



UNIT 1



Target Outcomes



After studying this unit, you are expected to achieve the following outcomes:

- Recite an extract from “I Have a Dream”;
- Have a dialog with your partner about your future plan;
- Make sentences with the useful words and phrases from the passages about dreams;
- Work out the keywords, topic sentences and summaries from the passages about dreams;
- Write an essay of at least 150 words on dreams;
- Make a group presentation of no less than eight minutes about dreams.





PART I WARMING-UP

Task 1 Read the extract from “I Have a Dream” in the Workbook and recite it in or after class. Your reciting will be assessed according to the given criteria.

Assessment Record for Reciting

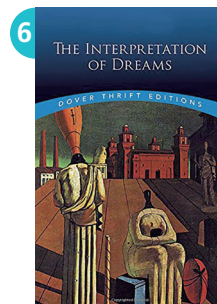
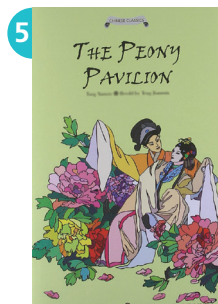
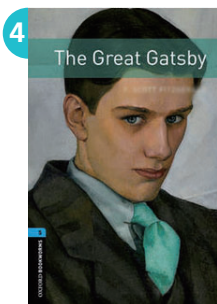
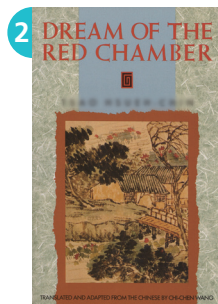
Assessor: _____

Criteria and weight	Individual score	Total score
Accuracy (40%)		
Fluency (30%)		
Pronunciation (30%)		

Task 2 The following are works of literature about dreams. Write the Chinese titles of the books on the lines and match the books with the original authors, following the example.



《仲夏夜之梦》



- William Shakespeare
 Sigmund Freud

- F. Scott Fitzgerald
 Tang Xianzu

- Cao Xueqin
 Lewis Carroll



PART II LISTENING & SPEAKING



Task 1 You will hear six dialogs between Speaker A and Speaker B. After you hear each dialog, write down exactly what Speaker B has said.



Example

Speaker A: Do you want to learn to play a musical instrument, Nick?

Speaker B: Yes, I want to learn how to play the guitar.

Dialog 1

Speaker A: Do you have any plans for your spare time in college, Steve?

Speaker B: _____

Dialog 2

Speaker A: What's your dream college like, Sharon?

Speaker B: _____

Dialog 3

Speaker A: Hi, Mike. What course would you like to take this semester?

Speaker B: _____

Dialog 4

Speaker A: I don't know how to improve my English.

Speaker B: _____

Dialog 5

Speaker A: I major in history. What's your major, David?

Speaker B: _____

Dialog 6

Speaker A: Are you coming with us to Thailand this summer vacation?

Speaker B: _____





Task 2 You will hear a dialog between two old friends. The dialog will be played twice. Fill in the blanks based on what you hear.



- Tony and Susan have not seen each other for more than (1) _____ years.
- Tony works as a(n) (2) _____.
- Susan is a(n) (3) _____ designer.
- Tony thinks it is (4) _____ to hold on to one dream all along.
- Tony once dreamed of being a librarian, a(n) (5) _____ flying in space, a chef making delicious food, and an artist drawing wonderful pictures.



 **Task 3** You will hear Sarah talking about her dream college. Complete the notes by filling in the blanks. 

My Dream College

Name: (1) _____

Size: with students less than (2) _____

Distance: (3) _____ hours from home—close enough to visit

Atmosphere: welcoming and (4) _____

After-school activities: with some interesting (5) _____ clubs

Task 4 The following are some expressions for expressing beliefs or regrets. Use them to make as many sentences as possible.

- | | |
|---|---|
| 1 I believe... | 5 Oh, what a shame! I should have done... |
| 2 I'm sure... | 6 I regret... |
| 3 I have every reason to believe... | 7 It's a pity... |
| 4 Oh, what a pity! I would have done/been...
if I had done/been... | 8 If only... |



Example

1 I believe...



a. I believe my dreams will come true only if I work hard.

b. I believe our country will become more powerful.

c. I believe I will succeed if I am persistent.

 **Task 5** Have a dialog with your partner according to the given situation. 

Situation: Suppose you were Sam. You meet Tina on campus for the first time. Both of you are freshmen. You two have a chat about each other's plan for the future.

