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UNIT

1

Knowing yourself



Learning objectives

After completing this unit, you will be able to

- > talk about personal growth and development based on what you have learned
- > understand advice while listening
- > give a talk about Huang Wenxiu's influence on you

Inside view

Look at the photos below. Work in pairs and discuss the following questions.



- 1 Where are the people in Photo A?
- 2 What famous landmark can you see in Photo B?
- 3 What do you think Janet is going to do in the city?
- 4 What do you think the people in Photo A are doing there?

Conversation 1



Scan the code. Watch the video and complete the following activities.

- 1 Janet is on her summer vacation. Watch Conversation 1. Check (✓) the true statements and correct the false ones.
 - 1 It's the middle of summer.
 - 2 Janet is going to work for a radio program.
 - 3 Joe is Janet's boss.
 - 4 Janet is going to be a reporter.
 - 5 Joe and Andy agree that New York is the greatest city.
- 2 Watch Conversation 1 again and answer the following questions.
 - 1 At the beginning of the video, Janet introduces London. What does she say?
 - 2 Speaking of her job, Janet says "I'm meant to be shadowing Andy." What does she mean?
 - 3 When Joe argues that New York is the greatest city, Andy refutes his statement. What does Andy say?
 - 4 What does Janet say about London towards the end of the video? Why does she use the word "probably"?

Vocabulary

double-decker /ˌdʌbəl 'deɪkə/ *a.* 双层结构的; 两层的

**Language
and Culture**

The **Houses of Parliament**, also known as the Palace of Westminster, is where the U.K. government's bicameral Parliament – the House of Commons and the House of Lords – meets. The building is located on the left bank of the River Thames.

Strictly speaking, **Big Ben** is the name of the bell in the clock tower of the Houses of Parliament, but it's often used to refer to the whole clock tower. It's one of the best-known landmarks in London.

Tower Bridge, completed in 1894, is a moveable bridge – the two parts of the bridge can be raised to allow ships to pass underneath. Because of the reduction in shipping at the London Docklands, however, the two parts are now seldom raised. But it's still seen to represent London, like Big Ben.



Conversation 2



Scan the code. Watch the video and complete the following activities.

3 Janet and Andy are talking about working at London Time Off. Watch Conversation 2 and choose the best way to complete each unfinished statement.

- 1 Andy thinks his job is cool because _____.
 A. he earns a high salary
 B. he can visit exhibitions for free
 C. he has brilliant colleagues
 D. he can observe different activities in London
- 2 Andy's job involves _____.
 A. managing a club in London
 B. holding exhibitions in galleries
 C. interviewing musicians and actors
 D. writing reviews of the latest plays and films
- 3 Andy and Janet are going to _____.
 A. do an interview at the National Theatre
 B. get Andy's research from his flat
 C. take a taxi back to Andy's flat
 D. discover what a great place London is

4 **Work in pairs. Read the following lines from Conversation 2 and discuss what the missing expressions could be.**

Janet: So when did you start working at London Time Off?

Andy: About a year ago.

Janet: And I hope **1)** _____, but do you like working here?

Andy: Yes, I love it. **2)** _____, Joe and I get along quite well. ... And I didn't want to join the rat race.

Janet: **3)** _____ the rat race?

Andy: You know, doing the same thing day in, day out, and not doing anything creative or having any time to enjoy life. It's the last thing I want to do.

Janet: So, **4)** _____ telling me what you do exactly?

Andy: Basically, we ...

Vocabulary

rat race *n.* (活动或工作中) 永无休止的竞争

edit /'edit/ *v.* 剪辑, 剪接 (影片)

listings /'listɪŋz/ *n.* (电影、戏剧等的) 上映信息, 演出信息

the Tube /tju:b/ *n.* (伦敦的) 地下铁道, 地铁

Everyday English

Janet: Can I ask you something else?

Andy: 5) _____.

Janet: What are we going to do now?

...

Janet: And what about Joe?

Andy: Well, he's supposed to be on his way to the National Theatre, to do an interview with the director of a new play. But I kind of hope he gets lost on the way. Then he'll discover what a great place London is.

Janet: 6) _____.

Andy: I'm joking! Come on, let's go!

Now watch Conversation 2 again and fill in the missing expressions. Discuss if they can be expressed differently.

Language and Culture

The Tube is the name often used for the London Underground, the city's rail network. It was the world's first underground rail system.

