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## 等待特殊事情

### 1. On what occasions do people usually need to wait?

Well, I think people often need to wait for career success and academic success. The waiting of these two things is something everyone has to experience in life. Adults are eager to achieve a great cause. The success of the cause needs a long cycle, waiting time precipitation and experience accumulation. For the student group, naturally, they are very eager for academic success, but academic success requires learners to endure loneliness and study hard for more than ten years. It can be seen that these two kinds of waiting are very training people's will.

### 2. Who behave better when waiting, children or adults?

I think adults do better in the process of waiting. Because adults have the consciousness to restrain themselves in public. Even if they feel that waiting is a very annoying thing. They don't want to be laughed at by the people around them. They will persist in waiting. But children are not necessarily. First of all, children are still young, and their ability to pay attention and patience is not as strong as adults. They lose their temper when they are impatient, and they don't know that this is a disgrace. So, I occasionally see children crying and losing their temper in the queue in public.

### 3. Compared to the past, are people less patient now? Why?

I think people today are more impatient than people in the past. Information in the era of fragmentation affects people's brains, causing them to lose their attention seriously, and it is difficult to wait and endure. I found that when people are waiting in line, they can't wait quietly as in the past. Instead, they have to pass the time with the help of tools such as mobile phones, and even complain and swear. Coupled with the pressure of work and life, most people lack sleep and become grumpy.

### 4. What are the positive and negative effects of waiting on society?

The positive impact of waiting on society is to make people have a sense of order, test people's sense of rules in social life and temper their patience. However, the negative impact of waiting on society is that if a society always has all kinds of things or situations that need to wait, it will make people think that the social efficiency is low. Over time, the social group lacks work motivation, and the whole society gradually loses its vitality.

## 为家人骄傲

### 1. When would parents feel proud of their children?

I think it's when children achieve success. The achievements here are not only children's achievements in learning, but also achievements in physical and mental growth. Parents will be proud of their children's academic achievements, such as their children's excellent results or winning prizes in competitions. In terms of physical and mental growth, children grow taller, their character becomes mature and sensible, and parents should be proud of them.

### 2. Should parents reward children? Why and how?

I think parents should reward their children. But it should not be a monetary reward but should praise the child for doing something. If you only praise the child's natural characteristics, such as appearance and talent, it may lead to the child's "Inaction", and the child will mistakenly think that he can succeed without effort; If they use abstract compliments such as "great" and "good job ", they can't guide children to work in which direction.

### 3. Is it good to reward children too often? Why?

I don't think so. If parents reward their children too often, some children will think it is too easy to obtain praise and reward and will lose the interest and motivation of struggle. Another kind of children will seize this opportunity to talk about reward conditions with their parents. For example, if they get two hundred marks, they might ask their parents to buy an expensive toy. Otherwise, they will not want to get high marks. Therefore, parents had better reward moderately and criticize severely when it is time to criticize.

### 4. On what occasions would adults be proud of themselves?

Well. I think adults should be proud of themselves every day, even if it is a small thing that has been done successfully. Because we all know that adults' work and life are full of blood every day. It's really not easy for them. So, adults should not be too hard on themselves sometimes. Adults should know how to encourage and appreciate themselves at any time. For example, they should finish their work on time and be proud of themselves. Another example is promotion and salary increase. They should also be proud of themselves.

## 难学的技能

### 1. What skills do students need to master?

Well. There are two kinds of skills that students need to master. One is survival skills, which is the foundation. The other is the skills of knowledge transformation. Survival skills refer to swimming, first aid and cooking, which are the basic skills of people's life. Generally speaking, knowledge transformation is to apply what we have learned. Students should know how to turn the knowledge learned in school and family into the ability of life practice, and even the ability to adapt to society after graduation.

### 2. Is it hard for students to learn new skills?

No, I don't think so. First of all, students have strong plasticity. They haven't solidified their thinking like middle-aged adults, so they learn new skills quickly. Moreover, students are in the golden age of brain and limb development, which is the most suitable stage for them to learn new skills. They should learn their favorite skills while they have no pressure in work and life.

### 3. Is it hard for old people to learn new skills?

I don't think so. There is a saying: it is never too old to learn. People of any age can learn new skills boldly and heartily. A woman began to learn the violin at the age of 40. By the time she was 60, she had 20 years of experience playing the violin. That's why I say age has never been a limitation. Although the learning thinking of the elderly may be solidified, as long as they keep an empty cup mentality to learn, I don't think it's difficult.

### 4. Is a good teacher very important for students learning experience? Why?

I totally agree with this view. A good teacher brings students not only a single skill teaching, but also spiritual perception and guidance. They concentrate their past experience in the classroom and teach students to see the world on the shoulders of giants. On the other hand, good teachers can also reduce students' chances of making mistakes, let students take less detours that teachers have taken, and improve efficiency.

# 机智解决问题的人

## 1. Do you think children are born smart or they learn to become smart?

I think children learn to be smart. Many education experts say that a newborn child is a piece of white paper. What color we add to this white paper depends on how we educate our children. In the process of acquired education, children receive education from many places such as family, school and society, which will spontaneously drive themselves to learn, explore the world and solve various problems encountered in daily life. There is a saying called "it's never too old to learn." this proves that human beings, become more and more flexible as they learn, and people become smarter and smarter.