 Here is a demo for your reference. 





PART III GUIDED READING & WRITING

 Here is a course video about Task 1 & Task 3.



An Open Letter

① "I was caught up in traffic." means "I was delayed or held up in traffic." How do you understand "a little too caught up in my own thoughts" here?

② "Barbies" here refer to a collection of Barbie dolls and accessories with which most little girls build worlds in their childhood. What is a world with Barbie dolls like?

③ "teenage heartthrobs" are idols for teenagers. Can you name some latest teenage heartthrobs? What do they do? What kind of life do they live? Why do you like them?

④ What kind of life did the author expect to live?

⑤ "whatever" here means "no matter what". Can you make two more sentences with "whatever"?

⑥ The author spent much time daydreaming. What were the dreams you once had?

⑦ What does the author omit in this sentence to avoid repetition?

⑧ Translate the underlined sentence into Chinese.

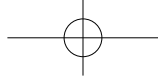
⑨ The suffix "-ous" is used to form adjectives from nouns. Similar words are *famous*, *dangerous*. Find more words like these.


1 I've always had this feeling that I'm destined for something big. There is something amazing and special out there that only I am meant to do and people would know my name. I've always been a little different and ^① a little too caught up in my own thoughts.

2 I spent my childhood building worlds with ^② Barbies, and imagining conversations with the latest ^③ teenage heartthrobs, because we were obviously meant to be together. I like movies about faraway lands and life-changing adventures, and I crave them all. ^④ I don't want just an ordinary life.

3 ^⑤ Whatever stage of life I am in, ^⑥ I always dream of what is next. In grade school, I dreamed of the promise of high school; and in high school, ^⑦ the freedom of college. Now I am in college, I can't wait to graduate and begin my new life.

4 ^⑧ I've spent so much time imagining what my life could be and I've forgotten to stop and see where I actually am. When I was a little girl, I dreamed that I could move to Europe and live a very ^⑨ adventurous life. Now I'm sitting in my apartment in Sweden and I'm taking it for granted. Like everything else, I'm counting down the days to what's next. My life has literally ended up exactly where I always dreamed it would be, but what am I doing about it? Lying in my bed, binge-watching *Modern Family*, and eating pasta for every meal?



 **Task 1** Read the passage and finish the exercises.



 **Note**

Part III is the demo for Part IV. Go through the tasks under the guidance of the teacher and finish Part IV on your own.

to the Daydreamers

5 Sure, one day I can ^⑩ look back and say I have lived in Europe for six months—it was amazing—and I lived like a local, but I couldn't tell you where the coolest underground bars are or where the best Swedish meatballs are served. I don't know how to speak the language either. I've always dreamed of living in Europe. Now I am, but I'm doing nothing to take advantage of it. ^⑪ I'm just lying in bed, dreaming of going home.

⑩ "look back" here means "recall". More phrases with "look" are: *look around, look into, look ahead.* Find meanings of these phrases and give more examples.



⑪ Is the author living the life she always dreamed of now? Why?

⑫ Translate the underlined sentence into Chinese.

6 I'm not saying we shouldn't dream. Have dreams, big ones! But don't waste your life dreaming and forget to actually live. ^⑫ Take a second and think about what you've always wished for, and look at where your life is heading. You might be surprised to see you're already there.







 **Task 2** The new words and the phrases from the passage are given below. Look them up in the dictionary and write them down following the example. 

daydreamer	destined	amazing	be meant to do	heartthrob
adventure	crave	take... for granted	count down	literally
end up	binge-watch	take advantage of	head	surprised

Example


destined
adj. having a future which has been decided or planned beforehand (命中) 注定的
 e.g. 1) They both felt that they were destined never to meet again.
 2) Alice feels that she is destined to become a musician.
 搭配: be destined to do, be destined for


 **Note**

A **topic sentence** of a paragraph is a sentence, sometimes at the beginning of a paragraph, which states or suggests the main idea (or topic) of a paragraph. Here is a microlecture. For more information, please refer to Appendix 1. 

Task 3 Write the keywords and topic sentences of paragraphs 1, 2 and 3. Those of Paragraph 1 have been done for you.

Paragraph	Keywords	Topic sentence
1	feeling, destined, something big	I've always had this feeling that I'm destined for something big.
2		
3		



 **Note**

A **summary** of a passage is a short account of it, which gives the main points instead of the details. Here is a microlecture. For more information, please refer to Appendix 2. 

