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技能指南

VII

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# Discovering yourself

## PASSAGE 1

**Directions:**

*Read the following passage with 10 statements attached to it. Each statement contains information given in one of the paragraphs. Identify the paragraph from which the information is derived. You may choose a paragraph more than once. Each paragraph is marked with a letter.*

阅读和练习实际用时 \_\_\_\_\_

正确答题数 \_\_\_\_\_

## Maintain a healthy relationship with your parents

- A** Of course, you love your parents – that’s a given (基本事实). But at times, maintaining the bond between parent and adult child can be as challenging as that between parent and teenager. These days, both of you are confronting new challenges – retirement or career changes, health issues, and concerns about the future. It’s to be expected that these issues will affect your relationship. Part of that evolution requires forging a new relationship, one between mature adults rather than “parent” and “child.” You already have the basic foundation – love and shared memories. Add mutual respect and common interests, and you may enjoy a more fulfilling relationship with your parents than any you’ve had since childhood.
- B** Surely, some things never change – Mom might still offer her unnecessary opinions on your diet and wardrobe, and Dad might still only start a

conversation if it is about your car. The key is to love the best parts of them and learn to accept the rest. Here are 12 ways to forge an adult relationship with your parents and enhance what might not have always been the strongest of bonds.

- C** If your parents still treat you like a kid, despite the fact that you have kids of your own, you may have to help them let you “grow up.” “Feeling and acting like an adult around your parents is the key to having an adult relationship with them,” says Tina B. Tessina, a licensed psychotherapist (心理治疗师). “If you treat them as fellow adults, they’re more likely to treat you like one.” A simple way to do this is to ask yourself a question before each interaction with them: “How would I act in this situation if Mom or Dad were a friend or an acquaintance?” Then behave accordingly.
- D** If your parents still treat you like you’re 6 or 16, it may be hard to give up your role as a child. A good start is to model your conversations with them on those you have with friends. “Don’t limit your conversations strictly to family memories, gossip about family members, or your personal life,” Tessina advises. There’s a whole wide world out there – why not explore it with your parents as you would with a friend? Current events, sports, work, local neighborhood issues, or national politics are all acceptable topics.
- E** When you’re dealing with your parents, laughter can be a lifesaver – both to help you handle the stress of settling disagreements and to help you bond. Tell a few jokes you know they’ll enjoy, share some comics from the paper with them, or watch late-night shows together. If you can laugh together, you’re doing OK.
- F** If you love your parents but find that they drive you crazy, your resentment can eat away at (逐渐毁掉) your relationship. So, don’t get angry silently. Communicate with gentleness and respect. For instance, if your parents keep calling you at work, tell them that your boss is starting to notice, and while you love talking to them during the day, it’s beginning to affect your job performance. Arrange a call you can both count on at a mutually convenient time.
- G** It is not wise to ask your parents’ advice or opinion unless you really want it. Sometimes, asking for parents’ advice is really a way of asking for their approval. If that’s the case, remember that you’re an adult now, perfectly capable of choosing a living room carpet or a car on your own. If your

parents are bent on offering you advice, whether asked or not, smile, nod, and take it in. Focus on the fact that they have your best interests at heart. Then make your own choice – without guilt.

- H** Think twice before asking your parents to help straighten out your latest personal or financial crisis. While you may depend on their emotional support, relying too much upon their resources rather than your own can lead to mutual resentment. So, get used to solving your problems, big or small, on your own. You'll be amazed at how good doing it all by yourself can make you feel – and what a positive effect it can have on your relationship with your parents.
- I** If your parents are older, look through old albums with them, asking them for stories about the people in the photos. “We help our parents discover the meaning in their lives by encouraging them to talk about their accomplishments, the high points in their lives, and the joys and sorrows they have experienced,” says Tom Swanson, Ph.D.
- J** It is likely that Mom is a busybody, but she always makes your favorite cookies. Dad might seem like a stuffed shirt (妄自尊大的人), but just the other day, he came to your rescue when your car died at the mall. The point is that your parents still do things for you that deserve your notice and gratitude.
- K** When you were a kid, did you and your dad share a passion for a particular football team? Did you and your mother spend time each summer preserving tomatoes? Make these happy memories the foundation for new, shared activities.
- L** Be honest about who you are and what you want. Maybe there are things about you growing up that your parents do not appreciate. But as long as you don't regret them, your parents are the ones who will have to adjust to you. Be clear about who you want to be, and help your parents accept you on your terms.
- M** If your parents are the type to complain about you never calling, seldom visiting, forgetting an uncle's birthday, not sending enough pictures, or whatever annoys them that day, don't mind too much and don't feel too guilty – unless you honestly regret the negligence (疏忽), in which case, apologize immediately and seek a way to make compensation. Otherwise, let

