /ə'pi:l/ *n.* 呼吁
 refugee /ˌrefʃu'dʒi:/ *n.* 难民
 lyric /'lɪrɪk/ *n.* 歌词
 commission /kə'mɪʃn/ *v.* 委托制作

Task 4 Work in pairs. Make a conversation according to the situation given below, using the useful expressions given in the box if necessary.

Situation: Mary is a junior. She is talking about her plan for the future with her teacher Sophia and asking for suggestions and guidance on how to make self-assessment and set a plan for the future.

Useful Expressions

Talking about one's confusion about the future:

- I am totally confused about... because I don't know...
- I wonder whether I should study further as a postgraduate because...
- I am not sure whether I can do... because...
- I have been dreaming of doing... but my parents insist on...
- I am afraid that... when confronted with the fierce competition in job-hunting, so I...

Asking for suggestions:

- What should I do to...?
- Could you give me some suggestions / advice?
- Would it be a good idea to...?
- It will be appreciated if you could give me some suggestions.

Offering suggestions and guidance:

- If I were you, I would study further...
- Why not choose the job that fits your...?
- Why don't you make a list of your strengths and weaknesses and make a clear self-assessment?
- How about doing some part-time jobs... and then you can find what you are good at?



T Vocational Listening and Speaking

Task 1 Transcript

- W: Todd, I got a job interview coming up and I know they're gonna ask me about what your strong points and weak points are, you know.
- M: Yeah, Alice, that's tough.
- W: Yeah, well, let's talk about that. What do you think are your strong points?
- M: Ah, let me see. Well, I think the biggest one is I'm pretty generous. Like I really don't care about money, so I'll give my friends money or things that I have. Um, so that's probably my strong point. One of my weak points is that I am not punctual all the time. I'm late to work. I'm late to meet my friends. I'm late when I have appointments. I am always late, so that is probably my number one bad point, and um... I'm... and sometimes I'm a little self-centered. I want to do things my way, and only my way. How about you? What are your strong points and your weak points?
- W: Well, one of my weak points, I can say, much like you, was always being late but, you know, uh, my boyfriend, said that I changed to some extent, so I think one of my weak points is that, uh, I'm mentally disorganized. Sometimes I forget things like my keys, or where I put an important piece of paper, or something like that.
- M: You know sometimes I wonder maybe more and more people act that way today because we have so many stimuli from TV, the Internet, and movies, that we are distracted more easily than people of 50 years ago. What's your strong point though?
- W: That's a pretty difficult question, cause it's difficult to self-evaluate, but uh, I would have to say that I'm friendly, easy-going and easy to get along with.
- M: Yeah, I agree actually.

Questions 1 to 3 are based on the conversation you have just heard.

1. Why does Todd think his strong point is his generosity?
2. What is the weak point of Alice at present?
3. What is Alice's strong point in her own opinion?

Task 2 Transcript

Passage One

Many of us are blind to our best qualities. When asked to name our strengths, we often come up empty-handed or

say something that isn't very meaningful. What we tend to miss is to label our most core qualities—our strengths of character.

Sometimes it is easier to “see” our core qualities by looking at ourselves from a different angle. What are your passions? What activities do you like that are effortless and give you a sense of freedom to do? Biking, cooking, playing basketball, talking with your best friend, eating at a new restaurant? And on and on. It's probably very easy for you to construct such a list. Consider what character strengths you are using with each activity, for example, curiosity when trying a new food, social intelligence when talking with a friend, self-regulation when playing basketball, etc.

New research is backing up this approach. Research from Jacques Forest and his colleagues in Canada found that personal strength use led to increases in harmonious passion. This means that when people express their strengths they are expressing a sense of who they are in a balanced way that is freely chosen and personally important in their life. This then leads to greater happiness for that person. And when you bring forth your best strengths at work, you have more positive work experiences, your work satisfaction increases, and your engagement gets a boost too.

Questions 1 to 3 are based on the passage you have just heard.

1. Why does the author suggest thinking about your passions and favorite activities?
2. Which activity indicates that you have the strength of curiosity?
3. Which of the following is NOT the reason why you feel happy when putting your best strength at work?

