

Unit 1

Personality

PART 1 Preparation

1 Describing-Guessing Game

Divide the whole class into two big groups with equal pairs. In each pair, one student plays Role A and the other Role B. Role A has to wear the hat with a personality-related adjective on it. Role B describes the word to Role A who has to guess the word. The teacher attaches a different adjective (without the knowledge of Role A) to the hat for each new pair. Take turns to do this until time is up for each group. The group which has guessed more adjectives within the limited time is the winner.



2 Personality and Job

Discuss with your partner the personality traits that would make a person suitable for each of the following jobs. You are expected to come up with at least three words for each job.

Jobs	Personality Traits
1 salesperson	talkative, hard-working, persuasive, boastful, acute
2 teacher	patient, tolerant, unselfish, loving, humorous, enthusiastic
3 doctor	
4 police officer	
5 accountant	
6 lawyer	
7 tourist guide	
8 host / hostess of a show	
9 reporter	
10 secretary	
11 spokesperson	
12 engineer	



3 Personality Test

STEP ONE

Choose the best answer to each of the following questions.

- 1 Which color do you prefer?
A Blue. B Grey. C Orange.
- 2 What would you rather do?
A Play a team game, e.g. football.
B Play a game for two, e.g. tennis.
C Take exercise on your own, e.g. running, cycling or jogging.
- 3 What would you rather be?
A Be rich and famous.
B Be rich, but not famous.
C Be poor and happy.
- 4 Where would you prefer to live?
A In a big city.
B In a small town.
C In the country.
- 5 In what way would you rather work?
A Work alone.
B Work with two or three people.
C Work with a lot of people.
- 6 What would you rather be?
A A defense lawyer (辩护律师).
B A prosecution lawyer (原告律师).
C A judge.
- 7 What would you rather be?
A A film star. B A doctor. C A writer.
- 8 Where would you rather have a holiday?
A In Disneyworld.
B On a small island.
C In an old and beautiful city.
- 9 What would you prefer to do?
A Go to a disco.
B Go out with friends.
C Stay at home alone.

- 10 Who would you prefer to have dinner with?
A A famous person.
B A large group of friends.
C Someone from your family.

STEP TWO

Score 0-2 points for each of your answers according to the following list and add up the total. The final score will show what kind of person you might be.

	A	B	C
1	1	0	2
2	2	1	0
3	2	1	0
4	2	1	0
5	0	1	2
6	2	1	0
7	2	1	0
8	2	0	1
9	2	1	0
10	1	2	0

SCORE: 15 to 20

You like being with people. You are ambitious and you want success.

SCORE: 9 to 14

You like being with special friends. You'd like a job with people, but you'd prefer to meet one or two people at a time.

SCORE: 8 and under

You like being on your own. You'd prefer a quiet job.

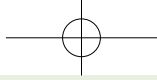
PART 2 Reading-Centered Activities

In-Class Reading

Pre-Reading

Work in groups to discuss the following questions.

- 1 What do you think are the reasons for shyness?
- 2 What are the ways to overcome shyness?



Passage Reading

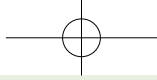
The Misery of Shyness



1 Shyness is the cause of much unhappiness for a great many people. All kinds of people describe themselves as shy: short, tall, dull, intelligent, young, old, slim, **overweight**. Shy people are anxious and self-conscious¹, that is, they are **excessively** concerned with their own appearance and actions. **Worrisome** thoughts are constantly **swirling** in their minds: What kind of impression am I making? Do they like me? Do I sound stupid? I'm ugly. I'm wearing **unattractive** clothes.

2 It is obvious that such **uncomfortable** feelings must affect people **adversely**. A person's self-concept is reflected in the way he or she behaves, and the way a person behaves affects other people's reactions. In general, the way people think about themselves has a profound effect on all areas of their lives. For instance, people who have a positive sense of self-worth or high **self-esteem** usually act with confidence. Because they have **self-assurance**, they do not need constant praise and **encouragement** from others to feel good about themselves. Self-confident people participate in life **enthusiastically** and **spontaneously**. They are not affected by what others think they "should" do. People with high self-esteem are not hurt by **criticism**; they do not regard criticism as a personal attack. Instead, they view a criticism as a suggestion for **improvement**.

3 In **contrast**, shy people, having low self-esteem, are likely to be passive and easily influenced by others. They need reassurance that they are doing "the right thing". Shy people are very sensitive² to criticism; they feel it confirms their **inferiority**. They also find it difficult to be pleased by compliments because they believe they are unworthy of praise. A shy person may respond to a compliment with a **statement** like this one: "You're just saying that to make me feel good. I know it's not true." It is clear that, while³ self-awareness is a healthy quality, **overdoing** it is **detrimental**, or harmful.



4 Can shyness be completely **eliminated**, or at least reduced? Fortunately, people can overcome shyness with determined and patient effort in building self-confidence. Since shyness goes hand in hand with lack of self-esteem, it is important for people to accept their weaknesses as well as their strengths. For example, most people would like to be “A” students in every subject. It is not fair for them to label themselves as **inferior** because they have difficulty in some areas. People’s expectations of themselves must be realistic. **Dwelling** on the impossible leads to a sense of **inadequacy**, and even feelings of envy, or jealousy. We are self-destructive when we envy a student who gets better grades.

5 If you are shy, here are some specific helpful steps toward building self-confidence and overcoming shyness:

6 1. Recognize your personal strengths and weaknesses. Everyone has both. As self-acceptance grows, shyness naturally diminishes.

7 2. Set **reasonable** goals. For example, you may be **timid** about being with a group of strangers at a party. Don’t feel that you must **converse** with everyone. Concentrate on talking to only one or two people. You will feel more comfortable.

8 3. Guilt and shame are destructive feelings. Don’t waste time and energy on them. Suppose you have hurt someone’s feelings. Feeling ashamed accomplishes nothing. Instead, accept the fact that you have made a mistake, and make up your mind to be more sensitive² in the future.

9 4. There are **numerous** approaches to all issues. Few opinions are completely right or wrong. Don’t be afraid to speak up and give your point of view.

10 5. Do not make negative comments about yourself. This is a form of self-**rejection**. Avoid

describing yourself as stupid, ugly, a failure. **Accent** the positive.

11 6. Accept criticism **thoughtfully**. Do not **interpret** it as a personal attack. If, for example, a friend complains about your cooking, accept it as a comment on your cooking, not yourself. Be **assured** that you are still good friends, but perhaps your cooking could improve.

12 7. Remember that everyone experiences some failures and disappointments. Profit from them as learning experiences. Very often a disappointment becomes a turning point⁴ for a wonderful experience to come along. For instance, you may be rejected by the college of your choice. However, at the college you actually attend, you may find a quality⁵ of education beyond what you had expected.

13 8. Do not associate with people who make you feel inadequate. Try to change their attitude or yours, or remove yourself from that relationship. People who hurt you do not have your best interests at heart.

14 9. Set aside time to relax, enjoy hobbies, and **reevaluate** your goals regularly. Time spent this way helps you learn more about yourself.

15 10. Practice being in social situations. Don’t **isolate** yourself from people. Try making one **acquaintance** at a time; eventually you will **circulate** in large groups with skill and self-assurance.

16 Each one of us is a unique, valuable individual. We are interesting in our own personal ways. The better we understand ourselves, the easier it becomes to live up to our full potential. Let’s not allow shyness to block our chances for a rich and fulfilling life.