it roll off your back. You have no obligation to play parent-child guilt games. You are a mature, independent adult and have the freedom to act on your own preference.

**N** Sometimes it's the grown-up kid who doesn't want to cut away from the parent-child dynamic of the relationship. If you are past 25 and still find it necessary to talk to Mom every night, immediately turn to your dad for a house repair, or automatically assume your parents will babysit the children whenever you need to be out, then you may be the problem, not your folks. They deserve freedom, too.

(1,050 words)

- ☐ 1 Solving your personal and financial problems independently will have a positive effect on your relationship with your parents.
- ☐ 2 Your honesty about who you are and what you want helps your parents adjust to your growing up.
- ☐ 3 You should talk with your parents on various topics, just as you do with your friends.
- ☐ 4 Your overdependence on your parents to take care of your kids means the deprivation of their freedom.
- ☐ 5 Properly handle the relationship between you and your parents through communication instead of silence.
- ☐ 6 Try to make your own decisions, even if your parents enjoy offering their advice.
- ☐ 7 New challenges in the lives of both parents and adult children can affect the family bond.
- ☐ 8 You should notice and be grateful for all your parents' help.
- ☐ 9 Treating your parents as fellow adults may prevent them from treating you as a kid.
- ☐ 10 Sharing humor helps you bond with your parents.

## PASSAGE 2

**Directions:**

*Read the following passage with 10 statements attached to it. Each statement contains information given in one of the paragraphs. Identify the paragraph from which the information is derived. You may choose a paragraph more than once. Each paragraph is marked with a letter.*

阅读和练习实际用时 \_\_\_\_\_

正确答题数 \_\_\_\_\_

# How I found myself through nature

- A** My story begins in a small town. I had just graduated from high school, and I had the whole world ahead of me. Nevertheless, I had no direction; I was lost with no real sense of self. Then one day, my best friend suggested we celebrate our graduation by going on a camping trip.
- B** I was skeptical at first. I had gone camping as a kid, but it was something I hadn't done in years. However, it didn't take long for him to convince me; we packed up the car and headed off to the wilderness. Luckily, we didn't have to go very far to find a suitable camping site; our small town is filled with thick forests and great hiking trails.
- C** When it came time to make a fire, I was surprised that I still remembered all my old tricks. Everything was running smoothly, and we were having a good time. While my buddy was collecting firewood, a thought came to me. Within just a few hours of being essentially alone in the quiet wilderness, I realized how rarely we get to experience such peace and quiet. It was not long before this silence was interrupted by the sounds of nature, yet I couldn't be happier. As corny (老套的) as it sounds, I quickly embraced the sounds of running creeks, chirping birds, and rustling leaves as the soundtrack of the natural world. I felt as if I had taken a vacation from reality; it was so soothing.