Passage Two

Most college counselors, employers, and former-students agree that getting an internship during college is one of the best ways to prepare yourself and your resume for the post-graduation world. Getting an internship gives you real world skills and experiences that employers find incredibly valuable in recent graduates.

For students looking for a summer internship, the key recruiting time for most employers is February through April. Here's our guide to help you apply and prepare for your first internship. The first step in securing an internship is to find people that interest you. This requires a combination of knowing yourself and knowing where to look.



First, you need to know what you're interested in and where you want to put your skills and knowledge. Do you want to be a retail manager or do you want to work in finance? Does marketing appeal to you, or are you stronger in analytics? These are questions you need to answer before you start looking for an internship.

Second, you need to know where to look. A great place to start is your college career center. Many businesses maintain partnerships with these career centers. When starting your search, you should start there. Next, you can always look online. There are many great internship sites like Internships.com and InternQueen.com. These sites are helpful to find great internships around.

Questions 4 to 6 are based on the passage you have just heard.

4. Which one is NOT the reason why many people suggest that college students get an internship?
5. What is the best time for college students to find an internship?
6. Why is your college career center the great place to start?

Task 3 Transcript

Report One

Armed protesters continue to occupy a US national wildlife reserve in the western state of Oregon. The leader of the protest is Ammon Bundy. He is a rancher from Nevada. Bundy said he wants the government to consider claims that federal officials have mistreated local ranchers.

They are also bringing attention to the case of two Oregon ranchers, who were found guilty of setting fires illegally on public land. In 2014, Bundy took part in another armed standoff with federal officials. They had refused to pay money for grazing their cattle on federal land.

An expert in land use says there has been a change in public values about wildlife protection and public lands. He says this has left ranchers feeling "squeezed by all these changes, new environmental laws... and they feel they're not listened to."

Questions 1 and 2 are based on the news report you have just heard.

1. Why were the two Oregon ranchers found guilty?
2. According to the expert, what kind of change gave pressure to the ranchers?

Report Two

A new study shows that human brains do not fit neatly into "male" and "female" categories. Instead, most contain features of both. Researchers at a University in Israel

identified several structural differences between the brains of men and women, but could not tell the gender of an individual just by looking at a brain scan image.

While most scientists agree that brains contain varying mixtures of male and female structural traits, many say that common evidence proves that sex has an important influence on brain function.

Mental health experts, for example, argue that exploring biological differences between male and female brains may help answer questions such as why men are more likely than women to develop autism, while women are more likely to suffer from depression. They say more study is needed to determine in what way and to what extent one's sex influences the brain.

Questions 3 and 4 are based on the news report you have just heard.

3. What does the new study find?
4. How will mental health experts explain men are more likely than women to develop autism?

Report Three

An appeal to world leaders is calling on them to raise \$750 million to educate a million Syrian refugee children living in Turkey, Lebanon and Jordan. A short movie has been produced to highlight the transformational opportunities a place at school can have.

"With a smile and strength, we will shape tomorrow." The optimistic rap lyrics of Samir, Abdulrahman and Mohamed—three refugee brothers who want to be Syria's hottest hip hop stars.

The brothers fled Syria four years ago with their parents. They are among the more fortunate refugee children—they have places at a local school where they have improved their musical skills alongside a proper education.

Ben Hewitt is from the charity "Their World" which commissioned the movie, titled "Straight Outta Syria." "The aim of this film is to raise awareness of the need to get every child into school," said Hewitt.

"Getting a place in school is about more than just learning. One, it gives them longer-term hope. But also it gives them shorter-term stability, gets them back into the classroom they're in a safe environment, and they're focused," he said.

Questions 5 to 7 are based on the news report you have just heard.

5. What do the three refugee children want to do?
6. Which of the following commissioned the movie titled "Straight Outta Syria"?
7. What's the purpose of the film?



Essay Writing

Argumentation Writing

Argumentation is the process of giving reasons, justifying beliefs, and drawing conclusions with the aim of influencing the thoughts and / or actions of others. It takes a stand, supported by evidence, and urges people to share the writer's perspective and viewpoints. To achieve these purposes, argumentation has a formal structure.