## 2. How do children become smart at school?

We should understand that children will gain two kinds of intelligence in school. Academic wisdom and interpersonal wisdom. Children learn academic knowledge in the classroom, which can improve their creativity, thinking ability, problem analysis and processing ability. In the process of communicating with their peers, children will improve their EQ, let them know how to communicate, think of others, and become more and more able to deal with others.

## 3. Why are some people well-rounded and others only good at one thing?

Everyone has different interests and energy. Some people are interested in many things and want to dabble in everything. Take Da Vinci as an example. His fields include sketch, painting, sculpture, architecture, science, music, mathematics, engineering, literature, anatomy, geology, astronomy, botany, paleontology and cartography. And some people wholeheartedly like to specialize in a major and make outstanding achievements in this professional field. Therefore, such people do not have much mind to develop interest in other fields.

## 4. Why does modern society need talents of all kinds?

First, the social division of labor is constantly refined, it brings higher requirements for integration. At this time, there needs to be communication between different divisions of labor and integration between different disciplines. Only those who have a broad knowledge platform and rich knowledge reserves can be competent. Secondly, modern society needs innovative talents. Generalists can integrate and infiltrate the knowledge of various disciplines, so as to achieve social breakthrough and enterprising. Finally, the flow of talents in modern society is frequent, and generalists with multiple skills can better adapt to the changes of modern society than professionals with only one skill.

## 假期旅行

1. What are some popular attractions that people like to visit in your country?

In my country, people like to go to places of interest with historical and cultural heritage. I observed that every holiday, such as the Forbidden City, the great wall and Zhangjiajie, are crowded with tourists who feel the historical atmosphere. People also like to go to scenic spots with rich green vegetation. For example, they go to Lushan, some famous parks or botanical gardens. People travel not only for physical relaxation, but also for spiritual comfort.

2. Do old people and young people choose different places to go on vacation? Why?

Yes, these two groups will choose different places to travel. Young people like freshness, so they prefer to go to lively, trendy and fashionable areas, which are often large shopping malls with a strong sense of commercialization. The elderly are different. They don't like areas with heavy commercialization. They prefer quiet and peaceful scenic spots, especially those with thick historical and cultural heritage. In this way, they can walk slowly, take photos and feel the local culture.

3. What do young people and old people think about when making travel plans?

Young people will consider whether they can fulfill their wishes. For example, watch a flash show and go to a concert in the suburbs of the scenic spot. This information needs to be obtained from major social media. Therefore, they like to make their own strategies and do not rely on tour guides and travel agencies, because many of the travel activities they want to participate in are minority. Most of the elderly like to be outdoors. They usually go to travel agencies or guides to help them make plans. But they will think more about their health and whether they can go to some tourist attractions. For example, whether they can climb mountains, whether they can walk for a long time.

4. How do people find out about a new place?

Young people like to watch social media bloggers such as Youtube and Bilibili recommend tourist destinations. Young people will put fresh travel information into their mobile phone favorites. Middle aged and elderly people will consult the nearest local travel agency. Usually, such groups will have fixed and familiar tour guides who will send the latest tourism information to the elderly from time to time. So, they can also get the latest travel news and explore new places.

## 敬佩的商人

1. What do you think is the retirement age for men and women?

Our country stipulates that men generally retire at the age of 60 and women at the age of 50. But the specific situation depends on the achievements of individual struggles. If a group of people realize financial freedom at a very young age, they can retire early. I heard that some people retire in their 30s and travel around the world. On the contrary, if they think that the income from their early work is not enough to support them in their later years, they may have passed the legal retirement age and they will find a job again to make money.

2. What kinds of qualities do people need to run their own business?

Execution, innovative thinking, leadership and teamwork. If people want to run their own business, they need good ideas to create a business blueprint. Secondly, in today's society, it is impossible for a person to fight alone, so we should learn to build a team and get along with people with different personalities and abilities. Finally, the decision should be made decisively. The prophets have the foresight and the latecomers follow. They are hesitant to start a business. Maybe the new company will seize the opportunity.

3. What do you think are the key factors that contribute to the success of a business?

I think it's creativity and timing that make business successful. As a large earthquake country, Japan often faces earthquake crisis. In their early years, smart entrepreneurs realized this problem, established an unprecedented earthquake prevention company, built various earthquake resistant building materials and earthquake prevention and disaster relief items, and obtained a very rich income. National policies change frequently. Some entrepreneurs' companies cater to the encouraging policies and have a greater chance of success.

4. If you had the opportunity to have your own business, what business would it be? Why?

If I have the opportunity to do business, I will run stationery stores and online stores. First, I like collecting all kinds of exquisite, convenient or limited stationery very much. I hope to recommend stationery to office groups or students to make them love to use all kinds of beautiful and convenient stationery. Tik Tok, I love short video. I believe I can make this business bigger and stronger through the blessing of the network.

# 咖啡馆

## 1. What kind of people would like to go to a café?

At present, I see that those who like to go to the coffee shop are basically office workers who need to refresh themselves, as well as students who like to punch in at the coffee shop with unique decoration style. Office workers care more about the taste and effect of coffee in the coffee shop or buy Coffee nearby. A coffee shop is close to their workplace, and they basically go to that coffee shop every day. Sometimes after buying freshly ground coffee, they will easily buy some ear hanging coffee that can be brewed at home or in the office, and students pursuing fashion are more likely to be attracted by lovely and novel coffee cups or coffee drawing shapes.