- D** In today's society, we are bombarded with stimuli that keep us engaged and distracted from what's real. Take just one look at the people around you, and you'll find nearly everybody engrossed in their phone, newspaper, or magazine. We live in a façade of interconnectivity where we've become less connected to each other and especially our surroundings. How rare it has become to sit, reminisce (回忆), and contemplate (沉思) life. I don't know if I'm just old-fashioned or if everybody is just too absorbed in a fast-paced life to actually just sit and meditate (冥想). At that moment, I decided to commit myself to living a life of awareness and consciousness.
- E** In this modern age of unlimited interconnectivity, a universal struggle with feeling alone has arisen, and I am not immune to this suffering. Social media may have allowed us to connect with people and information at the press of a button, but unfortunately, we've never been further away from real connections. The deteriorating self-awareness of today's youth has led to widespread depression and loneliness, with many futile (无用的) attempts to seek self-worth through external means. As a result, I believe that people are generally disconnected from their true feelings and desires. Consequently, our society has engrained (使……根深蒂固) in us a lack of capacity to assume responsibility for ourselves. To move past this, it's imperative that we become aware of our true feelings. Otherwise, we'll be unable to identify our desires, which in turn leads to the fact that we can't make decisions that are in our best interest.
- F** The camping trip on that fateful weekend helped me recognize these truths and ultimately changed my life. The serene (宁静的) surroundings of the woods were the perfect catalyst (催化剂) for developing a relationship with myself. Spending quality time with nature helped me get back in touch with my primal self. The constant struggles for survival hit me like a ton of bricks. Every task was an uphill battle, but I never let it discourage me. I came to recognize that to overcome our personal struggles, we must develop a love for ourselves – a love that won't diminish when faced with internal and external challenges. If done consciously, camping allows us to readjust our relationship with nature and the cycles therein. Becoming more aware of life, death, and change opened my eyes to what's real and what's futile. I quickly realized that self-consciousness isn't an ordinary thing; in fact, it's the greatest human achievement through which we can accomplish a secure

relationship with ourselves, others, and our surroundings.

- G** As I lay down, staring at the open sky, the moon and stars shining brightly, I couldn't help but reflect on how fleeting our lives are. This thought normally would have depressed me; however, that night was different. The infinite landscape of the universe allowed me to appreciate how important our time really is. Imagine if we were immortal – nothing would matter – there would be no value to any particular moment in time. Our very transience is what gives our lives meaning. We don't have much time on this Earth, and time is too precious to waste. From then on, I never used the phrase "time to kill"; how could I? Time is the most elusive and valuable commodity for us.
- H** I quickly became my own best friend, though I made sure not to isolate myself from the world. I found that by taking uninterrupted alone time, even for just a few minutes, to allow meditative thoughts to occupy my mind, my life became more meaningful. I learned to write my thoughts down and revisit them often; this was a huge step in my introspective (内省的) development.
- I** To conclude, immersing (使……沉浸在) myself in nature was the greatest and most uplifting experience I ever had. The serenity of the woods allowed me to truly appreciate life. The immense beauty that exists in nature is unmatched. It's incomprehensible how I was ever able to ignore these truths for so long. It just goes to show how important it is to slow down, and even pause from the constant, steady speed of our everyday existence. By observing nature and its cycles, I learned to see things from a broader perspective. There is so much more to our very existence that we are unaware of. While it's important not to get caught up in the fine details, it's equally crucial to embrace every moment and decision and how they affect the grander scheme of things. My parting words to you are: Remember to grow strong; spend time with yourself; and most importantly, know yourself – for these are necessary steps on the road to self-awareness. Once you possess it, you will realize that it is more precious than anything else in the world, because without knowledge of ourselves, we cannot truly know anyone else. Life is too precious to let it pass by; it's time to stop being a bystander to your own life. Be patient, and enjoy the ride.

(1,069 words)



- 1 It is easily perceivable that almost everyone surrounding you is deeply absorbed in their mobile phone, newspaper, or magazine.
- 2 Our limited time on Earth gives purpose to our existence, emphasizing the value of every moment.
- 3 As a high school graduate, I suffered from a sense of being lost.
- 4 The experience of immersing oneself in nature enables one to develop a true appreciation of life.
- 5 The advent of social media has led to a decline in self-awareness among the youth, resulting in widespread depression and loneliness.
- 6 Through observing nature, I realized how much about our existence we used to be blind to.
- 7 I quickly realized how rarely we have the opportunity to enjoy peace and quiet.
- 8 I realized that in order to conquer our individual challenges, it is essential for us to cultivate a deep affection for ourselves.
- 9 Convinced by my best friend, I agreed to go camping.
- 10 Writing down and reflecting on my thoughts plays a significant role in my self-discovery.