Task 4 Complete the following summary with the words from the passage.

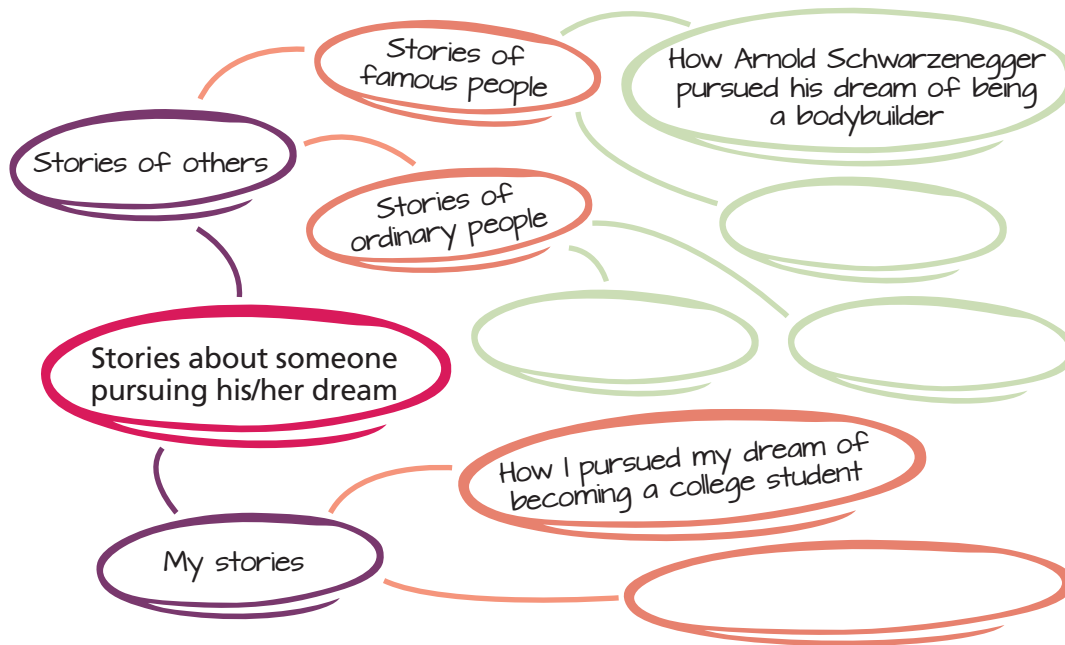
This passage tries to tell us not to (1) _____ too much but to enjoy the life we are actually living. The author has always had the feeling that she is (2) _____ for something big. Since childhood, she has had a lot of fancy dreams about her life. And (3) _____ stage of life she is in, she always dreams of what is next. She has spent so much time (4) _____ what her life could be and has (5) _____ to notice where she actually was.



 **Task 5** With the help of the teacher, follow the steps to learn to write an essay telling a real story about someone pursuing his/her dream. 

Here is a course video.

Step 1 Explore some possible ideas related to this topic through “mapping” and find the one that interests you most.



Step 2 Draw up an outline of the essay and improve it.

Sample:

Title: The Pains of Progress

Thesis statement: Only those who set up the goal early and keep working on it have the opportunity to achieve it.

Introduction: Arnold Schwarzenegger set an example for us by pursuing his dream of being a professional bodybuilder.

Body: How Arnold Schwarzenegger realized his dream is inspiring all of us.

① Arnold Schwarzenegger dreamed of becoming a professional bodybuilder when he was young.

② _____ (What did he do to realize his dream?)

③ _____ (What difficulties did he have?)

④ He became the champion of a professional bodybuilder contest later.

Conclusion: Anyone can succeed as long as he sticks to his dream just as Arnold has ever done.

 **Note**

An **outline** is a plan for a piece of writing in which each new idea is separately written down. Here is a microlecture. For more information, please refer to Appendix 3.





Step 3 Draft the essay and revise it.

Example

- ① Capitalization misuse
Correction: pains → Pains
- ② Misspelling
Correction: oportunity → opportunity
- ③ Article omission
Correction: actor → an actor
- ④ Article omission
Correction: idea → the idea
- ⑤ Capitalization misuse
Correction: he → He

The ^①pains of Progress

Everybody has a dream, but not everybody can make the dream come true. Only those who set up the goal early and keep working on it have the ^②oportunity to achieve it. And Arnold Schwarzenegger, who is ^③actor, businessman, investor, author, philanthropist, politician, and former professional bodybuilder, is doubtlessly one of them.