(820 words)



New Words

accent

vt. /æk'sent/

- 1) make sth. more noticeable so that people will pay attention to it 强调, 突出
- I) The side tables were accented by fresh flower arrangements.
- II) When advertising, you must accent the areas where your product is better than your competitors'.
- 2) emphasize a part of a word in speech 重读
- I) Not HOtel! You have accented the wrong syllable (音节).
- II) Many English verbs are accented on their second syllable.

n. /æksnt/

- 1) a particular way of speaking, usually connected with a country, area, or social class 口音, 腔调
- I) He speaks English with a strong German accent.
- II) I knew from his accent that he was from the South.
- 2) the emphasis given to a word or part of a word when it is said 重音
- I) In "today", the accent is on the second syllable.
- II) The accent is put on the final syllable.

acquaintance /ə'kwɛɪntəns/ *n.*

- 1) a person whom one knows but who is not a close friend 相识的人, 泛泛之交
- I) An old acquaintance dropped by for a chat.
- II) He has a lot of business acquaintances but very few real friends.
- 2) a relationship with sb. you know, but who is not a close friend 认识, 相识, 了解
- I) They developed an acquaintance over the Internet.
- II) You can't judge her on such short acquaintance.

adversely /'ædvɜ:slɪ/ *adv.* in a harmful way 不利地, 有害地

- I) His health was adversely affected by the climate.
- II) Many companies have been adversely affected by the recession (经济衰退).

assured /ə'sʊəd/ *adj.*

- 1) certain to happen 确信的, 有把握的
- I) Her victory looks assured.
- II) Now that the finance has been secured, the production of the film is assured.
- 2) confident in oneself and one's abilities 自信的
- I) She is impressive on TV because her style of presentation is very assured.
- II) She found herself in the company of a lot of smartly dressed, assured young women.

circulate /'sɜ:kjʊleɪt/

vi. move around in a group, especially at a party, talking to many different people 周旋, 往来应酬

- I) Don't stay talking to one person all evening—circulate among your guests.
- II) He circulated at the party, talking to lots of people.
- v.* move around within a system or make sth. do this (使)循环, (使)流通
- I) Air can circulate freely through the tunnels.
- II) The ceiling fans circulated warm air around the room.

contrast

n. /'kɒntrɑ:st/ a difference between people, ideas, situations, things, etc. that are being compared 对比, 对照

- I) The book shows the very interesting contrast between life now and life a hundred years ago.
- II) I like the contrast of the white trousers with the black jackets.
- vt.* /kən'trɑ:st/ compare (two things or people) so that differences are made clear 对比, 对照
- I) The essay contrasts two characters in the book.
- II) She contrasted the situation then with the present crisis.

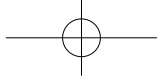
▲ **converse** /kən'vɜ:s/ *vi.* engage in a spoken exchange of thoughts, ideas, or feelings 交谈, 谈话

- I) They were conversing in German, their only common language.
- II) Lisa went into the meeting room to converse with her boss.

criticism /'krɪtɪsɪz(ə)m/ *n.*

- 1) unfavorable judgment or expressions of disapproval 批评, 指责

注：生词表中一般要求词汇不作标记，较高要求词汇标记为★，更高要求词汇标记为▲，超纲词汇标记为#。



- I) Billy was upset by his parents' constant criticism.
- II) Your criticism seems to have offended (冒犯) him.
- 2) writing which expresses judgments about the good or bad qualities of books, films, music, etc. 评论
- I) Criticism is an important part of the study of literature.
- II) Apart from the novels and plays, she wrote two books of literary criticism (文学评论).

▲ **detrimental** /detrɪ'mentl/ *adj.* causing harm or damage 有害的, 不利的

- I) Smoking cigarettes is detrimental to your health.
- II) The policy will be detrimental to the peace process.

★ **dwell** /dwell/ *vi.* (*dwelt* or *dwelled*)

- 1) (~ on) think or speak about sth. a great deal, especially sth. unpleasant 老想着; 唠叨
- I) Don't dwell on the past—try to be more positive.
- II) Stop dwelling on your problems and do something about them.
- 2) (*formal*) live in a place 居住
- I) Many people dwell in the mountains and love it.
- II) Jane was raised in the city but wanted to dwell in the country.

eliminate /ɪ'lɪmɪneɪt/ *vt.*

- 1) remove or get rid of sth. or sb. 消除, 排除
- I) Healthy eating could help eliminate heart disease.
- II) The police have eliminated two suspects (嫌疑人) from their investigation.
- 2) defeat a team or person in a competition, so that they no longer take part in it 淘汰
- I) Our team was eliminated in the first round.
- II) He was eliminated in the third round of the competition.

encouragement /ɪn'kʌrɪdʒmənt/ *n.* the act of giving sb. the confidence to do sth., or sth. that is said or done in order to encourage them 鼓励

- I) Your comments have been a great encouragement to us.
- II) I could never have achieved this without the encouragement of my husband and family.

enthusiastically /ɪnθju:zi'æstɪkli/ *adv.* in a state of showing a lot of interest and excitement about sth. 满腔热情地

- I) The announcement was greeted enthusiastically.
- II) The President was welcomed enthusiastically by the crowd.

excessively /ɪk'sesɪvli/ *adv.* in a state that is much more than acceptable or necessary 过多地

- I) Bill has started taking pills and drinking excessively.
- II) The salesman was excessively persistent (坚持的).

improvement /ɪm'pru:vmənt/ *n.* the act of getting or making sth. better 改进, 增进

- I) The quality of your work needs some improvement.
- II) The doctor told me that she could see improvement in my breathing.

inadequacy /ɪn'ædɪkwəsi/ *n.*

- 1) a feeling of being not as good, clever, skilled, etc. as others (指自我感觉) 无法胜任, 不够格
- I) I always suffer from feelings of inadequacy when I'm with him.
- II) Unemployment can cause feelings of inadequacy.
- 2) the fact of not being good enough in quality, ability, size, etc. (质量、能力、大小等) 不足, 欠缺
- I) The inadequacy of funding for child care will show itself before long.
- II) Parents are complaining about the inadequacy of education facilities (设施) in the school.

inferior /ɪn'fɪəriə/ *adj.* not good, or less good than sb. or sth. else 差的, 次的

- I) This machine is technically inferior to the new models.
- II) He wrote a letter to complain about inferior service at the hotel.

inferiority /ɪn'fɪəri'ɒrəti/ *n.* the condition of being inferior 低人一等; 次等

- I) I found it difficult to shake off (摆脱) a sense of social inferiority.
- II) Owing to the inferiority of the cloth, the new sheets ripped apart (撕裂) the first night they were used.



interpret /ɪn'tɜ:pɪt/

vt. understand sth. in a particular way 理解

- I) I interpreted his silence as a refusal.
- II) Many people are interpreting the minister's action as a sign to resign.

v. translate one language into another as you hear it 口译

- I) The President's speech was interpreted rather inaccurately.
- II) The two leaders don't understand a word of each other's languages, so they have to have someone there to interpret.

isolate /'aɪsəleɪt/ *vt.* separate one person, group, or thing from other people or things 使隔离, 使孤立

- I) Several villages have been isolated by the floods.
- II) My job isolated me from my family and friends.

numerous /'nju:mərəs/ *adj.* many 众多的, 许多的

- I) We have discussed these plans on numerous occasions.
- II) She is the author of three books and numerous articles.

overdo /əʊvə'du:/ *vt.* (*overdid, overdone*) do sth. more than is suitable or natural 做得过头

- I) Don't overdo the praise. She wasn't that good.
- II) The doctor told me not to overdo exercise after surgery.

overweight /əʊvə'weɪt/ *adj.* too heavy or fat 超重的, 过重的

- I) This parcel is overweight by two kilos.
- II) Overweight people sometimes join clubs to help them lose weight.

reasonable /'ri:znəbl/ *adj.* acceptable; not excessive or extreme 合理的, 适度的

- I) She's perfectly reasonable in her demands.
- II) Do you think it's reasonable to expect people to work more than 60 hours a week?

reevaluate /ri:'vælju:et/ *vt.* judge again how good, useful or successful sth. is 重新估计, 重新评价

- I) I'm reevaluating the case because you asked me to.
- II) Teachers should be continually encouraged to reevaluate classroom practices.