## 2. Why do young people like studying in a café instead of at home?

Because the coffee shop is really a convenient place and can create a learning atmosphere. First, the music played in the cafe is soothing, which is conducive to people's participation in learning. Second, when young people learn that they are hungry, they can immediately buy a sandwich and continue to sit down and study. In addition, the coffee shop belongs to a public place, and customers pass by, making learners feel constrained in the coffee shop, as if they are being supervised and studied. Therefore, they study well.

## 3. Do old people like to drink coffee?

Well. That depends. It depends on how older people view coffee. Some old people like coffee very much when they are young. They can taste the aroma of coffee. So, despite their age, they still want to drink a cup of coffee every day. Some old people think that drinking coffee can soften blood vessels and promote the maintenance of cardio cerebral blood vessels, for a health body, they will insist on drinking a cup of coffee occasionally. Some old people think that coffee is as bitter as medicine and reject coffee. They might prefer hot tea to coffee.

## 4. Do Chinese people like to drink coffee?

I didn't think so before, but now, I agree. With the increase of coffee shops in China, I found that people around me, especially young people, want to drink a cup of coffee almost every day. Most of them said that at first, they wanted to refresh themselves from study and work, but later they fell in love with the smell of coffee. And the favorite place for young people to go during their leisure time is also a coffee shop. They like to buy coffee bottled in fine glass or take photos in the shop for the decoration of the shop.



## 困难的决定

### 1. What decisions do people usually make in their daily lives?

I think it's mainly about work and life. Decisions at work will be more cautious. For example, decide to engage in a job that pays well but you don't like, or like a job that pays low wages. For example, whether to resign and leave the current job because of too much work pressure and health problems. Life decisions are trivial. Like making decisions about which restaurant to eat in the evening. Whether a pet is a cat or a dog, and so on.

### 2. Which is easier, making a decision by yourself or making a decision after group discussion?

Of course, it's easier to make decisions after team discussion. Because the decision is made after team discussion, it can avoid things going wrong due to personal impulse to make decisions. There is a saying that three cobblers are better than one Zhu Ge Liang. One more person and one more kind of intelligence. When a problem is difficult for one person to make a choice, everyone in the team can put forward opinions, and then select the most appropriate one, and a decision can be made soon.

### 3. Why are many young people unwilling to follow their parents' advice?

I think there are the following reasons: some suggestions given by parents are outdated. For example, parents feel that young people must take the civil service examination, but young people themselves may not like the work within the system. And there is no absolutely stable job in this era. Parents give advice in the wrong way. Some parents give advice to young people with an aggressive or high attitude. This attitude is not desirable. How can young people listen to the advice of adults? What's more, there is no good communication between young people and their parents, and both sides do not understand each other's true feelings.

### 4. Why would middle-aged people tend to second-guess their own decisions?

After decades of setbacks and tests in life or work, middle-aged people will become more aware of how to deal with risks and be more cautious in making decisions. They no longer make impulsive decisions like young people, because the price they pay after making mistakes is very high. Some decisions, if they are made wrong, are likely to affect the whole family. Therefore, they will carefully consider their decision. It's not too much to think about it once more.

## 浪费时间的活动

### 1. How do you balance life and work?

Well, this is a-billion-dollar question. Balancing work and life itself is not an easy thing. Because modern people have no sense of boundaries at work, many people are forced to deal with things at work after work. So, I set the mute on my mobile phone after work to avoid being disturbed by unnecessary calls. On weekends and holidays, I will go for a walk in the park or hiking in the mountains, temporarily forget the troubles of work and get close to nature. I will also be with my family and talk about happy or troublesome things. Wait until Monday to Friday to get back to work.

### 2. Will you continue doing something when you are aware that it's a waste of time?

No, I won't. I am a more self-disciplined person. I occasionally have fun to relax my body and mind, but I am very restrained. Like watching TV dramas, short videos and playing games, I can't let myself do them for a long time. I will open a tomato work method software on my mobile phone to limit my entertainment time. Once the time comes, the alarm clock in the mobile phone software will ring and ask me to put myself back into work. To be a man, we should have a degree of relaxation, and only the existing self-discipline can have freedom.

### 3. What kinds of things make people feel pressured?

Well. Tasks that need to be completed in an emergency period will make people feel great pressure and difficult to sleep and eat. For example, after receiving a temporary notice, a leader came to inspect the next day. That night, all people had to work overtime to prepare for the next day. The whole person's spirit was tense. For example, if you need to prepare a game in a week, you will be in a high-pressure state for the whole week.

### 4. Why do some people refuse to abide by rules?

I think there are the following reasons. The first is personal quality. Such people have low quality and narrow vision, and some have a fluke mentality of evading the punishment for violating the rules. Some may think that the price paid for violating the rules is not big enough. It may just be a fine. It doesn't matter. The second is environmental reasons. Most residents in some areas don't obey the rules, and men, women and children in the whole area will follow them. Over time, the rules in this area have been in vain.

## 令人激动的书

### 1. Do you prefer books or movies?

I prefer books. Books can leave me room for imagination. I can imagine the characters and interesting pictures in the book in my mind. A thousand readers have a thousand Hamlets. The same role in the same book is different in the imagination of different people. I enjoy the feeling of imagination through words. This is impossible for the film, because the film has designed the characters and scenes and presented them directly in front of the audience.

### 2. Do you think it is very important to read the book before watching the movie version of it?

I think so. Before watching a movie, read the original books first, which helps us sort out the huge world outlook, complex plot and complex character relationships, so that we won't be unable to keep up with the plot of the movie. For example, when I was a child, I read Harry Potter. I didn't read the original books. First, I saw the film and found that I couldn't understand some plots. Finally, I bought the books to sort out the contents of the film. Secondly, first read a book and then watch the adapted film. You can also compare those original plots that have been changed in the film. It's very interesting.