5 Complete the following conversations with the correct colored expressions in the box.

- **It's a fact.**
- **Dream on!**
- ... doing the same thing **day in, day out** ...
- **Fire away.**
- **I'm joking!**

- 1 **A:** Have you tried the food at the new restaurant? It's so terrible!
B: Really? I heard it is a Michelin-starred restaurant.
A: _____! The food actually tastes really good.
- 2 **A:** I bet I get a higher mark on our history essay than you do.
B: _____!
- 3 **A:** I have a few questions.
B: _____.
- 4 **A:** It's so boring, eating the same thing _____ for a month.
B: I feel the same. I need some variety and new flavors in my diet.
- 5 **A:** Smoking is bad for your health.
B: _____.



Act it out

6 Work in pairs and act out the conversation.

Your friend has recently started a part-time job. You are curious to learn more about it. Inquire about your friend's part-time job politely and show genuine interest in learning more about their experience. Refer to the Functional language box for support. You can also use expressions in the Everyday English box.

Functional language

Asking sensitive questions

- Can you tell me something about ...?
- I hope you don't mind my asking ...
- Do you mind telling me ...?

Talking about jobs

- When did you start working at ...?
- Do you like working here?
- What do you do exactly in your job?
- My job is really ... because ...

Clarifying and asking for clarification

- What I mean is ...
- Can you tell me more details about ...?
- What do you mean by ...?



Outside view

Think about one goal in studying English for this semester. Then circle the number that represents how confident you are about achieving this goal.

Low

1

2

3

4

5

6

7

8

9

10

High

Now work in pairs and discuss the following questions.

- 1 What is the goal you want to achieve?
- 2 Why did you rate your confidence at that level?
- 3 How could you boost your confidence about achieving the goal?



Vocabulary

daunting /'dɔːntɪŋ/ *a.* 使人气馁的; 吓人的

self-efficacy /ˌself 'efɪkəsi/ *n.* 自我效能感

accomplish /ə'kʌmplɪʃ/ *v.* (尤指通过努力) 完成, 实现

mindset /'maɪndset/ *n.* 思维模式

motivate /'məʊtɪveɪt/ *v.* 激发; 激励; 促动

bounce /baʊns/ **back** 恢复元气; 重整旗鼓

setback /'setbæk/ *n.* 阻碍; 挫折



Scan the code. Watch the video and complete the activities on Ucampus.

Language and Culture

The phrase “**step up to the plate**”

comes from American baseball, meaning “move into position next to home plate in order to bat.” It is often used figuratively in American English to refer to showing readiness to meet a challenge (as by increased effort or improved performance).



Higher-order thinking

Work in groups of four and discuss the following questions.

- 1 In which areas of your daily life do you have a strong sense of self-efficacy? In which areas would you like your self-efficacy to be stronger? How could you increase your self-efficacy in those areas?
- 2 Can you think of a time when a teacher, your parents, or your friends did something to enhance your self-efficacy? How did they promote your self-efficacy?
- 3 How can you help people around you build their self-efficacy?

News report



Scan the code. Listen to the news report and complete the following activity.

1 Choose the best answer to each question according to the news report.

- 1 What is special about Chris Nikic?
 - A. He is the first person with Down syndrome to compete in cycling.
 - B. He is the first person with Down syndrome to finish an Ironman triathlon.
 - C. He is the first person with Down syndrome to finish a marathon.
 - D. He is the first person with Down syndrome to win a swimming event.
- 2 What do we learn about the “1% Better Challenge”?
 - A. Chris and his father created it to raise money for charity.
 - B. It helps Chris maintain motivation during his training.
 - C. It inspires the Ironman Triathlon organization.
 - D. Chris completed it in about 17 hours.
- 3 What does Chris want to do after achieving his goal?
 - A. Win a gold medal.
 - B. Undertake more challenges.
 - C. Help others like him.
 - D. Establish a fund.

Vocabulary

Chris Nikic /ˌkrɪs ˈnɪkɪtʃ/ 克里斯·尼基奇 (人名)

Florida /ˈflɔːrɪdə/ 佛罗里达 (美国州名)

triathlete /traɪˈæθli:t/ *n.* 参加三项全能比赛的运动员

Down syndrome /ˈdaʊn sɪndrəʊm/ 唐氏综合征 (疾病名)

marathon /ˈmærəθən/ *n.* 马拉松赛跑

triathlon /traɪˈæθlən/ *n.* 铁人三项运动



Interview



Scan the code. Listen to the interview and complete the following activities.