First, create a clear and eye-catching title. Developing a creative title is a good opportunity to arouse your readers' interests in reading your article.

Second, come up with a thesis statement. Your thesis statement will be a concise idea that sums up your view on the topic. Generally, an introduction should be written to briefly explain the essay topic and introduce relevant background information to make your readers familiar with the topic. The thesis statement usually appears at the end of the introduction paragraph.

Third, the body of the argumentation should carefully present information that supports your argument and opposition. Use powerful evidence to assert your claim and include counter-arguments, trying to convince your readers your own viewpoint is more logical and accurate.

The last step is to write a conclusion. The aim of this section is to reassert your argument and persuade the readers to support your claim. Review your main points and restate your thesis. Try to connect the essay topic to the interests and values of the readers' because you not only want your readers to hear you, but also want them to believe you and take actions.

Sample:

Frustration education among college students

As is shown by the statistics of higher education, there are an increasing number of college students committing suicide each year when confronted with some kind of frustration. This suggests that strengthening frustration education allows no delay at colleges.

Frustration is inevitable during our life especially for young people who are in the process of growing up and yet to be mature. College students, leaving their families for a new place, easily get frustrated since they are confused about new challenges. Frustration education should be carried out at colleges, which gives college students more chances to become strong-willed and provide them with guidance to face frustrations in life. Some people may doubt that frustration education may cause unexpected psychological hurt to students. In fact, there is no need to worry about that since almost all colleges provide psychological service for the students.

To conclude, college students should be guided in the right path when facing setbacks in life. Only in this way can they grow up with a strong will and positive personalities. Therefore, they can have more chances to succeed.

Title

Thesis statement

Body

Conclusion



Task 1 Work in pairs and discuss the advantages and disadvantages of a challenging job and a stable job. Fill in the form below and answer the questions. following it

	A challenging job	A stable job
Advantages	stimulating creation and imagination; finding real interest and passion; utilizing skills to the maximum; more chances to grow; more possibilities	being comfortable; having little pressure, more free time for enjoyment; leading a plain but peaceful life; being free to take care of families
Disadvantages	great pressure; unemployment; parents' worry and anxiety	losing ambition and dream; making no progress; lagging behind

Question 1: Are you going to find a challenging job you really want or a stable job preferred by your parents?

I prefer a challenging job to a stable job given by my parents because I want more freedom and chances to realize my dream.

Question 2: Do you have the passion or spirit of adventure to do a challenging job?

I have the strong passion and enthusiasm to take adventures and try new things so as to get more possibilities.

Question 3: What skills and competence do you have to be qualified for a challenging job?

I have positive attitude to life, ability of creating new things and sensitive perception of trends and tendency.

Task 2 Write a short essay on the topic "A challenging job outweighs a stable job." You should write at least 120 words but no more than 180 words.

A challenging job outweighs a stable job

Stable jobs, such as teaching and civil servants, become very popular among graduates. Many college students choose stable jobs for a relatively high salary and comfortable life. But as for me, I would rather choose a challenging job.

First of all, challenging jobs can promote a person's potential, imagination and creation. Although young people who take challenging jobs may have great pressure, they can be stimulated to make more efforts, which is beneficial for their development in the future. And during this process, they will gain invaluable experience that will benefit them all their lifetime. Secondly, newly graduated students are generally ambitious, fond of adventures, cherishing dreams and pursuing freedom. A stable job may make them give up their splendid dreams, settle down and stop striving. Thirdly, many young graduates are capable of creating a different future. Taking myself as an example, I am self-confident, open-minded, skillful in interpersonal relationship, and I have been acquainted with my major. Therefore, I'm willing and confident to welcome challenges.

I believe every graduate should try to find a job that suits him or her best, no matter the job is stable or not. Challenging jobs may stimulate them to utilize their skills to the maximum and provide them with more chances and possibilities to be successful.