rejection /rɪ'dʒekʃən/ *n.* the act of refusing to accept or consider 拒绝接受

- I) He faced rejection after rejection before finding a job.
- II) He was never able to ask her to marry him out of fear of rejection.

self-assurance /,self ə'ʃɔ:rəns/ *n.* confidence and the belief that you are able to deal with people and problems easily 自信

- I) Her self-assurance returned.
- II) In conversation he displays wit and self-assurance.

self-esteem /,self ɪ'sti:m/ *n.* good opinion of one's own worth 自尊

- I) Losing the job was a real blow to his self-esteem.
- II) The program is designed to help children from broken families build their self-esteem.

shyness /'ʃaɪnəs/ *n.* the feeling of being nervous or embarrassed to meet or speak to people, or unwilling to do sth. 害羞, 腼腆

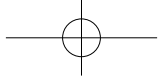
- I) This shyness can come from both personality and lack of confidence.
- II) Mary tried to overcome her shyness by spending more time with people.

spontaneously /spɒn'teɪniəsli/ *adv.* without being planned or organized, with no external cause 自发地, 本能地

- I) She spontaneously offered us a bed for the night.
- II) Breathing is something we do spontaneously and we very rarely think about it.

statement /'steɪtmənt/ *n.*

- 1) sth. that is said or written, especially publicly or officially 陈述, 声明
- I) She understood that I didn't believe her statement.
- II) People asked the mayor to make a statement about crime in the city.
- 2) a record of money paid, received, etc. during a period of time 结算单, 报表
- I) I haven't received my bank statement for last month yet.
- II) The accountant prepared the company's yearly financial statement.



▲ **swirl** /swɜ:ɪl/ *v.* move around quickly in a circular movement or make sth. do this (使)打转, (使)旋动

- I) The dancers swirled across the ballroom floor.
- II) He was swirled away on the current.

thoughtfully /'θɔ:t(ə)li/ *adv.* in a condition of being well planned and carefully thought about 经缜密思考地

- I) Please answer these questions thoughtfully.
- II) A thoughtfully designed work environment can foster creativity and the exchange of ideas.

★ **timid** /'tɪmɪd/ *adj.* shy and easily frightened or alarmed 羞怯的, 胆怯的

- I) The timid student was afraid to talk to his teacher.
- II) Many birds are timid and fly away as you come near them.

unattractive /,ʌnə'træktɪv/ *adj.* not pretty or pleasant to look at 无吸引力的, 不美的

- I) He was an unattractive man with a big nose.
- II) Wearing an unattractive blouse and old-fashioned skirt, Lisa looked older than she was.

uncomfortable /ʌn'kʌmfətəbl/ *adj.* not at ease or not relaxed or calm 不自在的, 不舒服的

- I) She felt a little uncomfortable meeting him for the first time.
- II) John is uncomfortable speaking in front of a large group of people.

worrisome /'wɒrɪs(ə)m/ *adj.* causing concern; troublesome 令人忧虑的, 令人烦恼的

- I) My assistant takes care of many worrisome problems every day.
- II) A few worrisome details threatened the success of the conference.

Phrases and Expressions

a great / good many a fairly large number 很多

- I) Stop complaining! A great many people would be happy to have work.
- II) Driving through the deserted town we saw a good many burnt-out houses.

8

Unit 1

come along

- 1) appear or arrive 出现; 到达
- I) Take any job opportunity that comes along.
- II) Henry practiced his spoken English whenever the chance came along.
- 2) arrive together with sb. else 跟随, 跟着来
- I) Come along with us, if you like.
- II) Only Mary was invited to the party, but Helen came along too.

hand in hand

- 1) accompanying each other; closely connected 相伴, 形影相随地
- I) Dirt and disease go hand in hand.
- II) Selfishness and unhappiness often go hand in hand.
- 2) holding hands 手拉手地
- I) They walked away hand in hand.
- II) The two players entered the court hand in hand.

have sth. at heart be deeply concerned about 对.....深切关心

- I) He has the welfare of the poor at heart.
- II) Private employment agencies may not have your best interests at heart.

in / by contrast used when you are comparing objects or situations and saying that they are completely different from each other 与.....形成对比, 与.....截然相反

- I) In contrast, the lives of girls of well-to-do families were often very sheltered (受庇护的).
- II) The private sector, by contrast, has plenty of money to spend.

of one's choice chosen by oneself, not by sb. else 中意的, 自己选中的

- I) She married Basil, the man of her choice.
- II) Parents cannot always have the school of their choice for their children.

Notes

- 1 This passage has many “self-” words: self-acceptance (自我认同), self-assurance (自信), self-awareness (自我了解), self-concept (自我概念), self-confident (自信的), self-conscious (害羞的, 忸怩的), self-destructive (自毁的),



self-esteem (自尊心), self-rejection (自暴自弃), self-worth (自我价值), etc.

- 2 In the sentence “Shy people are very sensitive to criticism...”, the word “sensitive” means “easily upset or offended (敏感的, 容易生气的)”; while in the sentence “... make up your mind to be more sensitive in the future”, the word “sensitive” means “able to understand other people’s feelings and problems (能理解别人感情或问题的)”.

- e.g. I) He’s sensitive about his bad teeth, so try not to look at them.
 II) If you are a public figure, you can’t afford to be too sensitive to criticism.
 III) In general, he is a sensitive and intelligent young man.
 IV) It has made me much more sensitive to the needs of the disabled.

- 3 The word “while” here means “in spite of the fact that (尽管)”.

- e.g. I) While she is a likeable girl, she can be extremely difficult to work with.
 II) While there was no conclusive evidence, most people thought he was guilty.

- 4 turning point: 转折点

- e.g. I) Meeting her was the turning point in my life.
 II) The fall of the Berlin Wall marked a turning point in East-West relations.

- 5 Here “quality” means “a distinguishing characteristic (特点, 优点)”.

- e.g. I) Some of the prints (洗印的照片) have a quality of Chinese painting.
 II) He never thought she would possess a quality of mind like his own.

Exercises

Post-Reading

Reading Comprehension

- 1 Work in pairs to complete the outline of the passage.

- 1 Introduction: (Para. 1)

Shyness is the cause of _____ for a great many people.

- 2 Reasons why shyness can have a negative effect: (Paras. 2-3)

People’s self-concept has _____ on all areas of their lives.

People with high self-esteem _____.

People with low self-esteem _____.

- 3 Ways of overcoming shyness: (Paras. 4-15)

A _____.

B _____.

C Don’t waste time and energy on destructive feelings such as guilt and shame.

D _____.

E _____.

F _____.

G Profit from failures and disappointments by viewing them as learning experiences.



H _____
 I _____
 J _____

4 Conclusion: (Para. 16)

The better we understand ourselves, the easier it becomes to live up to our full potential.

2 Decide whether the following statements are true (T) or false (F).

- 1 Most people never suffer from shyness.
- 2 If we have a positive self-concept, we will act with confidence.
- 3 Shy people feel uncomfortable when others speak highly of them.
- 4 Shy people are always worried about what others think of them.
- 5 It's much easier to please shy people with compliments.
- 6 Shy people can learn to have more confidence in themselves.
- 7 Shy people have realistic expectations of themselves.
- 8 Your friend's complaint about your cooking suggests that they cook better than you do.

3 Work in groups to discuss the following questions.

- 1 Among the 10 ways of overcoming shyness mentioned in the passage, which do you think is / are the most effective? Why?
- 2 What is the difference between modesty and shyness?
- 3 Is it acceptable or even desirable to be shy sometimes? If so, on what occasions?

Vocabulary

1 Read Note 1 carefully and complete the following sentences with "self-" words.

- 1 Jerry is pretty _____ about his weight.
- 2 We are an international company looking for people who are convinced that they will be successful. They must have a lot of _____.
- 3 Often children who grow up in the slums (贫民窟) do not feel good about themselves because they have low _____.
- 4 Unfortunately, his gambling and drinking habits make him a very _____ person.
- 5 Defining one's _____ takes many years of experience in the work place.
- 6 How would you describe your basic character? In other words, what is your _____?
- 7 _____ is often a sign of maturity. It takes some time before we can become aware of our strengths and weaknesses.
- 8 She was quite sure of her skills as a pianist, so she came on stage with dignity and _____.