## PASSAGE 3

**Directions:**

*Read the following passage with 10 statements attached to it. Each statement contains information given in one of the paragraphs. Identify the paragraph from which the information is derived. You may choose a paragraph more than once. Each paragraph is marked with a letter.*

阅读和练习实际用时 \_\_\_\_\_

正确答题数 \_\_\_\_\_

# Figuring out one's personal identity

- A** Personal identity is an often misunderstood concept. It's not just a matter of name, rank, and serial number. Each individual has an idea of who they are and who they are supposed to be. Often, these two are in some disagreement. People may have one or two areas of their lives they could tell you about, such as their job, their families, or their education, but when it comes to who they really are, they are completely clueless. It isn't their fault, of course. Our identities are not something we consciously set out to shape.
- B** Figuring out one's identity is not as easy as it sounds. It requires us to strip away the images of what society says we should be and instead look at what we actually want out of life, deep down, and why. It also takes patience. The first step in figuring out your identity is to stop being so hard on yourself. Make the promise right now that no matter what you find out about yourself along the way, you'll accept it and not try to change it just because it doesn't fit. Not everything about your identity will fit in perfectly with the life you have, and that's OK.
- C** First, grab a pen; the journey to self-discovery rarely starts any other way than taking into account what you already know. Now write down what a perfect day in your perfect life would be like. If you don't have a favorite type of house you want to live in, that's OK; if you don't have a specific kind of car you want to own, that's OK as well. This isn't about finding the gaps

in your dreams, not yet. For now, it's about the ideas themselves. Suppose all you want is to wake up in a spotless house. Well, that's a good thing to want. If you know you'd like that house to be an old Victorian-style three-story house with a fireplace and candles on the coffee table, that's also great. The more details you write down, the more pieces of your identity there are to track down.

- D** Once you have your ideal day written out, spend a little time reflecting on it. The things that are missing aren't quite as important as the things that are there. Suppose you go out for coffee and get it exactly the way you want. Well, when did you start liking your coffee that way? What events in your life had an effect on it? For example, at one point in your life, your best friend took you out and treated you to a particular type of coffee. Maybe you didn't think you liked coffee, and took some convincing to try it, but you ended up loving it. That event is part of your identity. It is one of the things that made you who you are. It may look like a series of irrelevant details, but it is still part of the overall picture. Go through what you have written and pick out the little details that make it specific to your perfect day, the things that speak to who you really are. These are your past and how you got where you are; they are important parts of you that you might not have given conscious thought to in years.
- E** Now that you have spent some time figuring out what your likes are, look at the life you are living. If you are a full-time mom who feels guilty that your house isn't spotless when guests come over, maybe it's time to figure out why that matters so much to you. Did your mother, or perhaps your mother-in-law keep a spotless house? Are you comparing your cleaning style to theirs and finding that it just doesn't measure up? Stop letting that bother you. If the person who walks through your front door has a problem with how you keep the house, just let them go back home and not worry about it. On the other hand, try to describe exactly what causes your feelings. If it is because you have been trying to live up to someone else's standards instead of your own, maybe it's time you reconsider the standards. Forget what your mom's house looks like. What are you comfortable with? This is what your standard really is. This is part of who you truly are.
- F** Go through each area of your life – family, career, hobbies, and interests. Look at what you think you should be and compare it to what you are. If

you find that the roles you think you have to fulfill and the ones you actually care about aren't the same, it's time to reset the standards.

**G** To find who you really are, you will have to be honest with yourself. Recognize the parts of your personality that you have been trying to change and learn to be OK with them the way they are. If you find that you are always doing something a certain way, despite thinking another method might be better, try the new method anyway. If it doesn't work, you can always go back to your usual way tomorrow. Your life isn't in the past, and it isn't in the future; it's happening right now. You can choose to be true to yourself today, or you can wait for 30 years to figure out what would have made you happy now. The choice is really yours. Spend a little time getting to know yourself. Try the things you've told yourself not to do because you thought you wouldn't be good enough.