When Arnold was a child, he always liked ^④idea of lifting weights and being a bodybuilder. Young as he was, he decided to pursue the sport of bodybuilding. One day, he bicycled to a gymnasium eight miles away from his home village and started training himself there for the first time. ^⑤he knew that after training for half an hour, he should stop because his body would otherwise get ^⑥shore. But when Arnold looked at his body and found nothing had happened, ^⑦He said to himself, "I'd better work out for another half an hour." So he lifted some more. His strength didn't improve, so he trained for another half an hour. And then after another half an hour, he trained another half an hour, and all together he trained two and ^⑧half hours.

Afterwards he left the ^⑨gymnaseum and rode his bicycle home. After the first mile he got numb and fell off the bike. He struggled to get up and try again but he just couldn't ride his bicycle because his body was so numb. The next morning when Arnold got up, his body was so sore that he couldn't even lift his arms to comb his hair. He had to have his mother comb his hair, and felt so embarrassed for it.

But this experience let Arnold learn a very important lesson: Pains mean progress. Each time Arnold's muscles were sore from a workout, he knew that they were growing and they got stronger. And two years later ^⑩arnold won his first championship in a men's professional bodybuilder contest.

Anyone, whoever he is, can achieve his dream as long as he sticks to it, just as Arnold has ever done.

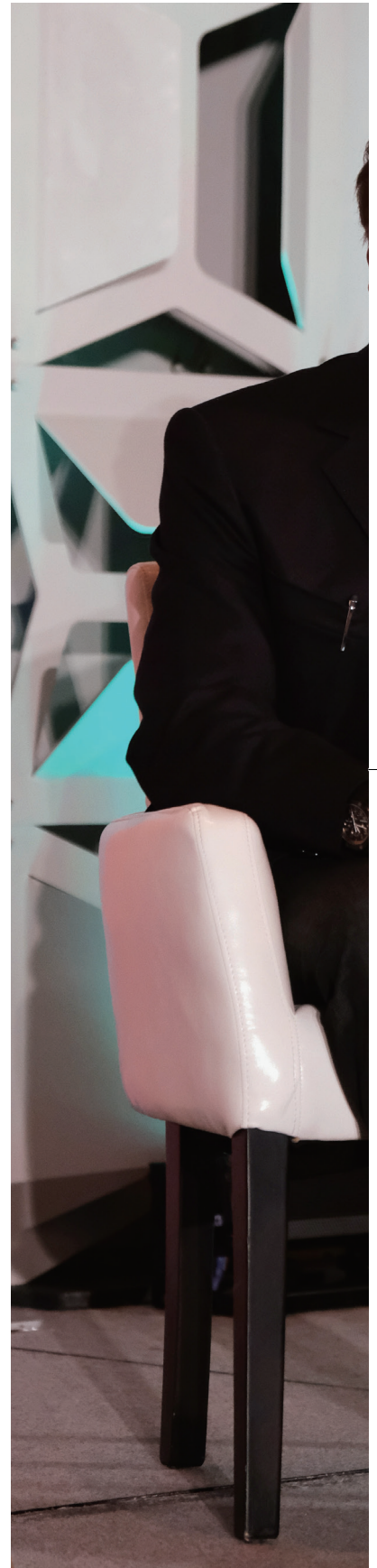
- ⑥ Misspelling
Correction:

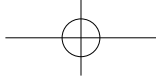
- ⑦ Capitalization misuse
Correction:

- ⑧ Article omission
Correction:

- ⑨ Misspelling
Correction:

- ⑩ Capitalization misuse
Correction:





Step 4 Write the final version of your essay.

Sample:

The Pains of Progress

Everybody has a dream, but not everybody can make the dream come true. Only those who set up the goal early and keep working on it have the opportunity to achieve it. And Arnold Schwarzenegger, who is an actor, businessman, investor, author, philanthropist, politician, and former professional bodybuilder, is doubtlessly one of them.

When Arnold was a child, he always liked the idea of lifting weights and being a bodybuilder. Young as he was, he decided to pursue the sport of bodybuilding. One day, he bicycled to a gymnasium eight miles away from his home village and started training himself there for the first time. He knew that after training for half an hour, he should stop because his body would otherwise get sore. But when Arnold looked at his body and found nothing had happened, he said to himself, "I'd better work out for another half an hour." So he lifted some more. His strength didn't improve, so he trained for another half an hour. And then after another half an hour, he trained another half an hour, and all together he trained two and a half hours.