### 3. Do boys and girls like the same kinds of books?

Oh, I don't think so. I think there is a big gap between boys and girls in the choice of reading books. Boys like science fiction adventure books and even books with some horror themes. Girls are more likely to read relaxing novels or romantic stories. The genes and nature of men and women determine their reading differences. Of course, I'm talking about commonness, and the specific situation varies from person to person.

### 4. What kinds of books do Chinese people like reading?

This should be read by groups. Different Chinese people like to read different books. Chinese young people like to read novels, boys like to read fantasy types, and girls like to read romantic novels. Chinese middle-aged women like to read recipes and cook for their families. Chinese middle-aged men are more likely to read military martial arts books. The elderly pay attention to health care and like to read health care books.

## 善待不喜欢的人

### 1. Why are people friendly with the person they don't like?

People still help people they don't like, which shows that most people are kind in nature. They won't see people in danger and don't save them. Second, the person they don't like may not be bad in essence. People just don't like some of their behaviors, such as being sloppy and making small reports, but these annoying people don't do anything heinous and deserve help. Maybe one help can make people change their attitude towards the person they hate and "turn enemies into friends".

### 2. What kinds of people are usually friendly?

I think it is a group with high moral binding force and special industry, such as teachers, doctors and soldiers defending the country. People in this industry have a high entry threshold, and most of them are respected and loved in their daily life. They will also have high requirements for themselves, and their external performance will be very friendly. It is very popular with children and the elderly.

### 3. What are the differences between being friendly and being polite?

In my opinion, friendship is an attitude towards others. Friendship means doing good every day and helping those in need. Politeness is a constraint on one's behavior. This means they don't want to be disturbed or cause trouble to people around them. In other words, a friendly person may be a polite person, but a polite person is not necessarily a friendly person. For example, Japanese are very polite, but you will feel a sense of alienation. They will not necessarily go up to save people who faint on the road but may pass by as if without seeing them. But friendly people won't do that.

### 4. What do you think of the people who are always straightforward?

On the one hand, I will feel that such people are very real and unpretentious. Because their true character is externalized in their words and deeds. If you make friends with such people, it's like looking in a mirror and correcting yourself at any time through each other's criticism. On the other hand, the disadvantage of such people may be that they don't know how to adapt to changes. They may be rigid and not smooth enough. They are easy to be caught, and sometimes they don't know how to offend others.

## 希望养成的朋友的习惯

### 1. What habits should children have?

I think there are three habits that children should be cultivated: regular work and rest, diligent and inquisitive, and polite. After the first habit is formed, children's health can be guaranteed, and a regular work and rest is conducive to their growth and development. With the habit of being diligent and inquisitive, children will keep curious about the world and gradually learn to take the initiative to learn. Being polite is also a habit that children must cultivate from an early age in order to make them become high-quality social citizens.

### 2. What should parents do to teach their children good habits?

Parents' words and deeds are the most important for children's habit formation. That means parents must set a good example in front of their children. For example, if parents have proper table manners, children will eat seriously and will not make small moves at the table. In addition, parents should criticize their children's bad habits in time and should not spoil their children too much. Let the child have the consciousness of being restrained and correct it in time.

### 3. What influences do children with bad habits have on other children?

Children with bad habits will soon spread the bad habits to the children around them. For example, if one or two children in a class have bad habits and the teacher does not intervene, the children in the whole class will catch such bad habits a week later. Because children are at the age of strong imitation ability, and it is difficult to distinguish right from wrong, good and evil. For example, a child who likes to swear will influence the children around him to say dirty words. And the affected children have not realized that they have contracted bad behavior.

### 4. Why do some habits change when people get older?

As people get older, their exercise habits, eating habits and daily life will change. Young people like extreme sports, such as bungee jumping, climbing and diving, but when they get old, they may just want to do some sports that are not strong but good for health care, such as Tai Chi. When people were young, they don't work and rest regularly. Sometimes they don't sleep all night when they went to disco but still feel energetic when they go to work the next day. But when they entered the old age, they usually go to bed early and got up early. Young people like to drink cold drink, while the older may prefer to drink hot water.

# 优质服务

## 1. What do you think of the relationship between companies and customers?

The relationship between customers and the company is a cooperative relationship of mutual promotion, mutual benefit and win-win results. In particular, cooperation with high-quality major customers can not only improve our service awareness, improve our management level, improve our service system, but also bring us rich profits. Maintaining long-term customer relationships can also reduce advertising spending. Customers themselves are a free advertising resource. When selecting service partners, many enterprises can refer to large enterprises in the same industry. Many people like to listen to their friends' opinions before consumption and feel that they are more credible than advertising. In short, to improve their management / service level is to take the lead and win the market and customers.

## 2. As a customer, what kinds of services would you expect to receive from a company?

The first is respect. No matter what kind of large enterprise, it can't take a high attitude. It is difficult to be equal in life. But at least customers want to be respected. The second is friendliness. A kind smile will also make people feel like spring breeze, and no matter how things or services are done, at least it won't make people cold. The third is transposition thinking. If they are in each other's position and angle, how do they want others to treat themselves! An enterprise is always big, regardless of customers' feelings, one day it will be abandoned by customers.