**H** Figuring out your personal identity really isn't that hard. You just have to be honest enough to accept the parts of you that you wish were different, simply because someone else thinks they should be. You're not a piece of a puzzle pre-cut to fit into the perfect image. You are an individual. Spend a little time getting to know what makes you unique.

(997 words)

- ☐ 1 Self-discovery is concerned with the ideas of your perfect life rather than the gaps in your dreams.
- ☐ 2 It is best to establish your true identity now rather than find out later in life when it may be too late to do anything about it.
- ☐ 3 To figure out your identity, you have to accept whatever you find out about yourself and try whatever you think is better.
- ☐ 4 It's important to dedicate time to understanding what makes you a unique individual.
- ☐ 5 To find out one's true identity, one should remove the images imposed on us by society.
- ☐ 6 Even seemingly small details in your life can reveal aspects of your identity.

- 7 When someone doesn't agree with the way you keep your house, you shouldn't mind so much.
- 8 Misconceptions about an individual's personal identity emerge over who they are and who they are supposed to be.
- 9 You have to modify your criteria if you think what you have to achieve doesn't match what you really care about.
- 10 The discovery of yourself usually starts with what you already know about yourself.

## PASSAGE 4

**Directions:**

*Read the following passage, and then answer the questions. For questions 1–7, choose the best answer from the four choices marked A, B, C, and D given below each question. For questions 8–10, complete the sentences with the information given in the passage.*

阅读和练习实际用时 \_\_\_\_\_

正确答题数 \_\_\_\_\_

# Discover yourself in 20 minutes

Popular culture usually gets hold of the idea that you need to go on a long and elaborate journey to “find yourself.” Although all this traveling might enrich your experiences, I think it is actually a lot easier to discover your identity. In fact, I think it should only take about 20 minutes.

### **Critical for growth**

In order to improve yourself, you must first ascertain where you are and then where you want to be. If you aren’t sure where you are, it is impossible to start making movements toward where you want to be. A lot of pop psychology tells you to emphasize the positive and push aside the negative, but unfortunately, without recognizing the potentially negative as well as the positive, you can’t make progress.

I had an interesting conversation with a friend recently about this idea of identity. I likened human relationships to selling a product, where the product is you. I pointed out that, unfortunately, no matter how fancy your ad campaign is, if people are unsure what the product is, they will be hesitant to buy it.

By determining exactly what product you are selling, along with its features and weaknesses, you will be unknowingly marketing this product to whoever you meet. People who aren’t quite sure what product they are selling can’t possibly market it effectively.

But when you know exactly what you are selling, you can start to present yourself in a way that will attract people interested in your product. Of course, this is true

of all types of human relationships, be they friendships, business relations, or even romantic connections.

### **Have 20 minutes to spare?**

Start the exercise by simply creating a list of all your attributes and the ways you define yourself on a piece of paper. It is relatively easy to make a fairly short list describing pretty obvious aspects of yourself, but you need to dig a little bit deeper than what may be normal or even comfortable. Keep writing on your list until it has at least 100 to 200 points about yourself. I did this exercise a few days ago, and I found that the first 50 points or so were relatively easy, but the last 25 required deep and hard thinking.

Write down items that describe anything you associate with your identity. This includes achievements, failures, strengths, weaknesses, personality traits, interests, hopes, the past, and the future. I'm fairly young, so I would argue that my list would probably be shorter compared to people who have lived longer. Keep writing until you can't think of anything more. Then write another 25 points.

### **Write down the good and the bad**

This list is not a résumé or a way of perceiving yourself in a positive light. It is a method of determining exactly what your current identity is – the good, the bad, and the ugly. If there are parts of you that you dislike, write them down, too. You will be the only person reading this piece of paper, so get everything out there.

You might feel uncomfortable writing down negative aspects of yourself. You may have wanted to push some of them aside or avoid them. But part of discovering yourself is also finding the parts that you may dislike, fear, or even hate.