Afterwards he left the gymnasium and rode his bicycle home. After the first mile he got numb and fell off the bike. He struggled to get up and try again but he just couldn't ride his bicycle because his body was so numb. The next morning when Arnold got up, his body was so sore that he couldn't even lift his arms to comb his hair. He had to have his mother comb his hair, and felt so embarrassed for it.

But this experience let Arnold learn a very important lesson: Pains mean progress. Each time Arnold's muscles were sore from a workout, he knew that they were growing and they got stronger. And two years later Arnold won his first championship in a men's professional bodybuilder contest.

Anyone, whoever he is, can achieve his dream as long as he sticks to it, just as Arnold has ever done.



PART IV INDEPENDENT READING & WRITING

 Here is a course video about Task 1 & Task 3.



A Find two sentences that impress you most from the passage and translate them into Chinese.

B Some famous people such as the Wright brothers and Einstein are mentioned in the passage. Search for the information about them and write it down.

C In Paragraph 2, there are two sentences beginning with "without". Find them and explain their differences.

D According to Paragraph 3, what do we need to do in the process of turning our dreams into reality?

E According to Paragraph 4, why is action important?

1 We all want to accomplish things. These things start as ideas in our minds, which we might call dreams or aspirations. We develop them, or perhaps even go so far as to come up with a plan for how to make them happen. But to move the ideas from our mind and make them happen in the real world will take more than our plans. We need something a little more concrete to get things done or to bring our dreams to life.

2 That thing is called action. Without action, dreams will just remain dreams. Instead, if we take action, we can move our dreams forward. Look at all the people who dreamed of flying. Other than those in hot-air balloons, no one was able to make that dream a reality until the Wright brothers got all the pieces together. Without action, the Wright brothers would never have got off the ground. Yes, eventually someone else would have got around to doing it, but it would have had to be someone of action.

3 Action isn't just physical, since doing analysis and research is also action. In the process of turning our dreams into reality, we have to observe the results. We have to figure out how the desired and actual results differ, and what has caused the difference. We have to do research to figure out what to adjust for our next attempt, and repeat this as often as necessary.

4 Now let's take a moment and scan back through our life to see what we can find as our dreams. Not the ones which were interesting but no longer really of interest, but the ones which mean something to us. It's important for us to go all the way back to our childhood. It was fertile ground for many of our dreams. As is said above, knowing what the



 **Task 1** Read the passage and finish the exercises.




Action: the Bridge Linking Dreams and Reality

dreams are is far from enough, and making a dream into reality is our ultimate goal. Hence, we should give some thought to what action we can take to achieve our dreams. We don't have to achieve all of them tomorrow. We can start with a small step. After all, Einstein didn't work in a vacuum, but rather he built on what others before him had discovered. We may not get there, but our actions may lay the foundation for others.

- 5 Grab some paper and write down the steps that you can take to realize your dreams. Then pick one and do it. Sooner would be better than later. Now would be better still.





 **Task 2** The new words and the phrases from the passage are given below. Follow the example in Task 2 on Page 8 and complete the task.



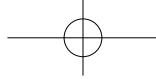
accomplish	aspiration	come up with	concrete
move... forward	make... a reality	get off the ground	eventually
get around to doing	physical	analysis	process
figure out	adjust	attempt	scan
fertile	ultimate	hence	in a vacuum



Task 3 Write the keywords and topic sentences of paragraphs 1, 2 and 3. Those of Paragraph 2 have been done for you.

Paragraph	Keywords	Topic sentence
1		
2	action, dreams	Without action, dreams will just remain dreams.
3		