## 3. What kinds of jobs involve coping with the public?

Sales, lecturers and psychological counselors are all jobs that need to deal with the public. People in the sales industry need strong pressure resistance, because they may encounter customers with a bad attitude in the process of promoting products. People engaged in the speech industry need fluent eloquence, strong aura and attraction. People in the psychological counseling industry like to listen to others' hearts and solve problems for others.

## 4. Why should companies react quickly when customers have difficulties?

Because customers are the company's resources, foundation, lifeline, reputation and core competitiveness. In this competitive economic society, each industry has its own interpretation and requirements for customer service. The market competition has changed from product competition and price competition to service competition and talent competition. Under this situation, enterprises respond immediately when customers are difficult in order to improve their service quality, enhance their competitive advantage and create their service brand. By providing high-quality service, we can win the trust and support of customers, ensure the retention of every existing customer, help them to continuously explore potential customers, and bring continuous benefits to the enterprise.

# 有创造力的人

## 1. Do you think you are a creative person?

Yes, I think so. I think I'm very creative. My creativity makes me gain a lot of fun in my work and life. In my work, I often come up with some novel ideas to brighten the eyes of customers. I like to do some creative hand accounts during holidays. I carefully designed the layout and pictures. My family and friends think my works are particularly novel. A friend said that my handicrafts were so exquisite that I could sell them. Therefore, I even held a handicrafts charity sale, which was very successful.

## 2. Is it good for children to learn arts?

There is no doubt about it. To let children learn art is not to let them engage in this industry in the future, but to let them know what beauty is and what beautiful things look like from an early age. When they grow up, they will have a certain artistic aesthetic ability and have an artistic sense of life. In a sense, being illiterate is more terrible than being illiterate. It's sad that a person doesn't have an aesthetic foundation. It's hard to imagine what kind of life taste he has.

## 3. What kinds of jobs require people to be creative?

Work in any industry requires people to be creative. First of all, it must be artistic creation. Creativity is the source of inspiration for artistic creation. A person without creativity cannot engage in the art industry. A cake shop has launched an architectural style cake, which has attracted a large number of customers. Followed by other industries. For example, in an enterprise, creative employees can be loved by customers and improve the efficiency of the work unit.

## 4. Do you think leaders need to have creative ability?

Yes, I think leaders must be creative. They need foresight. This foresight comes from their creativity. A creative person is likely to be able to foresee what may happen in the future. In order to survive and develop, enterprises need to have a dynamic internal culture and coexist and evolve with the changing external environment. The task of creative leaders is to promote symbiosis and common prosperity between internal and external cultures. The challenges of external culture include technological innovation, population change, global competition, etc., and the impact of all the above factors on the way consumers and customers think and feel. The internal culture of an organization can be considered from two aspects: habit and habitat. Habit refers to the daily work mode, and habitat refers to the physical environment in which people work.

## 有名的运动员

### 1. What kinds of exercises do Chinese people like?

Playing table tennis is the favorite sport of the Chinese people. Table tennis, known as the national ball of our country, is a sport loved by the whole people. Our country advocated the national movement many years ago. In addition, national athletes who play table tennis well affect people's choice of sports. Over time, everyone likes playing table tennis.

### 2. What characteristics do you think an athlete should have?

I think it is the spirit of hard work, strong willpower and the ability to resist setbacks. As an athlete, you can bear hardships more than people in other positions. Because their daily exercise training is very boring and repetitive. Secondly, in the process of training, they are a breakthrough in their own potential, and they are their biggest opponents. Finally, they will experience setbacks and failures in major competitions. They can't be first in every game, but they will learn from both failure and success to improve themselves.

### 3. Why are there so few top athletes?

Because of the increasing difficulty of sports events, the threshold for athletes to win awards is higher and higher. Many years ago, it took nine seconds to get the place in the 100-meter dash. Now the result of running 9 seconds must not win an award in the event. In this regard, the athletes can only continue to improve. Nowadays, all kinds of sports records are constantly broken, the physical fitness of each athlete is getting better and better, and the technology is becoming more and more superb, all of which increase the difficulty of the athletes to the top. Therefore, it is not that there are fewer top-level athletes, but that the overall quality of athletes has become higher. It is really not easy to find more excellence from excellence.

### 4. What's the best way to become a top athlete?

I think it's talent and hard work. I think the former may be more important. Edison said that genius is 1% inspiration and 99% sweat, but that 1% inspiration is the most important, even more important than that 99% sweat. This reality sounds cruel. Some athletes are called gifted athletes because their sports talent is innate, which cannot be compared with the efforts of many people in a lifetime. Of course, the efforts of the day after tomorrow cannot be ignored.



## 有趣的外国人

1. Do you have any foreign friends and do you think having foreign friends is a good way to know other countries?

Yes, I have many foreign friends. Indeed, through dealing with these friends, especially through language communication, I can easily understand their country's culture. I have a friend from Peru. He told me that he graduated from high school at the age of 16. At first, I thought he was a gifted teenager who jumped the grade and finished reading books, but later he told me that his local high school was a two-year system. My friends in India told me that their caste system has clear boundaries. Even deep abroad, people of high caste will not make friends with people of low caste.

2. Do you think it's important to know the culture and language before going to another country?

Yes, I quite agree with that. Before we go to a strange country, we'd better fully understand the knowledge of this country and overcome our psychological fear of facing the unknown environment. Minimize the cultural shock. On the other hand, knowing the culture and language of the country in advance is also to do as the Romans do and not violate the taboos of the other country. After all, some countries and regions have great punishment for violating taboos.