When you write these things down, realize that they are a part of you, too. Accept the truth that these are components of your identity. Uncovering these parts can be the most difficult, but it is absolutely necessary if you want a clear identity that can be improved upon.

### **Look at your list**

When you look at your list, which will likely be several pages long, you may be shocked at just how large and complex your identity is. Your current identity has hundreds of interrelated factors that create your life. Some of them you might not like, while others you might feel incredibly proud of.

The next step is to get complete acceptance of this list. If you don't feel the list is complete, go back and add more to it, but ultimately you must look at your immense list of qualities and accept that this is who you are right now, in this very moment.

### **Improve it**

Now that you have a comprehensive list related to your identity, everything is out in the open. If you did the exercise successfully, then no longer are parts of yourself veiled or hidden. With your current identity precise and clear, the true work begins. This is the work of crafting exactly what you want from your identity. Make it the way you want it to be, and determine how to express it in the best way possible.

When I was discussing this idea with a friend, I compared all this to the case of a product. You were nothing, I pointed out, but a blender (搅拌机), responsible for making a mixture. Up until this point, you might have realized you had just a few basic elements or materials, but you weren't sure exactly what you were. Upon realizing you are a blender as such, you can now start with what might be an ordinary blender to make the best out of it.

You need to do the same thing with your identity. Find the parts of yourself that you don't like and begin the process of changing them. Find the parts of yourself that you do like and emphasize them even more throughout your identity. One of the things I discovered was how open I was to trying new things. I feel that this aspect needs to be emphasized more in my own identity.

### **Don't become a toaster!**

Back to my silly household appliance metaphor of human identity, I think there can sometimes be the temptation to turn your identity into a universal product that everyone wants. So instead of just being a great blender, you also want to be a great toaster. As anyone who has bought such a kitchen gadget would know, a toaster-blender is very unlikely to be able to toast as well as a toaster or blend as well as a blender. This would make you an unattractive investment for most people.

Part of discovering your identity is determining the best way to market that identity. Of course, not everyone wants a blender, but coming up with a message that best illustrates the benefits of being a blender will not only improve your relationship but also make you more secure within your own identity.



By finding your identity, improving it to where you want to be, and discovering the best way to project that identity to yourself and others, I think you will already be well on your way to creating the life you really want.

(1,127 words)

- 1 To improve yourself, you should recognize \_\_\_\_\_.
  - A. your past journey to find yourself
  - B. your dream about the future life
  - C. your potential to achieve success
  - D. your comprehensive image
- 2 People should know well the product they are selling in order to \_\_\_\_\_.
  - A. produce a fancy advertisement
  - B. market it effectively
  - C. present its major features
  - D. make a deal
- 3 What is a simple way to have a clear picture of your identity?
  - A. Presenting your ideas.
  - B. Listing your attributes.
  - C. Uncovering your weak points.
  - D. Comparing yourself with others.
- 4 All of the following items associated with your identity are mentioned EXCEPT \_\_\_\_\_.
  - A. your relation with people around
  - B. your personality traits and interests
  - C. your strengths and weaknesses
  - D. your successes and failures
- 5 You should write everything down on the list in order to \_\_\_\_\_.
  - A. help others get to know you better
  - B. help you discover what you are expected to be
  - C. make yourself known to yourself
  - D. find your biggest strengths

- 6 If you have a clear list of your attributes, it is absolutely necessary for you to \_\_\_\_\_.  
A. ignore the negative aspects  
B. be proud of the positive points  
C. fully accept everything on it  
D. sort out your major merits
- 7 After clarifying your identity, you should then start working out \_\_\_\_\_ from it.  
A. where you are  
B. what you have done  
C. how it all happened  
D. who you want to be
- 8 You should place great emphasis on the attributes you like \_\_\_\_\_.
- 9 People sometimes can be tempted to turn their identity into a(n) \_\_\_\_\_ that everyone wants.
- 10 Not everyone will like you, but figuring out a message that best \_\_\_\_\_ of being who you are can help with your relationships.