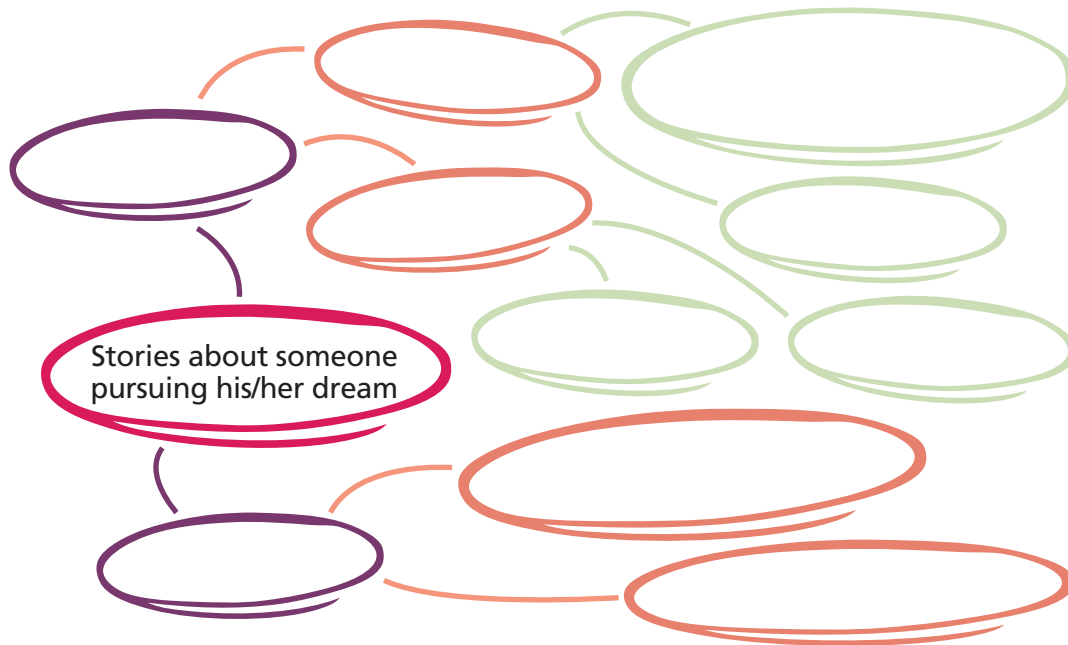
Task 4 Complete the following summary with the words from the passage.

This passage tries to tell us that action is the bridge linking (1) _____ and (2) _____. In the process of turning our dreams into reality, we have to (3) _____ the results, because our dreams and the actual results may differ. In addition, we have to do research to figure out what to (4) _____ our next attempt. Before we take action, we should (5) _____ back through our life and think the dreams over to see if they really mean something to us. To turn dreams into reality, we can start with a small (6) _____ and do it as soon as possible.



 **Task 5** Write an essay telling a real story about someone pursuing his/her dream. Choose an interesting title for your essay and write at least 150 words. Here is a course video. 

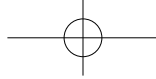
Step 1 Explore some possible ideas related to this topic through “mapping” and find the one that interests you most.



Step 2 Draw up an outline of the essay you are going to write. Discuss it with your classmates and improve it.

Step 3 Draft your essay and revise it.

Step 4 Write the final version of your essay.



PART V EXTENDED READING



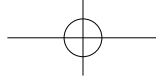
Task 1 Read the passage and look up the new words and phrases in the dictionary.



- 1 I've always considered myself a dreamer. Early in high school, I had dreams of graduating and succeeding in the sports I was playing. When I was a junior and senior in high school, I dreamed of attending New York University or even applying to some top-notch college. Fast forward to my freshman year of college, I had dreams of influencing the world for the better, having a successful career, and traveling the world.
- 2 We can sit around and talk about our dreams all day long. We can talk about what makes us dream the way we do, how we plan on getting there, what holds us back, etc. But when it comes down to it, how many of us actually work toward those dreams, and whole-heartedly pursue them?
- 3 I am incredibly guilty of calling myself a dreamer and doing absolutely nothing to pursue my dreams. I used to sit around and tell people about this great life I wanted to have and these great plans I had for myself, but I never really did much to pursue those dreams. I let fear, preconceptions, and life get in the way and simply let my dreams be nothing more than dreams.

Task 2 Read the passage and choose the main idea for each paragraph.

