

Map of the book

Unit	Warming up	Listening & speaking
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2 Beyond the finish line p18	Appreciating the passion in “Dear Basketball” p20	Conversation: Esports in the spotlight p21 Passage 1: When fitness goes too far p23 Passage 2: Climate change and sports events p25 Lecture: Sports with roots in ancient China p27
3 The muse within music p34	Exploring music and its power p36	Conversation: The art of the <i>pipa</i> p37 Passage 1: Einstein: Where science meets music p39 Passage 2: The healing power of music p41 Lecture: How to appreciate classical music p43
4 Shifting social interactions p50	Tracking your digital interactions p52	Conversation: The echo chamber effect p53 Passage 1: Zero-sugar networking p55 Passage 2: The quest for emotional value p56 Lecture: Friendships: Deepened or weakened by social media? p58

	Viewing & speaking	Unit project	Further listening
	Video clip: How travel strengthens the brain p12	Task: Designing a poster Topic: My sparks! p14	Conversation p16 Passage 1 p16 Passage 2 p17 Lecture p17
	Video clip: Winning edge: In the mind p29	Task: Giving a presentation Topic: Sports and _____ (other disciplines) p31	Conversation p32 Passage 1 p32 Passage 2 p33 Lecture p33
	Video clip: How playing an instrument benefits the brain p45	Task: Presenting a plan Topic: Planning a campus music festival p47	Conversation p48 Passage 1 p48 Passage 2 p49 Lecture p49
	Video clip: Being a good listener p60	Task: Conducting a survey Topic: Social interactions in the digital age p62	Conversation p64 Passage 1 p64 Passage 2 p65 Lecture p65

Unit	Warming up	Listening & speaking
5 Harmony in heartbeats p66	Human-animal relationship p68	Conversation: Putting an end to animal cruelty p69 Passage 1: The debate over emotional support animals p70 Passage 2: Virtual fences for cows show benefits p72 Lecture: Animals: Property or legal persons? p74
6 Journeys in medicine p82	Graphic medicine p84	Conversation: Studying TCM in China p85 Passage 1: Art museums: A place for medical education p87 Passage 2: AI in health care p89 Lecture: The legacy of Hippocrates p90
7 Home and beyond p98	Exploring the campus environment p100	Conversation: Home design: Less or more? p101 Passage 1: The future of smart living p103 Passage 2: The value of neighborhood shops p104 Lecture: What makes a city attractive? p106
8 Pathway to progress p114	Reflections on change and progress p116	Conversation: AI and the future of education p117 Passage 1: Gender equality at the Paris 2024 Olympics p118 Passage 2: The rise of senior citizen fashion p120 Lecture: Eureka moments p122

	Viewing & speaking	Unit project	Further listening
	Video clip: Animal culture p76	Task: Conducting a debate Topic: Should pets be allowed in the dormitory? p79	Conversation p80 Passage 1 p80 Passage 2 p81 Lecture p81
	Video clip: Three generations, one medical mission p92	Task: Giving a speech Topic: Innovations that changed the world p94	Conversation p96 Passage 1 p96 Passage 2 p97 Lecture p97
	Video clip: Beyond books: The evolution of public libraries p108	Task: Presenting a proposal Topic: Transforming campus spaces p110	Conversation p112 Passage 1 p112 Passage 2 p113 Lecture p113
	Video clip: What will future agriculture look like? p124	Task: Designing an exhibition board Topic: Visions of future technology p127	Conversation p128 Passage 1 p128 Passage 2 p129 Lecture p129