Translation Skills

Diction

By “diction” we mean the proper choice of words and phrases in translation on the basis of accurate comprehension of the original text. In the practice of translation, what often makes us confused is how to find an equivalent in the language to be translated into. Therefore, the correspondence between English and Chinese should be studied in order to make appropriate diction.

1 Correspondence between English and Chinese

The correspondence can be roughly categorized into five types.

- 1) Word-for-word equivalence
Marxism: 马克思主义; Aspirin: 阿司匹林; the United Nations: 联合国
- 2) One word with multiple equivalents of the same meaning
wife: 妻子、夫人、老婆、老伴儿、媳妇、堂客、内人、拙荆
potato: 马铃薯、洋芋、土豆、山药蛋
- 3) One word with several equivalents of different meanings
cousin: 堂兄、堂弟、堂姐、堂妹、表哥、表弟、表姐、表妹
president: 总统、总裁、主席、董事长、议长、会长、社长、校长
- 4) Equivalents interwoven with one another
say, speak, talk, tell: 说、讲、谈、诉
- 5) Words without corresponding equivalents

Some words typically belong to a certain culture since they represent the unique cultural phenomena. For example, the words about Chinese traditional food such as “包子” or “馄饨”, and the words about Chinese philosophy such as “阴” or “阳” don't have the corresponding words in English. Besides, some English words such as “sandwich”, “bar”, or “salon” cannot find the Chinese correspondence. These words can be translated by combining the methods of transliteration and explanation, as well as free translation so as to be introduced to each culture. Gradually, through the cultural exchange, more words can be widely accepted and freely applied.

2 Skills in diction

Skills are required in the translation of English into Chinese or Chinese into English, as the meanings of words vary with the change in collocation or context.

- 1) Identifying part of speech
E-C: There are several round tables in the dinning room.
餐厅里有几张圆桌。
E-C: She rounded up all the boys.
她集结了所有的男孩。
E-C: Needing some light to see by, the burglar crossed the room with a light step to light the light



with the light green shade.

那个贼轻手轻脚地穿过房间，想要点亮那盏有浅绿色灯罩的灯，借助光亮看得清楚些。

2) Identifying collocation

delicate health: 虚弱的身体; delicate porcelain: 精致的瓷器; delicate skin: 娇嫩的皮肤;
delicate diplomatic question: 微妙的外交问题

heavy hand: 高压手段; heavy smokers: 烟瘾大的人; heavy applause: 热烈的掌声; heavy rain:
大雨; heavy food: 不易消化的食物

3) Identifying context

E-C: This war is becoming the most important story of his generation.

这场战争将成为这一代人的最重大的事件。

E-C: A young man came to the police station with a story.

一个年轻人来到警察局报案。

E-C: Last December, *The Post* first reported that probes were being made in each of those cities, but officials refused to confirm the story.

去年12月,《邮报》首先报道侦察工作已在某些城市进行,但官员们拒绝证实这条消息。

4) Identifying figurative meaning

E-C: I am only a small potato in this office.

我只是这个办公室的小人物。

C-E: 老师答应给这几个学生“开小灶”。

The teacher has promised to give these students special tuition.

C-E: 我们不可以吃老本而不思进取。

We can't rest on our laurels without aiming high.

Task 1 Choose the appropriate translation for each of the underlined words in the following sentences.

- 1) The problem of persistent shortages of food was turning into a crisis. (B)
2) She was annoyed by the persistent ring of the phone. (C)
3) Confronted with challenges, you must be persistent so as to achieve success. (A)
A. 坚持不懈的 B. 持续的 C. 没完没了的 D. 源源不断的
- 1) Jose makes delicate music, usually with just a classical guitar and his gentle voice. (D)
2) The girl is so delicate, which worried her parents very much. (A)
3) The trick is to try to coordinate with other parties in a very delicate political environment. (B)
A. 纤弱的 B. 微妙的 C. 柔和的 D. 优美的
- On their funeral, some people are described as a good Christian, a good parent, a good child, a good wife or a good husband. (E, D, A, B)
A. 孝顺的 B. 贤良的 C. 善良的 D. 慈爱的 E. 虔诚的
- 1) 两位领导人就双边关系及共同关心的问题交换了意见。
The two leaders exchanged A on bilateral relations and issues of common concern.
2) 他们在会上闹起了意见。
They got into C at the meetings.