2 Section A

Match each word in Column A with the appropriate synonym in Column B.

Column A

- 1 compliment
- 2 overcome
- 3 diminish

Column B

- A decrease
- B finally
- C envy



- | | |
|---------------|-------------|
| 4 detrimental | D deep |
| 5 jealousy | E comfort |
| 6 profound | F harmful |
| 7 accent (v.) | G praise |
| 8 eventually | H separate |
| 9 reassurance | I conquer |
| 10 isolate | J emphasize |

Section B

complete the sentences with appropriate words from Column A. Change the form if necessary.

- The doctor's discovery will have a(n) _____ influence on mankind.
- She was overwhelmed with _____ when she heard that he had been given a promotion.
- When you learn a second language you have many difficulties to _____.
- If you keep practicing, you might _____ become a good dancer.
- She asked us all what we thought of her new hairstyle, but she was only looking for _____.
- The amount of water in the pond will _____ as the dry season continues.
- Mary's comforting words provided the _____ I needed.
- They are worried that their decision might prove to be _____ to the future of the company.
- When a person has an infectious disease, he is usually _____ from other people.
- Throughout his speech, he _____ the seriousness of the situation.

3 Complete the following sentences by translating the Chinese in brackets into English.

- Her rough, red hands _____ (反映了) a life of hard physical work.
- He has never been very _____ (担心) about what other people think of him.
- His mother's death when he was aged six had a(n) _____ (深刻的影响) on him.
- She is _____ (看作) as a strong candidate for the job.
- Some people's teeth are highly _____ (敏感的) to cold.
- How did she _____ (做出反应) to the news?
- The new process has _____ (排除) the need for checking the products by hand.
- It's taken me a while but at last I've managed to _____ (克服我的恐惧) of public speaking.
- If you want to pass your exams, you'll have to _____ (注意力集中在) your listening skills.
- She was asked about a pay increase for the factory workers but _____ (未做评论).

Translation

Complete the following sentences by translating the Chinese in brackets into English.

- Shyness can vary _____ (从感觉轻微的不适到高度的焦虑) that impact us in almost everything we do.
- Despite his stubbornness, he knew in his heart that he should _____ (避免引起任何怀疑).
- It will be interpreted _____ (成批评, 无论你说什么).



- 4 _____ (让我们不要为小事情烦心) (which) we should ignore and forget.
- 5 _____ (花太多的时间老是想过去) can get in the way of enjoying life as it happens.
- 6 _____ (相信自己能够完成目标并解决问题的人) are more likely to do well in school.

After-Class Reading

Two Ways of Looking at Life

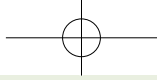


Your attitude strongly reflects your outlook on life. Take a closer look at that connection. Are you a pessimist—or an optimist? Can you see how your way of looking actually does color¹ your attitude? And remember: Change your outlook and you change your attitude.

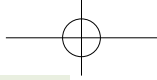
- 1 The father is looking down into the **crib** at his sleeping **newborn** daughter, just home from the

hospital. His heart is **overflowing** with **awe** and gratitude for the beauty of her, the perfection.

- 2 The baby opens her eyes and stares straight up.
- 3 The father calls her name, expecting that she will turn her head and look at him. Her eyes don't move.
- 4 He picks up a **furry** little toy attached to the rail of the crib and shakes it, ringing the bell it contains. The baby's eyes don't move.



- 5 His heart has begun to beat rapidly. He finds his wife in their bedroom and tells her what just happened. “She doesn’t seem to respond to noise at all,” he says. “It’s as if she can’t hear.”
- 6 “I’m sure she’s all right,” the wife says, pulling her dressing **gown**² around her. Together they go into the baby’s room.
- 7 She calls the baby’s name, **jingles** the bell, claps her hands. Then she picks up the baby, who immediately becomes lively and makes happy sounds.
- 8 “My God,” the father says. “She’s deaf.”
- 9 “No, she’s not,” the mother says. “I mean, it’s too soon to say a thing like that. Look, she’s **brand-new**. Her eyes don’t even focus yet.”
- 10 “But there wasn’t the slightest movement, even when you clapped as hard as you could.”
- 11 The mother takes a book from the shelf. “Let’s read what’s in the baby book,” she says. She looks up “hearing” and reads out loud: “Don’t be alarmed if your newborn fails to be **startled** by loud noises or fails to turn toward sound. Reactions to sound often take some time to develop. Your **pediatrician** can test your child’s hearing **neurologically**.”
- 12 “There³,” the mother says. “Doesn’t that make you feel better?”
- 13 “Not much,” the father says. “It doesn’t even mention the other possibility, that the baby is deaf. And all I know is that my baby doesn’t hear a thing. I’ve got the worst feeling about this. Maybe it’s because my grandfather was deaf. If that beautiful baby is deaf and it’s my fault, I’ll never forgive myself.”
- 14 “Hey, wait a minute,” says the wife. “You’re worrying too much. We’ll call the pediatrician first thing Monday. In the meantime, cheer up. Here, hold the baby while I fix⁴ her blanket. It’s all pulled out.”
- 15 The father takes the baby but gives her back to his wife as soon as he can. All weekend he finds himself unable to prepare for next week’s work. He follows his wife around the house, thinking about the baby’s hearing and about the way **deafness** would ruin her life. He imagines only the worst: no hearing, no development of language, his beautiful child cut off from society, locked in a **soundless** world. By Sunday night he has sunk into **despair**.
- 16 The mother leaves a message with the pediatrician’s answering service⁵ asking for an early appointment Monday. She spends the weekend doing her exercises, reading, and trying to calm her husband.
- 17 The pediatrician’s tests are **reassuring**, but the father’s spirits remain low. Not until a week later, when the baby shows her first startle to the loud sound of a passing truck does he begin to recover and enjoy his new daughter again.⁶
- 18 This father and mother have two different ways of looking at the world. Whenever something bad happens to him—a call from the bank manager, a **disagreement** with his wife, even a **frown** from his **employer**—he imagines the worst: bankruptcy, **jail**, **divorce**, and **dismissal**. He is **prone** to depression; he often feels extremely tired; his health suffers. She, on the other hand, sees bad events in their least threatening light. To her, they are **temporary** challenges to be overcome. After a **reversal**, she bounces back quickly, and finds all her energy again. Her health is excellent.
- 19 The optimists and the pessimists: I have been studying them for the past 25 years. The defining characteristic of pessimists is that they tend to believe bad events will last a long time, will **undermine** everything they do, and are their own fault. The optimists, who are confronted with the same hard knocks⁷ of this world, think



about **misfortune** in the opposite way. They tend to believe defeat is just a temporary **setback**, that its causes are **confined** to this one case. The optimists believe defeat is not their fault: Circumstances, bad luck, or other people brought it about. Such people are not bothered by defeat. Confronted by a bad situation, they perceive it as a challenge and try harder.

20 These two habits of thinking about causes have consequences. Literally hundreds of studies show that pessimists give up more easily and get depressed more often. These experiments also show that optimists do much better in school and at work. They regularly exceed the **predictions** of **aptitude** tests.⁸ When optimists run for office, they are more apt to be elected than pessimists are. Their health is **unusually** good. Evidence suggests they may even live longer.

21 Twenty-five years of study has **convinced** me that if we **habitually** believe, as does the pessimist, that misfortune is our fault, is **enduring**, and will undermine everything we do, more of it will happen to us than if we believe otherwise.⁹ I am also **convinced** that if we are in the grip of this view, we will get depressed easily, we will accomplish less than our potential, and we will even get physically sick more often. Pessimistic **prophecies** are **self-fulfilling**.¹⁰

(942 words)

New Words

▲ **aptitude** /'æptɪ,tju:d/ *n.* natural ability or skill, especially in learning 天资, 天赋

- I) At an early age, Susan showed an aptitude for languages.
- II) All applicants are given aptitude tests before being invited for an interview.