Vocabulary

counselor /'kaʊnsələ/ *n.* 顾问; 辅导员

Manchester University /'mæntʃɛstə/ 曼彻斯特大学 (英国)

trait /treɪt/ *n.* (某人性格中的) 特性, 品质

vocational /vəʊ'keɪʃənəl/ *a.* 职业的

mainstream /'meɪnstri:m/ *a.* 传统的; 主流的

transferable /træns'fɜ:rəbl/ *a.* 可转移的

recruitment /rɪ'krʊ:tmənt/ *n.* 招聘

2 Complete the following statements by choosing the correct option in parentheses according to the interview.

- Joan Robinson is a (**professor / counselor**) at Manchester University.
- Joan is interviewed by Tony in a (**TV show / radio program**).
- Joan gives advice in (**two / three**) areas to students.
- Joan thinks students should choose their major subject carefully because it (**influences their future careers / links them to leading companies**).
- At the end of the interview, Joan gives advice to a student who is interested in a career in (**information technology / industrial technology**).

Listening skill

Listening for advice



In an interview, advice is often prompted by questions. When you come across questions like "How can ... do this?" "What do you advise ... to do?" and "What should ... do?" you should focus on how the speaker responds. Speakers may give advice directly by using expressions such as "I recommend ...," "You should ...," and "Try to ...". Additionally, advice may be conveyed in an indirect way, with speakers using phrases like "It's important to ..." or "How about ...?"



Scan the code and learn more about this skill on Ucampus.

3 Complete the following notes according to the interview.

To students:

Firstly, 1) _____, which means evaluating your own personal strengths and weaknesses, your 2) _____, and the things you like. You can start by 3) _____. For example, what subjects are you good at? Are you an organized and 4) _____ person? Are you confident and outgoing? Do you like working in a team or working alone?

Secondly, think about the future. You can check which academic subjects will help you get into a particular 5) _____ and what universities offer. Choose the best university in your chosen field. Find out the department's links to related industries and leading companies.

To James:

If you are a high-flyer, go to the 6) _____ to join the leading IT companies. If you want a more mainstream career, consider practical and transferable skills and universities with the best levels of 7) _____ for the job you want to do.

Higher-order thinking

Work in groups and discuss the following questions.

- 1 Does your major suit your personality? Why or why not?
- 2 What would be your advice to Mr. Struggle?

Mr. Struggle: "I've been thinking about what to major in at university recently. History has always fascinated me and I have a strong desire to explore it in depth. However, there is a part of me that feels pressured to choose a major that offers more job prospects. I find myself at a crossroads, unsure of which path to take."

Talking about *China*

Give a talk: Huang Wenxiu's influence on me

The topic for the upcoming activity of your English Club is "The person who has influenced me." Each member is asked to give a talk on this subject. You have decided to talk about the influence that Huang Wenxiu has had on you.