3) 人们对你有意见。

People have a lot of B about you.

A. views B. complaints C. disputes D. ideas

5. 1) 这篇文章的中心意思是什么?

What's the central C of this article?

2) 他这个人很有意思。

He is rather D.

3) 我的意思是你还是收下那个礼物, 不要不好意思。

I A that you should receive the gift. Don't feel embarrassed.

A. insist B. intention C. idea D. humorous

Task 2 Translate the following sentences, paying attention to the diction when translating the underlined words.

1 She has beautiful eyes, a beautiful nose, a beautiful mouth and a beautiful figure.

她有着漂亮的眼睛、俏丽的鼻子、妩媚的嘴巴和婀娜的身段。

2 We were deeply impressed by his great knowledge, experience and wisdom.

他渊博的知识、丰富的经验和无穷的智慧给我们留下了深刻的印象。

3 Mr. Smith suddenly got bankrupt and all hands in his factory were dismissed.

史密斯先生突然破产, 工厂所有的工人都被解雇了。

4 他身体虚胖, 心灵虚浮。

He is swollen in body and mind. (He is puffy and vacuous.)

5 他万万没想到在他前进的道路上竟会出现这么多拦路虎。

He had never expected that so many obstacles would stand in his way.

6 看到父亲跌跌撞撞地走进来, 她慌忙溜了出去。

Seeing her father stumbling in, she hurriedly slipped out.



Workplace Exploring

Task Work in groups. Suppose you are a counselor about personality assessment and career advice. Describe the personalities and skills required by the following careers and help your clients make a wise career choice.

No. 1

Fashion buyers can work for independent stores or big fashion retailers. They need to know consumers' preferences and anticipate the latest fashion trends. Their responsibilities include visiting garment manufacturers and suppliers, attending trade and fashion shows, negotiating prices, managing budgets, and scheduling delivery dates.

Personalities: outgoing, open-minded, sociable, being fond of communication, considerate, careful

Skills: sensitive to fashion and beauty, skillful at designing, special taste for color and design

No. 2

Real estate salespersons or brokers introduce relevant information of real estate to their clients and try their best to sell the real estate to them.

Personalities: talkative, active, analytical, gentle, insightful

Skills: good at persuading, informative about real estate market, knowledgeable about architecture and design, keen insight into others' psychology

No. 3

Network writers take writing for websites as their occupation. They write articles to show and share with the public the excellence of certain products, which are in fact the advertisements. They write appealing stories and jokes in order to increase the click rate of the website.

Personalities: curious and sensitive to new things, imaginative, creative

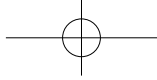
Skills: good at writing, expressive, fashionable, skillful in computer programs and software

No. 4

Interpreters are people who convert a source language into a target language simultaneously in "real time" when the speaker pauses after completing one or two sentences. Many English majors want to be interpreters at influential conferences for a high salary and for a sense of achievement.

Personalities: quick-witted, dedicated, persistent, optimistic, courageous to welcome pressure

Skills: a comprehensive mastery of native language and foreign languages, good at listening and speaking, flexible in adjusting himself / herself, communicative



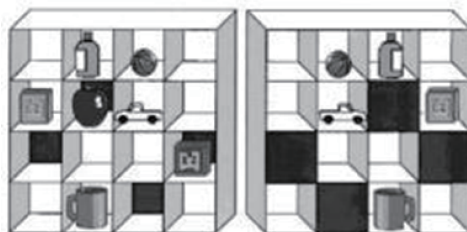
A Glimpse of Culture

Experiencing the World Inside Out or Outside In

Try to **recall** a time when you were the center of attention, graduating from high school, for example, or doing something really embarrassing. When you picture that scene in your mind, whose perspective do you adopt? Do you imagine the scene from your point of view or from the perspective of an **observer**? For many people, the answer depends in part on the culture in which they were raised.