3. What do you think of people who work in international companies?

I think people working in multinational companies are very capable. First of all, it is reflected in their foreign language level. In my impression, people working in multinational enterprises generally speak bilingual. Secondly, they are well-informed. While respecting the cultures of various countries, they also gain cultural knowledge from different countries and regions. Finally, their ability to work is strong. They have to deal with people from different cultural backgrounds every day. Such people must have high EQ.

4. What abilities do people need to have when working in an international company?

Having a certain level of foreign language is certainly the entry threshold for working in multinational corporations. I know of several friends working in multinational companies. Each of them knows at least one foreign language, and some even three or four foreign languages. Another is to understand the culture of each country. Because working in a multinational company, I will deal with colleagues from different countries and cultural backgrounds. Finally, strong adaptability. Because employees may have to travel to different countries, they should quickly adapt to the local culture and rules and devote themselves to their work.

## 早起的经历

### 1. Do you know anyone who likes to get up early?

My father is a man who likes to get up early. He gets up the earliest in his family every day. After washing, he exercises and comes home for breakfast. After breakfast, go to work. Getting up early makes him clear headed, he can handle most of his work in the morning, and is more free for the rest of the day. Over the years, he seems to be in good mental state and physical quality, much younger than his peers.

### 2. Why do people get up early?

There are two reasons why people get up early, one is the need of work, the other is living habits. Occupations that need to get up early, such as teachers, get up at six and arrive at school at seven every day. This is a profession that requires people to get up early. Sometimes they even need to set several alarm clocks to force themselves to get up. Some people have formed the habit of going to bed early and getting up early. They can wake up naturally without an alarm clock every morning. I admire these people most because they live a regular life and they are very responsible for their health.

### 3. What kinds of occasions need people to arrive early?

I must say this is the education industry. Teachers are required to get up early from Monday to Friday, and they are required to arrive at school at least half an hour earlier than students. This is the requirement of professional ethics. Another industry is exhibition arrangement. The staffs of this industry need to book and arrange the venue in advance, complete all preparations perfectly before the guests arrive, and wait for the arrival of important people in advance.

### 4. Why do some people like to stay up late?

People like to stay up late because they are occupied by work and family during the day. When their family falls asleep at night, they want to leave the late-night time for their study and promotion. Such people who like to stay up late say that when the pressure of work and life is high, they want to be alone, have an undisturbed environment, relax, calm down and learn new knowledge. Other kinds of people who stay up late is those who indulge themselves. They are not self-disciplined enough. They can't control themselves late at night. They want to indulge and enjoy entertainment. Some people want to play mobile games to relax, and some people want to watch TV dramas. They unknowingly stay up late.

## 自行车/摩托车/汽车旅行

1. Which form of vehicle is more popular in your country, bikes, cars or motorcycles?

Of course, cars are the most popular. In my country, the car is an essential means of transportation for most office workers, especially in areas where public transportation is not so developed, people can't leave the car at all. Motorcycles have long been banned in many areas, such as my hometown, which is the reason why motorcycles have become less popular since then. After all, riding motorcycles on the road will be fined and confiscated. Although there are many shared bicycles in our country, due to the complex road conditions and potential safety hazards in many places, it is not suitable for cycling. Therefore, people can only choose to ride bicycles in the park on holidays.

2. Do you think air pollution comes mostly from mobile vehicles?

I don't think so. Of course, I admit that the exhaust of mobile vehicles exacerbates air pollution. But I don't think that's the main reason. Other sources of air pollution include unreasonable emission of harmful gases from factories, gas emission from restaurants and family kitchens, etc. These human activities will also aggravate air pollution. Therefore, air pollution is caused by a variety of factors, not a single cause of mobile transportation.

3. Do you think people need to change the way of transportation drastically to protect the environment?

No, I don't think it needs to be completely changed. Although people still travel by mobile means of transportation, many cars are new energy vehicles, and people no longer use seriously polluting means of transportation. In addition, the laws and rules on environmental governance are becoming more and more clear and strict, and there are some strong punishments, supervision and constraints on the behavior of businesses and factories. So, I don't think people need to take great pains to change their travel mode in order to protect the environment.

4. How are the transportation systems in urban areas and rural areas different?

The citizens' transportations are dominated by public transportation, especially subway. The villagers often use motorcycles, bicycles or cars to travel. Because urban areas are densely populated, there are always traffic jams during commuting hours in the morning and evening. Most workers prefer the subway because the subway will not encounter traffic jams. The public transportation in rural areas is not very developed. Many people have to buy cars to travel. When they encounter the streets with dense houses, people can only drive motorcycles or bicycles around the streets.

## 花费超过预算的物品

1. Do you often buy more than you expected?

No, I'm a person who increases revenue and reduces expenditure. I'm determined not to buy goods that exceed my budget. My consumption view is very rational. I don't think it's necessary to make life difficult for myself in the future for the sake of face or impulse. I've seen too many such people. They spend all their salaries before the end of the month, buying luxury goods or expensive electronic products. Then, they have no choice but to eat instant noodles or even starve at the end of the month.

2. What do you think young people spend most of their money on?

Young people are more inclined to engage in spiritual consumption activities. They mainly spend their money on watching movies, playing secret room escape games and watching operas and plays. However, from this aspect, we can also feel the improvement of the quality of young people. They have separated from the desire for possession of materials and turned to spiritual investment. This is a more advanced way of consumption. It is also a reflection of their respect for their own needs.