- | | |
|--|---|
| <input type="checkbox"/> 1 Paragraph 1 | A. I feel guilty of doing nothing to realize my dreams. |
| <input type="checkbox"/> 2 Paragraph 2 | B. Dream and take action. |
| <input type="checkbox"/> 3 Paragraph 3 | C. It's easy to let dreams remain dreams. |
| <input type="checkbox"/> 4 Paragraph 4 | D. Few people work hard to pursue their dreams. |
| <input type="checkbox"/> 5 Paragraph 5 | E. I had many different dreams. |




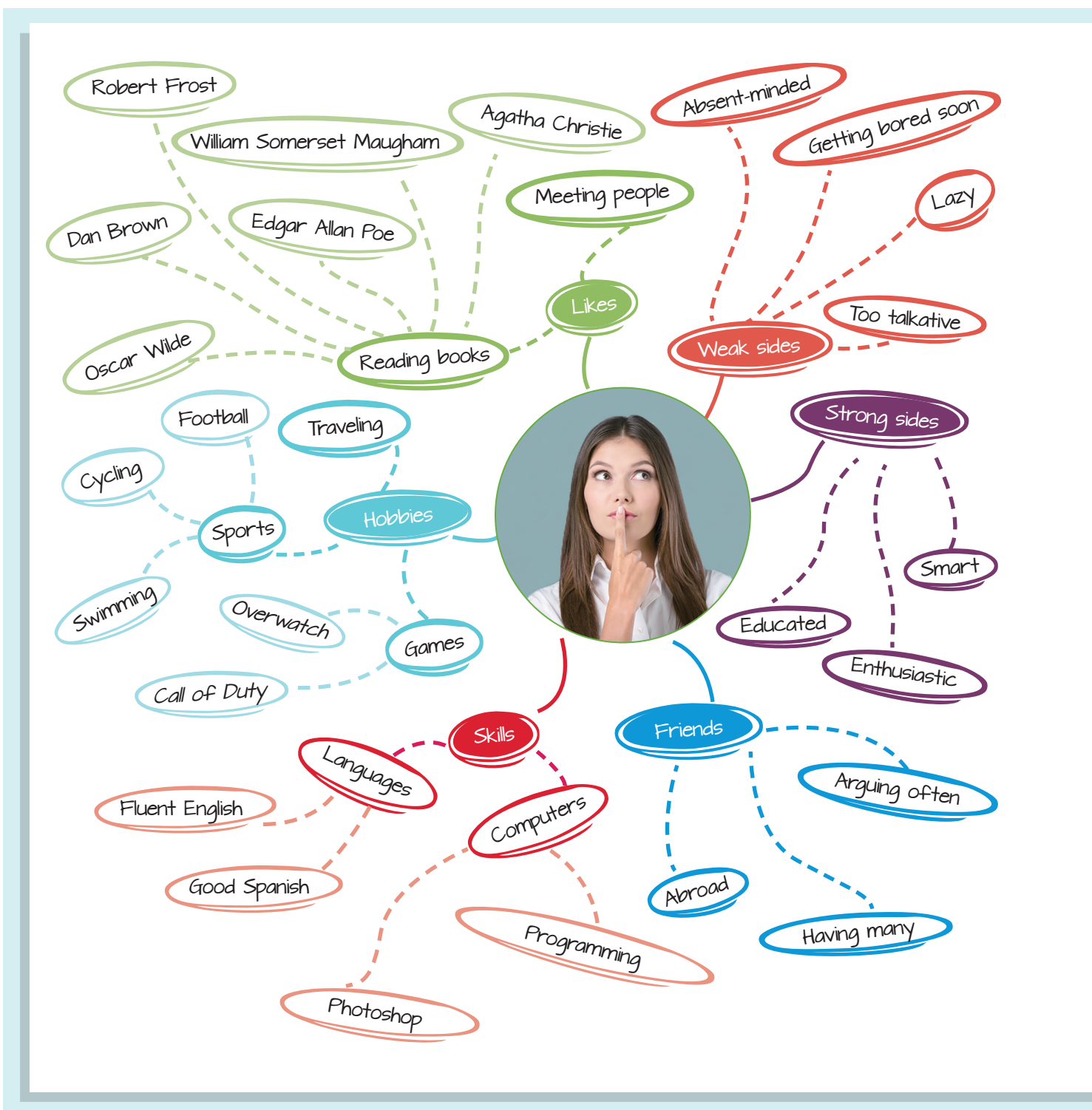
- 4 It's easy to let your dreams just be dreams. Too easy. We can come up with something in our head and let it sit there, and keep reminding ourselves that it is our dream. But if it never leaves your mind, it will stay there and remain nothing but a dream. One of my favorite music artists, Jack Johnson, said, "Don't let your dreams be dreams." If dreams remain dreams, then we have let ourselves down and neglected the potential reality of what our dreams could have turned into.
- 5 So with all of this being said, don't let dreams live in your head as distant ideas. Take a second to yourself to realize what your dreams really are, and then think of the steps you need to take to turn those dreams into reality. Don't be the type of dreamer that lets dreams remain trapped in your head. Be the type of dreamer that dreams and does. Even if you fail, at least you have tried and gained an experience out of it. What you put in is what you get out, so waste no time investing in the dreams you have for yourself.