▲ **awe** /ɔ:/ *n.* a feeling of great respect and admiration for sb. or sth. 敬畏

- I) The sight filled us with awe.
- II) I've always held pianists in awe, because I'd like to become one myself.

brand-new /,brænd'nju:/ *adj.* completely new 崭新的

- I) How can he afford to buy himself a brand-new car?
- II) They brought their brand-new baby to show us.

confine /kən'faɪn/ *vt.*

- 1) keep sb. or sth. within the limits of a particular activity or subject 限制, 使局限于
 - I) This disease is not confined just to children.
 - II) They managed to confine the fire to the engine room.
- 2) shut or keep a person or an animal in a small or enclosed space 使不外出, 禁闭, 监禁
 - I) After his arrest, he was confined in the Tower of London.
 - II) He had been confined for so long that he couldn't cope with the outside world.

convinced /kən'vɪnst/ *adj.* feeling certain that sth. is true 肯定的, 确信的

- I) I was convinced that we were doing the right thing.
- II) Researchers are convinced of a genetic cause for the disease.

▲ **crib** /krɪb/ *n.* a baby's bed, usually with high bars around the sides so that the baby cannot fall out 有围栏的婴儿床

- I) The infant slept in the crib.
- II) He made a simple crib for the baby.



deafness /'defnəs/ *n.* the condition of being unable to hear 聋

- I) Because of her deafness, she must read lips.
- II) Mike's deafness resulted from a childhood illness.

despair /dɪ'speə/ *n.* the loss of hope 绝望

- I) They've been in despair about the money they've lost.
- II) Separation from someone you love can bring loneliness and despair.

disagreement /,dɪsə'grɪ:mənt/ *n.* a difference in opinion 分歧, 意见不合

- I) We had a disagreement about the pay.
- II) We've had a few disagreements, but we're still good friends.

★ **dismissal** /dɪs'mɪsl/ *n.* the act of removing sb. from their job 解雇, 开除

- I) If John doesn't improve his work, he may face dismissal.
- II) After the dismissal of the cook we had to make our meals ourselves.

divorce /dɪ'vɔ:s/

n.

- 1) the legal ending of a marriage 离婚
 - I) Divorce is unpleasant for anyone involved.
 - II) Mary and Tom got a divorce after one year of marriage.
- 2) (*formal*) separation 分离, 脱离
 - I) We are concerned about the divorce between theory and method.
 - II) Why is there such a divorce between the arts and the sciences in this school?

v. end one's marriage to sb. 与……离婚

- I) David's parents divorced when he was six.
- II) Tom divorced Anne because they weren't compatible (合得来的).

vt. separate two ideas, subjects, etc. completely 使分离, 使脱离, 使不再介入

- I) Bill divorced himself from office politics.
- II) They believe that art should be divorced from politics.

employer /ɪm'plɔɪə/ *n.* a person, company, or organization that pays people to work for them 雇佣者, 雇主, 老板

- I) Bill's employer is fair and honest.
- II) The shoe factory is the largest employer in this area.

enduring /en'dʒʊərɪŋ/ *adj.* continuing in existence; lasting 持续的, 持久的

- I) I have many enduring memories of the time I spent in India.
- II) His childhood experiences had an enduring influence on his work.

frown /fraʊn/ *n.* serious, angry, or worried look on the face causing lines on the forehead 皱眉, 蹙额, 不悦的表情

- I) "Stop doing that," she said with a frown.
- II) The student looked up from her exam paper with a worried frown.

furry /'fɜ:ri/ *adj.* covered with fur 毛茸茸的

- I) Rosie has a massive collection of furry toys.
- II) My husband bought me some lovely furry slippers for the winter.

gown /gaʊn/ *n.* a woman's dress, especially a long one for special occasions, or a long loose piece of clothing worn over other clothes for a particular purpose 女服, 长服

- I) She wore a low-cut satin evening gown.
- II) At many universities, students wear black gowns for their graduation or degree ceremonies.

habitually /hə'bitʃuəli/ *adv.* usually; regularly 习惯地, 通常地

- I) She smokes habitually.
- II) There is something wrong with anyone who is so habitually rude.

jail /dʒeɪl/

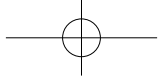
n. (*AmE*) prison 监狱

- I) He was put in jail for robbery.
- II) I hope you realize you will go to jail for a very long time.

vt. put sb. in prison 监禁, 拘留

- I) He was jailed for three years.
- II) They ought to jail her killer for life.

jingle /'dʒɪŋɡl/ *v.* (cause sth. to) make a pleasant gentle sound like small bells ringing (使某物)发出叮当声



- I) The coins in his pocket jingled as he walked.
- II) Tom jingled his car keys impatiently in the living room while waiting for Mary.

★ **misfortune** /mɪs'fɔ:tʃ(ə)n/ *n.* bad luck 不幸, 厄运

- I) She's suffered a good deal of misfortune over the years.
- II) He's the most unpleasant man that I've ever had the misfortune of meeting.

neurologically /nɜ:ʊərə'lɒdʒɪkli/ *adv.* in terms of the nervous system 神经系统方面地

- I) He was neurologically deaf.
- II) The doctor examined him neurologically.

newborn /'nju:bɔ:n/
adj. recently born 新生的

- I) Billy looked at his newborn brother sleeping in the crib.
- II) Breast-feeding is extremely beneficial to the health of newborn babies.

n. a baby that has just been born 新生儿

- I) She held her newborn in her arms.
- II) The nurse took the newborn to the nursery (育婴室).

optimist /'ɒptɪmɪst/ *n.* sb. who believes that everything will be fine 乐观的人, 乐观主义者

- I) The optimist felt that the war would be over soon.
- II) You have to be an optimist to be able to do this job.

★ **overflow**
v. /əʊvə'fləʊ/

- 1) have a very strong feeling 充满或洋溢 (某种感情)
- I) My heart was overflowing with love.
- II) Kenneth overflowed with friendliness and hospitality.
- 2) be so full that the liquid or material inside flows over the edges of a river, container, etc. 满得外溢, 外流
- I) The river overflowed its banks.
- II) The bath is overflowing; who left the water running?

n. /'əʊvə'fləʊ/ the overflowing of liquid 溢出, 漫出

- I) There seems to be an overflow from the water tank.
- II) The overflow from the cup stained the tablecloth.

pediatrician /pi:diə'trɪʃn/ (*BrE* paediatrician) *n.* a doctor who has special training in medical care for children 儿科医生

In Kabul, he had plans to work as a pediatrician.

pessimist /'pesə'mɪst/ *n.* sb. who assumes the worst 悲观的人, 悲观主义者

- I) The pessimist imagined every possible way that things could go wrong.
- II) The gloomy (阴郁的) pessimist made the people around him miserable too.

★ **prediction** /prɪ'dɪkʃn/ *n.* a statement saying that sth. is going to happen in the future; the act of making such a statement 预言; 预测; 预告

- I) The weather forecaster's predictions were generally accurate.
- II) We are not yet able to make a prediction about when the next earthquake will happen.

★ **prone** /prəʊn/ *adj.*

- 1) likely to suffer from sth. or to do sth. bad 易于.....的, 有.....倾向的
- I) He is prone to colds, especially in winter.
- II) Kids are all prone to eat junk food.
- 2) lying with the front or face downward 俯卧的, (面部、腹部) 向下的
- I) John was prone on the examining table.
- II) The police found him in a prone position with a knife in his back.