3. Do you think it is important to save money? Why?

Saving money is not only important, it is extremely important. Because saving money is a person's confidence to deal with emergencies. For example, if you accidentally get sick and need surgery, you can immediately take out the money to do it. At this time, if there is a deposit that can be withdrawn to the hospital for payment, it will be very lucky. In addition, when there is a chance to make money from investment, the money previously saved is put to use, which may lead to higher returns.

4. Do people buy things they don't need?

This is often the case. Some people have high work pressure. They can't help but have a fever in their brain, impulse consumption, feel the pleasure of swiping card payments, and vent their pressure in this way. Some people don't have the habit of writing shopping lists. When they go to the supermarket and see a wide range of goods, they can't help buying a lot of things. When they get home, they find that there is no need to buy many things.

## 小学印象最深的人

### 1. Why do people always miss their childhood?

Childhood is often the best time of one's life. There is a saying that lucky people are cured by childhood all their life. Many people encounter unpleasant things in their work and life, they will recall their childhood and the carefree time before. After such recollection, they will feel good and calm themselves under pressure, so as to find the driving force for the next life. Especially those who have become parents, subconsciously think that they have had a beautiful childhood, so they have more motivation to struggle and let the next generation enjoy such a beautiful life.

### 2. Are kids happier than adults? Why?

I don't think so. I think adults are happier than children. Although adults face the pressure of work and family, they have the ability to buy things they like for a long time and go to places they wanted to go but didn't have a chance to go when they were young. There are many things that they can satisfy themselves. But children are different. Children have too many constraints from school and family. In addition, now children have greater academic pressure and more fierce competition. On the contrary, their happiness is lost faster than adults.

### 3. Why do people still remember many of their friends from primary school?

The first is that children in primary school spend six years with the world, but they only spend three years in middle school and high school. In addition, children in middle school have exam pressure, so they are struggling with learning and don't have the energy to make too many friends. Secondly, the friendship accumulated in primary school is more simple and pure, without intriguing interests. It retains the most simple and beautiful emotion, so people remember their good friends in primary school very much. For example, I have kept in touch with my primary school classmates so far. We have experienced many things together, run in with each other and become more familiar with each other.

### 4. What kinds of primary school teachers will impress students?

A humorous, responsible and caring teacher. Children in primary schools are not as attentive as middle school students, so teachers need to show humor to attract children's attention in the process of teaching. Primary school students will have many emergencies, such as nosebleeds, fights and injuries, which need responsible and caring primary school teachers to deal with. In short, this kind of teacher must be a teacher who likes children very much, so that the students can always keep it in mind.

## 一件困难的事

### 1. What kinds of jobs require people to be confident?

I think any job requires people to maintain self-confidence. Self-confidence is a kind of psychological hint. It is a person's performance from inside to outside. Showing self-confidence in any work will make people around you look at you differently. A speaker is better than those who stammer because of their inferiority. If a teacher shows confidence in classroom teaching, his students will also be infected and become confident people.

### 2. On what occasions should children be encouraged? How?

When children encounter learning and interpersonal difficulties, they need to be encouraged. For example, when children encounter learning bottlenecks and can't solve a problem, adults should encourage them or accompany them to find more ways to solve learning difficulties. For example, when making friends in a new school, children are shy and dare not play with other children. At this time, children should be encouraged to take the first step of making friends and say hello to other children.

### 3. How do you help children stay focused?

For young children, I will use games instead of boring chat to let them focus on interesting games. For older children, when studying, I will ask them to empty their desks and put only a glass of water to drink and books and stationery related learning, so that they can concentrate on the tasks they need to complete. There is nothing else to distract them, and they are not so easy to distract.

### 4. What challenges do young people face today?

I think it is the increase of academic competition and work pressure. In today's society, education is depreciating rapidly. What college students could do before, now they need to hire undergraduates. This leads young people to study hard and enter the top universities in order to find well paid jobs. The challenge at work lies in the unlimited extension of working hours in many industries, possibly from 9 a.m. to 9 p.m., working six days a week. It can be seen that the challenges faced by young people at work are not only work itself, but also health and physical strength. The challenges are huge.

## 搬到新家 / 新学校

### 1. Why do people move to a new home?

I think it's the need of work or dissatisfaction with the current home environment. For example, some people's workplace has changed from home to abroad and need to work abroad for several years. In order to get a higher salary and better career development, they have to move to live abroad. For example, there are many factories around the place of residence, which pollutes the air of the place of residence. Naturally, I want to move to a place with better air.

### 2. What problems will people face after moving to a new place? How do people solve these problems?

I think I will encounter the following problems: being lonely without friends, not adapting to the eating habits of new places, easily acclimatized, not understanding the culture of new places, and afraid of violating taboos. The solutions are as follows: firstly, actively open up, get to know the new colleagues and neighbors around, participate in community activities and establish a new circle of friends. Then ask new friends about the local diet and cultural taboos that need to be paid attention to. We can also take some one-day tours to learn about the new place.

### 3. What are the advantages and disadvantages of living in the same place?

The advantage of staying in the same place is to have a familiar social circle, have many friends, have help in any difficulties, and have a sense of security. The work is basically stable, there is not much competitive pressure, and life is relatively comfortable. The deficiency is that people stay in a fixed place for a long time, become lazy, lack of enterprising spirit, lazy to contact and create new things, and have a narrow vision.