Task 3 Complete the following sentences with the words from the passage.

- 1 In high school, I dreamed of graduating, _____ in the sports I was playing, and _____ to a top college.
- 2 At college, I dreamed of _____ the world for the better, having a successful career, and _____ the world.
- 3 I feel very _____ because I didn't do much to _____ my dreams.
- 4 Fear, _____, and _____ get in the way and let my dreams just be dreams.
- 5 Be the type of dreamer who dreams and _____. Take steps to _____ our dreams into reality.

PART VI PRACTICAL READING

 **Task 1** Read the mind map and the passage and look up the new words and phrases in the dictionary.





A Self-analysis Mind Map

In order to realize your dreams, you have to get in touch with yourself, which means doing a self-analysis. You cannot manage or supervise yourself unless you get to know your real self.

Self-analysis is the process of studying and examining one's personality, emotions and behavior. A regular self-analysis of strengths and weaknesses can make you realize what you need to develop and what needs to be changed.

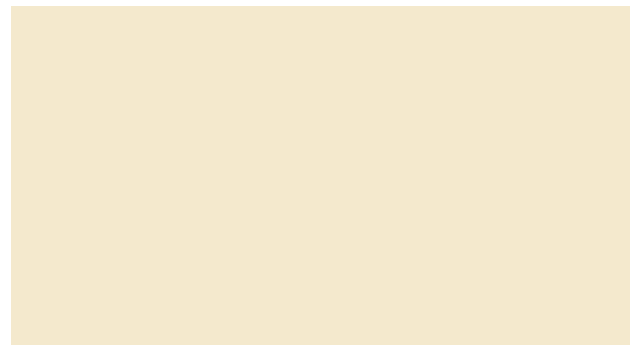
There are various ways to conduct a self-analysis. Using a mind map is an effective way. Look at the mind map example on Page 18 showing the self-analysis process to help you analyze yourself, e.g. where you are doing well and where you can do better.

Task 2 Find the positive and negative adjectives from the mind map and put them into the form. Add some more words for each category.

Category	From the mind map	More
Positive	strong	open-minded
Negative	weak	careless

Task 3 Answer the following questions.

- 1 What skills does the girl in the picture have?
- 2 What are her strengths and weaknesses?
- 3 What are her hobbies?
- 4 Is she outgoing or not? Give evidence.
- 5 Can you draw a self-analysis mind map of your own? Share it with your classmates.





PART VII PRESENTATION



Task Follow the steps and make a group presentation of no less than eight minutes on the topic of “The Dream About...” in class. Here is a course video.



Note

A **presentation** is a way of sharing within a group, which may help people understand your ideas and information better. Here is a microlecture. For more information, please refer to Appendix 4.



Step 1 Choose a topic.

Have a group discussion and choose your topic. The topic could be one particular dream that people have at present or had in the past. For example, people used to dream about flying to the sky until the Wright brothers turned it into reality by making the first controlled, sustained flight of a powered aircraft on December 17, 1903. So the topic could be “The Dream About Flying to the Sky”.

Step 2 Search for information about the topic you have chosen.

Step 3 Structure the presentation.

Have a group discussion about the information you have obtained, and write an outline of your group presentation with reference to the following cues.

The Dream About _____

- What is/was the dream?
- Why do/did people have the dream?
- What are/were the difficulties in making the dream come true?
- If it was a dream in the past, how was it achieved?
- If it is a dream at present, do you think it's possible to make it come true? Why?

Step 4 Assign the roles in the group and practice individually.

Step 5 Rehearse the group presentation.

Step 6 Give the group presentation in class.



Step 7 Make assessments of other groups' presentations. The following form is for your reference.

Peer Assessment Form

Group Assessed: _____

Assessor: _____

	Criteria and weight	Individual score	Total score
Group Assessment	Content (20%)		
	Structure (20%)		
	Use of visual aids (10%)		
	Delivery (10%)		
	Language (10%)		
	Nonverbal language (10%)		
	Teamwork (20%)		
Comments	Merits:		
	Problems:		
	Suggestions:		

 Here is a demo for your reference.