▲ **prophecy** /'prɒfəsi/ *n.* a statement saying what will happen in the future, especially one made by sb. with religious or magic powers 预言, 预告

- I) The prophecy that David would become king was fulfilled.
- II) Again and again, such prophecies determine his decisions.

reassuring /ri:ə'ʃʊərɪŋ/ *adj.* making sb. feel less worried 令人放心的, 安慰的

- I) He smiled at me in a reassuring fashion.
- II) His voice is reassuring, but I was worried.

reversal /rɪ'vɜ:sl/ *n.* a failure, problem or difficulty; a change to the opposite 挫折, 逆转

- I) In spite of setbacks and reversals, his business was at last making money.



- II) Some Internet firms have suffered a painful reversal of fortune.

self-fulfilling /ˌself fʊlˈfɪlɪŋ/ *adj.* achieving fulfillment as having been expected or foretold 自然会实现的, 自我应验的

- I) In several ways, this loss of hope acts as a self-fulfilling prophecy.
II) It's a self-fulfilling prophecy: Expect things to go wrong, and they probably will.

★ **setback** /ˈset,bæk/ *n.* sth. that delays or prevents successful progress 挫折

- I) The loss of funds was a major setback to the agency.
II) The candidate's death was a setback for the party.

soundless /ˈsaʊndləs/ *adj.* without any sound 没有声响的

- I) Above the mountain, eagles circled in soundless flight.
II) The rain had changed into a soundless light sprinkle (稀疏小雨).

startle /ˈstɑ:təl/

vt. make sb. suddenly surprised or slightly shocked 使受惊吓, 使吓一跳

- I) I was startled to hear his news.
II) Sorry, I didn't mean to startle you.
n. a sudden mild shock or surprise 惊吓, 吃惊

- I) He gave me a startle when he appeared.
II) Sonic booms (声震) often give a startle to the people below.

temporary /ˈtemp(ə)rəri/ *adj.* lasting for only a limited period of time 暂时的, 短暂的

- I) I'm living with my parents, but it's only temporary.
II) Students often find temporary jobs during their summer holidays.

undermine /ˌʌndəˈmaɪn/ *vt.* gradually make sb. or sth. less strong or effective 逐渐削弱, 逐渐损害

- I) Criticism undermines his confidence.
II) I feel she is trying to undermine my position in the company.

unusually /ˌʌnˈju:zʊəli/ *adv.* in a state of being not common or ordinary 不寻常地, 特别地

- I) It was an unusually long speech for Dana.
II) The weather has been unusually cold this winter.

Phrases and Expressions

be apt to do sth. having a tendency to do sth. 有做某事的倾向, 易于做某事

- I) The kitchen roof is apt to leak when it rains.
II) Jim was apt to consider that there wasn't much for him to do on the farm.

be confronted with be faced with 面对, 面临

- I) Customers are confronted with a bewildering amount of choice.
II) I thought I would remain calm, but when I was confronted with the TV camera, I became very nervous.

in a(n)... light in a way of looking at or considering a matter 从.....的角度, 从.....的观点

- I) Try to see the problem in a new light.
II) The interview showed the actor in a favorable light.

in the grip of in the power or control of 受.....控制

- I) The local economy is in the grip of a recession (萧条).
II) The country is in the grip of severe winter storms.

in the meantime in the period of time between now and a future event, or between two past events 在此期间, 与此同时

- I) The doctor will be here soon. In the meantime try to relax.
II) I didn't see her for another five years, and in the meantime she had got married and had a couple of kids.

run for try to get elected 竞选

- I) He did not want to run for President in that year.
II) However, he will not run for office if he thinks he could lose.

Notes

- 1 Here "color" is a verb, meaning "affect sth. (影响某事物)".



- e.g.* I) Your judgment is being colored by your emotions.
II) Don't you think that your opinions are colored by prejudice (偏见)?
- 2 A "dressing gown" is a piece of clothing like a long loose coat that you wear in your house.
- 3 The word "there" is used as an interjection (感叹词) to express satisfaction that you have been proved right or that you have done what you intended to do.
e.g. I) There! What did I tell you? 瞧! 我怎么跟你说的? (即: 现在你知道我对了吧!)
II) There! You've wakened the baby! 看! 你把孩子吵醒了!
- 4 Here "fix" means "put sth. in order (整理, 收拾, 理好)".
e.g. Let me fix my hair and I'll be ready in five minutes.
- 5 "Answering service" refers to a business service that answers its clients' telephone calls and conveys messages to the clients (一种代接电话服务: 为用户代接电话, 并将所接电话内容转达给他们).
- 6 这是一句以否定词not until开头的句子, 需要倒装。
e.g. I) Not until then did I realize the danger of the situation.
II) Not until an infant hedgehog (刺猬) opens its eyes does it leave its nest to follow its mother about.
- 7 The word "knock" here is a noun, meaning "bad luck; trouble (不幸, 困难, 挫折)".
e.g. I) You have to take certain knocks in life.
II) He's had quite a few hard knocks lately.
- 8 This sentence means that optimists often do better than the results of their aptitude tests would suggest.
- 9 In the sentence, "as does the pessimist" means "as the pessimist habitually believes", and the word "it" in "more of it" refers to "misfortune".
- 10 This sentence means that what is predicted to happen in the future will come true because you expect it to happen and therefore you have to change your behavior accordingly if you don't want something to happen.

Exercises

Comprehension and Vocabulary

1 Answer each of the following questions in no more than 10 words.

1 What does "that connection" in the preamble refer to?

2 According to the husband, who was to blame if his daughter was deaf?

3 Why did the father think the newborn daughter was deaf?



4 What does the story about the newborn daughter reflect?

5 What are the consequences of optimism according to the passage?

6 What is the conclusion the writer makes from his 25 years of study?

2 Decide whether the following statements are true (T) or false (F).

- 1 How you look will affect your attitude toward life.
- 2 The main problem with the father is that he is not as knowledgeable as his wife.
- 3 The husband felt relieved after the wife read what the book wrote about "hearing".
- 4 The passage shows that the wife is more optimistic than the husband.
- 5 The husband didn't cheer up until the baby responded to the loud sound of a passing truck.
- 6 Pessimists tend to suffer more misfortunes than optimists.

3 Choose the best answer to each of the following questions.

- 1 He has a very strange _____ on life.
A view B outlook C attitude D angle
- 2 I have _____ you that it's worthwhile to take the examination.
A insured B ensured C secured D assured
- 3 They _____ themselves that the accident was a million-to-one chance.
A reassured B insured C realized D instructed
- 4 I _____ my fear of flying by taking several short flights last month.
A undermined B confronted C overcame D challenged
- 5 There is noise on this _____. I can hardly hear you.
A occasion B connection C case D scene
- 6 These events are a major _____ to the peaceful settlement of the conflict.
A dismissal B consequence C grip D setback
- 7 As a child, he was very _____ to nose and throat infections (感染).
A prone B confined C tend D attached
- 8 The noise of the car _____ the birds and the whole group flew up into the air.
A impressed B startled C bothered D overflowed
- 9 I'm only just beginning to get over the severe _____ I felt about losing my job.
A setback B reversal C rejection D depression
- 10 I was not able to _____ all I set out to do.
A accomplish B attain C plan D establish



Key to After-Class Reading

- 3 1 B 2 D 3 A 4 C 5 B 6 D 7 A 8 B 9 D 10 A
- 2 1 F 2 F 3 F 4 T 5 T 6 T
- 6 Pessimistic prophecies are self-fulfilling.
 5 Better performance at school and at work, and better health.
 4 People's different ways of looking at life.
 3 Because she didn't respond to any sounds.
 2 He himself.
 1 The connection between your attitude and your outlook on life.

PART 3 Further Development

1 Vocabulary Review

Read the following sentences carefully and choose the one in which the italicized word has the same meaning as in the sentence quoted from the passages in the book as well as the online course.