Baimi Village, where Huang Wenxiu worked as Party secretary

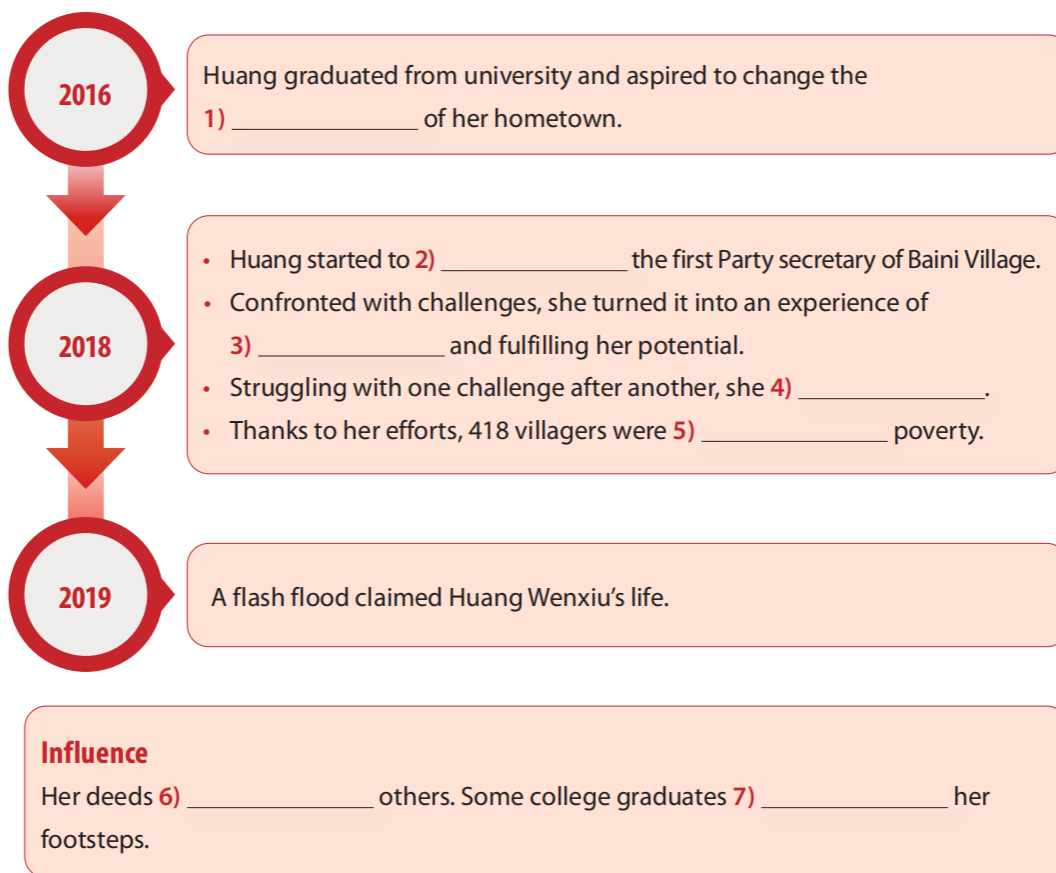
1

Gather information



Scan the code and listen to the audio.

Complete the following timeline about Huang Wenxiu according to the audio.



Vocabulary

flash flood *n.* 突发的洪水

résumé /'rezjumei/ *n.* 个人简历

confront /kən'frʌnt/ *v.* (问题、困难等)
临到……头上; 使面对

tirelessly /'taɪələsli/ *ad.* 不知疲倦地;
孜孜不倦地

relentlessly /rɪ'lentləsli/ *ad.* 不屈不
挠地

toughen /'tʌfən/ *v.* (使) 变坚韧;
(使) 变坚强

deed /di:d/ *n.* 行为

prosperous /'prɒspərəs/ *a.* 富裕的;
繁荣的

2

Plan your talk

Work in pairs and discuss what you want to include in your talk. You may refer to the following questions.

- How would you describe Huang Wenxiu?
- What action or quality of Huang Wenxiu has inspired you?
- How does this action or quality inspire you?

If you need more information about Huang Wenxiu, you can do online research about the following aspects.

- Her family background
- Her educational background
- Her diary
- Her assistance to the villagers
- Comments from the villagers and her colleagues

3

Practice with your group

Write down the script for your talk. It can be what you want to say or just the main points you don't want to forget. Make your message clear and inspiring to your audience. Practice your talk in groups and revise it according to your group members' feedback.

4

Give your talk

Give your talk in class. Then the class votes for the best one.

Speaking guide

Giving a talk



When talking about Huang Wenxiu's influence on you, you can first describe her experiences and qualities that have influenced you, and then explain her influence on you in terms of how you approach challenges differently or how your worldview, personality, and career perspective have changed.

Use expressive and lively language to create a clear and detailed image or impression in your listeners' minds so that they will understand why you are inspired and how you are influenced. Here are some tips you can take into consideration.

- Use descriptive words. For example, saying "She worked tirelessly and relentlessly to help the villagers" instead of "She worked to help the villagers" indicates how devoted and dedicated Huang Wenxiu was to her work.
- Use figurative language. In the sentence "She toughened up, saying it was her Long March," Huang Wenxiu's work in poverty alleviation is described as her Long March, which vividly shows the harshness of her work as well as her perseverance in the face of challenges.

Describing Huang's actions and qualities

She aspired to ...

She worked tirelessly and relentlessly to ...

She had a passion for ...

She was so committed to ...

Explaining Huang's influence

I will follow in her footsteps and ...

I realized that ...

It gave me an opportunity to learn about ...

It has changed the way I ...



Scan the code and get more guidance on Ucampus.

Language file

claim the life of ...

夺走……的生命

aspire to

渴望; 有志于

be confronted with challenges

面对挑战

fulfill someone's potential

发挥某人的潜力

toughen up

坚强起来; 变得强大

be lifted out of poverty

摆脱贫困

follow in someone's footsteps

跟随某人的脚步

Expansion and review

Pronunciation



Scan the code and practice pronunciation on Ucampus.

Extended listening



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Unit test



Scan the code and take the unit test on Ucampus.

Unit file

Functions

Asking sensitive questions

Can you tell me something about ...?
I hope you don't mind my asking ...
Do you mind telling me ...?

Talking about jobs

When did you start working at ...?
Do you like working here?
What do you do exactly in your job?
My job is really ... because ...

Clarifying and asking for clarification

What I mean is ...
Can you tell me more details about ...?
What do you mean by ...?

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Everyday English

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I'm joking!

Skill and guide

Listening skill

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