Cross-cultural psychologists have **investigated** the relationship between culture and perspective-taking. In 2002, Dov Cohen and Alex Gunz discovered that the Asians in their study were more likely to imagine the scene as an observer would, while Canadians typically imagined the scene from their original point of view. **Individualistic** Westerners are more likely to place themselves at the center, looking out at the world, **whereas collectivistic** Easterners are more likely to look at themselves through the eyes of a **generalized** “other.”

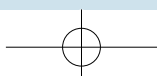
In 2007, psychologists Shali Wu and Boaz Keysar invited Chinese and American pairs to play a communication game that required perspective-taking. One player saw a **grid** with 16 **slots** in which seven objects were visible, while the other player saw the same grid but from the other side. Only five objects were visible to the second player because two of the seven were hidden behind dark panels (see image).



The second player (the director) **instructed** the first player (the actor) to “move the wooden block one slot up.” If you look closely at the grid, you’ll see there is only one block that can be seen by both players. If the actor can easily take the perspective of the director, then the actor can immediately move the correct block, the only block that can be seen by the director.

The Chinese participants in Wu and Keysar’s study performed at a much higher level than the Americans. They were more **attuned** to their partner’s perspective and rarely made a mistake. American participants, on the other hand, often moved the wrong block, failing to adopt the mindset of their partner.

In their research report, Wu and Keysar point out that everyone has the ability to take the perspective of another person, but some people use that ability more often and more naturally. In cultures of **interdependence**, the self is defined in relation to other people, so it’s especially important to consider the perspective of others. Americans, on the other hand, are taught to be **autonomous**, so they struggle a bit when asked to see the world through someone else’s eyes. After a lifetime of experiencing the world inside out, learning how to look from the outside in doesn’t come easily.





Questions:



- 1 Why are Chinese participants more likely to win the game than the American team?
Chinese participants are likely to consider the ideas and thoughts of their team members because they are influenced by collectivism. They tend to pursue cooperation and harmony of the whole team rather than the performance of their own.
- 2 Can you compare Chinese collectivism and Western individualism by giving examples and analyzing reasons?
Generally speaking, the individualistic person in Western culture stresses uniqueness, and defines himself / herself via inherent attributes such as traits, abilities, values, and preferences, and tends to see things in isolation. The collectivist in Chinese culture stresses commonality, defines himself via his / her place, roles, loyalties, and duties, and tends to see things in context. For example, Westerners tend to use law to solve problems or conflicts, while Chinese people tend to use morality to condemn some behaviors. Westerners tend to fight for their own rights while Chinese people prefer to maintain the harmony and solidarity of the group. Chinese people protect the interest of the collectivity and to obey elders or superiors.

Words

recall /rɪ'kɔ:l/ *v.* remember sth. 记起

observer /əb'zɜ:və/ *v.* someone who looks at sth. as their job or as part of an experiment (职业的) 观察者

investigate /ɪn'vestɪ'geɪt/ *v.* carefully examine the facts of a situation, an event, a crime, etc. to find out the truth about it or how it happened 调查, 研究

individualistic /,ɪndɪ'vɪdʒuəlɪstɪk/ *a.* following the belief that individual people in society should have the right to make their own decisions, etc. 个人主义的

whereas /weə'ræz/ *ad.* used to compare or contrast two facts 但是

collectivistic /kə'lektɪ'vɪstɪk/ *a.* following the social doctrine of ownership by people collectively 集体主义的

generalize /'dʒenə(ə),laɪz/ *v.* make a general statement about sth. and not look at the details 概括

grid /grɪd/ *n.* a pattern of straight lines, usually crossing each other to form squares 网格, 格子

slot /slɒt/ *n.* a long narrow opening, into which you put or fit sth. 槽口

instruct /ɪn'strʌkt/ *v.* give sb. information about sth. 指示

attuned /ə'tju:nd/ *a.* so adjusted as to be appropriate or brought into harmony 协调的

interdependence /,ɪntə'dɪ'pendəns/ *n.* the fact of depending on each other 互相依赖

autonomous /ɔ:'tɒnəməs/ *a.* able to do things and make decisions without help from anyone else 自主的

Proper Names

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