- 1 People who hurt you do not have your best *interests* at heart.
 - A The older ones soon lost *interest* in the game.
 - B It would be in your *interests* to do as he says.
 - C The *interest* on the loan is 16.5 percent per year.
- 2 Can you see how your way of looking actually does *color* your attitude?
 - A She *colored* at his remarks.
 - B A judge can't let personal feelings *color* their decisions.
 - C Many women begin *coloring* their hair in their mid-30s.
- 3 He picks up a furry little toy *attached* to the rail of the crib and shakes it, ...
 - A There was a note *attached* to the flowers.
 - B It's easy to become *attached* to the children you work with.
 - C Don't *attach* any significance to what happened today.
- 4 He imagines only the worst: no hearing, no development of language, his beautiful child *cut off* from society, locked in a soundless world.
 - A *Cut* the fat *off* the meat before cooking.
 - B She feels *cut off* living in the country.
 - C The electricity will be *cut off* during the repair work.



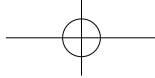
- 5 By Sunday night he has *sunk* into despair.
- A The body was thrown into the water, where it *sank* like a stone.
 - B After the heavy rains, the level of the flood water did not *sink* for weeks.
 - C Certain drugs can make you *sink* into a deep sleep.
- 6 The optimists, who are confronted with the same hard *knocks* of this world, think about misfortune in the opposite way.
- A There was a *knock* at the door and in came Susan.
 - B I must have got a *knock* on the head when I fell downstairs.
 - C She took a bad *knock* when her husband died.
- 7 When optimists *run* for office, they are more apt to be elected than pessimists are.
- A He has no idea of how to *run* a successful business.
 - B We *run* a course for local teachers.
 - C Next year he may *run* for President.
- 8 When optimists run for office, they are more *apt* to be elected than pessimists are.
- A They are *apt* to become a little careless if you don't watch them carefully.
 - B We have some particularly *apt* students this year.
 - C Chris produced an *apt* comment which summed up how we all felt.
- 9 Your attitude strongly *reflects* your outlook on life.
- A His behavior *reflects* his lazy attitude to work.
 - B He had time to *reflect* on his successes and failures.
 - C The mountains were *reflected* in the lake.
- 10 Your attitude strongly reflects your outlook on life. Take a closer look at that *connection*.
- A I phoned Andy, but we had such a bad *connection* that we gave up trying to talk.
 - B If we're late we'll miss our *connection*.
 - C There is a strong *connection* between smoking and heart disease.

2 What Is Your Personality?

STEP ONE

Look at the following shapes carefully and select the one you find most appealing.





STEP TWO

After you choose a shape, you will be told the personality traits that the person who chooses the shape is supposed to have.

STEP THREE

Tell your partner whether you actually have those personality traits and give examples to support yourself.

3 Pen Pal Time

Write a short letter to the radio program "Pen Pal Time" describing your personality, hobbies and some other personal information. The aim of this letter is to make some pen friends. Then read your letter to your group members.

4 Advice Needed

Work in pairs. One student plays the role of a student with an undesirable personality trait that they wants to get rid of: selfishness, impatience or dishonesty. The other plays the role of an advisor who has to give them specific and practical advice about how to go about changing their behavior.

5 Comparing Optimists with Pessimists

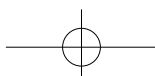
STEP ONE

Fill in the following table to make a summary of the characteristics of the two types of people. Base your conclusion on the after-class reading as well as the supplementary reading in the online course.

	Optimists	Pessimists
Defining characteristic		
Thinking pattern		
Attitude toward difficulties or failures		
Attitude toward success		
Action taken when things go wrong		
Consequence of the two different ways of looking at life		

STEP TWO

Work in groups to give advice to pessimists to help them change their way of looking at life.





6 Once upon a Time...

Work in groups to invent a fairy tale that begins with "Once upon a time" and ends with "And they lived happily ever after." Your story should include at least five words that describe one's personality traits. Share your story with the whole class and explain the moral of your story.

PART 4 Translation and Writing

1 Knowing About Translation

被动语态的翻译

语态是表明句子中谓语与主语之间关系的一种语法手段。与汉语相比，英语中被动语态使用范围广，频率高。因此，在翻译时，我们可以根据两种语言的习惯，从句式和辅助词语两个方面进行语态转换。

1 英译汉中被动语态的翻译

1.1 译成被动句

英语被动句是由“助动词be+过去分词”构成，在译成汉语时，除了用“被”表示外，还可以运用其他词语，如“受”、“遭”、“让”、“给”、“由”、“把”、“为……所”、“加以”、“予以”等。例如：

- 1) The optimists believe defeat is not their fault: Circumstances, bad luck, or other people brought it about. Such people *are not bothered* by defeat.

乐观主义者相信失败并不是自己的错，环境、运气不佳或他人都可能造成自己的失败；这些人从不为失败所困扰。

- 2) When optimists run for office, they are more apt to *be elected* than pessimists are.

当乐观主义者参加竞选时，他们比悲观主义者更容易当选。

- 3) Americans eat a lot of beef because there is plenty of land for raising cattle and their meat can *be shipped* cheaply for long distance by railroads.

美国人牛肉吃得很多，因为美国有大量的土地可用来养牛，而且牛肉可以由铁路以低廉的价格进行长途运输。

- 4) Late in November, street lights and store windows *are decorated with* the traditional Christmas colors of red and green.

十一月下旬，街灯和商店的橱窗都用红和绿这两种传统的圣诞节颜色加以装饰。

1.2 译成主动句

英译汉时，不少英语被动句被译成汉语主动句，使句子更符合汉语习惯。例如：

- 1) Don't be alarmed if your newborn fails to *be startled* by loud noises or fails to turn toward sound.

如果你的新生儿听到响声并不吃惊，或者不会朝向发出声音的方向，不必慌张。



- 2) Here, hold the baby while I fix her blanket. It's all *pulled out*.
来, 抱着孩子, 我把毯子弄弄好, 全都拉散了。
- 3) When the meal *is finished*, the guests put their napkins on the table and rise.
吃完饭后, 客人们把餐巾放在桌上并起身。
- 4) The monkeys *were given* sweet potatoes by scientists who wanted to attract them to the shore of an island.
科学家们给猴子白薯, 想把它们引到海岛的岸边。

1.3 译成判断句

有些英语被动句并不突出强调被动动作, 而着重对事物的状态、过程和性质等加以描写, 其作用与系表结构类似, 因此, 此类句式可翻译成中文的判断句。例如:

- 1) The decision to attack *was not taken* lightly.
进攻的决定不是轻易作出的。
- 2) This first explosive in the world *was made* and used in China.
世界上最早的炸药是在中国制造和使用的。
- 3) He *was brought up* by his grandmother.
他是由祖母抚养大的。
- 4) We *are not to be bullied*.
我们是不能被欺负的。

1.4 “It + be + past participle + that 从句”句型的翻译

A 不加主语

It is hoped that...	希望.....
It is reported that...	据报道.....
It is said that...	据说.....
It is supposed that...	据推测.....
It may be said without fear of exaggeration that...	可以毫不夸张地说.....
It must be admitted that...	必须承认.....
It must be pointed out that...	必须指出.....
It will be seen from this that...	由此可见.....

B 增加主语

It is asserted that...	有人主张.....
It is believed that...	有人相信 / 认为.....
It is generally considered that...	大家认为.....
It is well-known that...	大家知道 / 众所周知.....
It will be said that...	有人会说.....
It was told that...	有人曾经说.....



1.5 某些表示被动含义的句型的翻译

- 1) This point *deserves mentioning*.
这一点值得一提。
- 2) The paper can *stand criticizing*.
这篇论文经得起推敲。
- 3) As I passed by, my coat *got caught* on a nail.
我走过去时，外衣被钉子勾住了。
- 4) The murder *is now under investigation*.
这起谋杀案正在调查中。
- 5) Does your coat *require pressing*?
你的外衣需要熨烫吗？
- 6) The noodles *are still cooking*.
面条还在煮着。
- 7) This ball-pen *writes smoothly*.
这支圆珠笔写起来很流畅。

2 汉译英中被动语态的翻译

2.1 带有“被”、“受”、“遭”、“给”、“挨”等被动标记词的汉语句子应该译成英语被动句。例如：

- 1) 被采访的挂钥匙的孩子们的反应是不同的。
Latchkey children who *were interviewed* reported diverse reactions.
- 2) 他们认为受到了关爱与信任，这种感觉激励了他们的自信心。
They *felt loved and trusted*, and this feeling encouraged them to be self-confident.
- 3) 我发现昨天英语考试中我作弊的事当天晚上就让我父母知道了。
I found that my cheating in yesterday's English test *was reported* to my parents that very evening.

2.2 含有被动意义的汉语句子应当译成英语的被动句

这类句子在形式上没有被动标记。有时有主语有动词（但主语不是谓语动词动作的执行者），有时主语缺失，但都含有被动含义，英译时应该译成被动语态。例如：

- 1) 而且，这也是违反中国习俗的，因为凡事都不能匆忙。
Besides, that's going against Chinese custom, because *haste is to be avoided*.
- 2) 当他了解到需要什么以后就决定申请入会。
When he learned *what was required*, he decided to apply for membership.
- 3) 有些问题还需要澄清。
Certain questions have yet *to be clarified*.
- 4) 基本建设速度加快，投资环境不断完善。
The capital construction *has been accelerated* and the environment for investment *has been continuously improved*.



2.3 无主句

汉语中有些句子没有主语，翻译时可以用被动语态，即让原句里的动词宾语充当英语句子里的主语，动词变为被动形式的谓语，构成英语被动句。例如：

- 1) 对这些评论应予以充分的讨论。
These remarks should be discussed fully.
- 2) 到目前为止还未得出结论。
So far, no conclusion has been reached.
- 3) 该问题没得到注意。
No attention was paid to the problem.
- 4) 表格要在有证人的情况下签。
The form has to be signed in the presence of a witness.

2.4 泛指主语句

汉语中有些句子用表示泛指的“人们”、“有人”或“大家”等作主语，翻译成英语时通常都用被动语态。例如：

- 1) 大家估计罢工明天会开始。
It is expected that the strike will begin tomorrow.
- 2) 人们认为他现在住在纽约。
It is believed that he is living in New York.
- 3) 人们推测他们总有一天会结婚的。
It is assumed that they will get married one day.
- 4) 有人看见老教授深夜还在做实验。
The old professor was seen completing an experiment late at night.
- 5) 大家认为，他对做这项工作很满足。
He was considered quite satisfied with the job.

2 Translation Practice

Translate the following sentences into English.

- 1 人们认为，悲观常常会导致绝望、疾病和失败。

- 2 与此相反，乐观主义能使你幸福、健康和成功。

- 3 当你做某件事失败时，把失败当作一种学习的经历并从中汲取益处。

- 4 在问题或困难面前，要多想想自己的长处并树立起自信心。



5 不要让消极的思绪阻碍你。

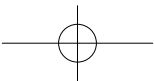
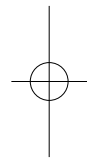
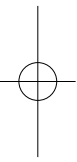
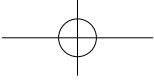
6 每个人都经历过失败和失望，因此不要过多地责怪自己。

3 Writing

Your former high-school classmate Jessica has been suffering from pessimism. After she entered college, the situation didn't improve. Recently, she has written you an e-mail, asking for your advice about how to overcome pessimism. Write a reply based on the result of the discussion in STEP TWO, Exercise 5, Part Three. You are encouraged to use the sentences you have just translated in Translation Practice in your composition. Your reply must cover the following two points:

- 1 disadvantages of pessimism;
- 2 way(s) of overcoming pessimism.

Handwriting practice area with 15 horizontal dotted lines.



PART 1 Preparation

1 An Argument About the Sun

Read the following fable. Then work in groups to discuss the following questions.

When Confucius (孔子) was traveling in the eastern part of the country, he came upon two children in a heated argument, so he asked them to tell him what it was all about.

"I think," said one child, "that the Sun is near to us at daybreak and far away from us at noon."

The other contended that the Sun was far away at dawn and nearby at midday.

"When the Sun first appears," said one child, "it is as big as the canopy (马车顶篷) of a carriage, but at noon it is only the size of a plate or a bowl. Well, isn't it true that objects far away seem smaller while those nearby seem bigger?"

"When the Sun comes out," pointed out the other, "it is very cool, but at midday it is as hot as putting your hand in boiling water. Well, isn't it true that what is nearer to us is hotter and what is farther off is cooler?"

Confucius was unable to settle the matter for them.

The two children laughed at him, "Who says you are a learned man?"

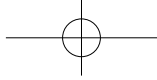
(from *Liezi*)

- 1 How would you answer the children's question?
- 2 Why couldn't Confucius settle the matter?
- 3 What is the lesson of the fable?

2 Chinese Fables

The following are a few examples of Chinese fables. Share a fable you know with your group members and discuss its moral.

- 1 Qiren-youtian (The Worrier of Qi)
- 2 huashe-tianzu (The "Finishing" Touch)
- 3 wangyang-bulao (Better Late than Never)
- 4 yu-bang xiang zheng, yuweng de li (The third party benefits from the tussle.)
- 5 shouzhu-daitu (Sit-and-Wait)

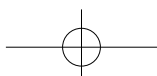


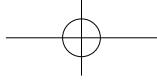
3 Matching Pictures

Look at the picture of the 12 immortals in Greek Mythology who dwelt in a magnificent palace on the heights of Mount Olympus. Then work in pairs to match the names of the gods / goddesses based on their pictures and the descriptions given below.



- Aphrodite was the goddess of love, beauty and fertility. She was also a protectress of sailors.
- Apollo was the god of prophecy, music and healing.
- Zeus was the supreme god of the Olympians.
- Hera was the goddess of marriage. Hera was the wife of Zeus and Queen of the Olympians.
- Hephaestus was the god of fire and crafts or the two together, hence of blacksmiths. Hephaestus was the son of Zeus and Hera or, in some accounts, of Hera alone. He limped because he was born lame, which caused his mother to throw him off Mount Olympus.
- Demeter was the goddess of agriculture. Demeter was the sister of Zeus and the mother of Persephone.
- Hermes was the messenger of the gods and guide of dead souls to the Underworld.
- Athena was the goddess of crafts, domestic arts and war. She was the patron goddess of Athens. Her symbol was the owl.
- Poseidon was the god of the sea, earthquakes and horses. Although he was officially one of the supreme gods of Mount Olympus, he spent most of his time in his watery domain.
- Dionysus was the god of wine. Dionysus was the son of Zeus and the mortal heroine Semele.
- Artemis was the virgin goddess of the hunt. She helped women in childbirth but also brought sudden death with her arrows.
- Ares was the god of war, or more precisely of warlike frenzy.





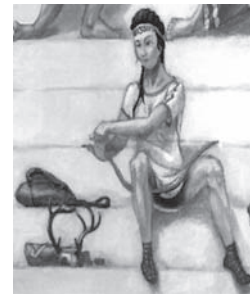
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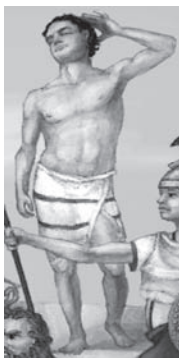
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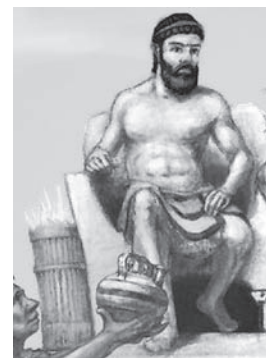
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10. _____



11. _____



12. _____

PART 2 Reading-Centered Activities

In-Class Reading

Pre-Reading

Work in groups to discuss the following questions.

- 1 What characteristics come to your mind when you think of a tortoise?
- 2 Can you guess why the shell of the tortoise is not smooth? Give a brief explanation.