### 4. Is it good to move to a new place frequently? Why?

I don't think it's very good. Human adaptability is not as strong as expected. If you move frequently, you will say goodbye to new friends in less than a few months, and the newly established social circle will be destroyed, and people will become very insecure. Secondly, frequent relocation may not be acclimatized to new places. It is difficult to adapt to the eating habits in different regions, which will affect people's health.

## 禁用手机的场合

1.How do young and old people use mobile phones differently?

From my perspective, there is a distinct gap between the way young and old people use their mobile phones. As for young people, they use their phone as a tool for entertainment, oftentimes, they play online games, chat with their friends, and check updates on social media with their phone. However, on the other hand, the elderly view mobile phones as a practical tools. They don't use it to pass the time or relax their mood, instead what they do is use mobile phones to make phone calls or text other people.

2.What positive and negative impact do mobile phones have on friendship?

Well, based on my understanding, mobile phones can benefit friendships by maintaining the connection between people regardless of where they are. With modern technology development, people can stay in touch with each other through Facetiming, texting, or audio calling. However, on the other hand, mobile phones also have their downside as sometimes people may become addicted to the online world, thus, neglect the people around them, which could eventually make their friendship drift apart.

3.Is it a waste of time to take pictures with mobile phones?

Well, in my opinion, it's actually the opposite. I think taking pictures with mobile phones is very cost-effective and efficient. Unlike cameras, when we take or store pictures with our phones, we don't need to pay extra money for microchips. In addition, in comparison to cameras, phones are more portable, we carry them with us all the time, therefore, taking pictures with a phone is much more convenient and time-saving. You can take pictures of whatever you want, whenever you want.

4.Do you think it's necessary to have laws for the use of mobile phones?

Well, it depends. On the one hand, laws for the use of mobile phones can prevent people from addiction and help people better manage their time effectively. In addition, relevant laws can purify the online world by eliminating scathing comments. However, just as in society, we have freedom of speech, people would expect the same freedom applied to the use of mobile phones as it is just a form of entertainment in essence, so, people should have the right to do whatever they want with it.



# 无聊的经历

## 1. When do people feel bored?

People feel bored generally when they don't have any purpose in life. For example, someone might have just graduated from university but hasn't landed a job yet. At that stage of life, there is no imminent pressure, so life can be boring for at least a short while. Also, sometimes people feel bored when they have all the time in the world, yet they cannot do anything. During the lockdown at the start of 2020, I had to stay at home as no one was allowed to go out. I'd never forget that feeling of boredom.

## 2. What can people do when they feel bored?

Well, if they have friends and family, they can always call them up. I think human interaction is the best way to kill any boredom. For people who prefer to spend time with just themselves, they can either read a book or listen to some music. Or they can just watch some TV shows. It sounds like a perfect opportunity to binge watch all their favorite shows. I think once they find something to do, they'll naturally think of millions of other things to do afterwards. The key is to be active and make that first step, rather than just sitting there and staring at spaces.

## 3. Do people get bored about daily routines?

I think that can happen a lot, especially for people who have been working on the same job for over ten years. Some might get a sense of security by following daily routines, but majority of us cannot stand the same kind of monotonous life day after day. At some point, life suddenly seems totally pointless as you start to question the purpose of it. I guess that's why people always look for changes after they get too comfortable with something for a while. It's only natural when people want to step out of their comfort zones eventually.

## 4. Is it easier for the younger people to feel bored than for the old?

You might think that young people are much more impatient so they get bored easily, but what I see in real life seems to tell a different story. It's always the old people who complain about their boring life. I guess when you get to a certain age, you start to see limits in life, and the range of available choices just shrinks. Unlike young people who always have hundreds of new opportunities ahead of them and new adventures to try, the old people generally are stuck with their current life.

# 智力游戏

## 1. Why do parents let their children play with puzzles?

Well, I assume the reason for this is that most parents regard puzzles as a good mental training exercise. While children are solving a puzzle, they have to analyze the existing information and connect the clues. Also, they need to visualize the solution of the puzzle in their brain to position each piece of the puzzle accurately. Therefore, parents think playing with puzzles is beneficial for their children's mental development.

## 2. What kinds of puzzles improve people's intelligence?

Well, I'd say all types of puzzles are beneficial to people's intelligence, after all, it's a type of activity that trains people's concentration and thinking skills. Among all types of puzzles, I assume the most educational is logic puzzles, such as Sudoku or Minesweeper. The reasons for this are that these types of puzzles often involve numbers and calculations and they also require a high skill level of logical thinking.

## 3. Why are detective stories attractive to people?

Without a lot of thought, I can think of several reasons. First, people love detective stories for the complexity of the plot of the story. Unlike normal novels, reading a detective story requires thinking and a high level of focus; the reading experience is very engaging. Second, people like this genre of the story because it creates suspense, as humans are always curious about the unknown. They want to read through the story to solve the mystery.

## 4. Which do you think is better? A detective movie or its original novel?

Well, it depends. Detective movies can be better for their incorporation of visual and sound effects, in comparison to the original novel, which is text-based. The presentation of a movie is very easy to comprehend for audiences. However, as a movie has fixed factors such as settings and actors, it puts limitations on the possibilities of the story. In this case, the original novel would be better as the audience can create infinite possibilities for the story with their imagination.

# 环保法律

## 1.Are there laws about education in China?

As far as I know, there are many laws related to education in China. Just as in all countries, the Chinese government values the well-being of the young generation. Thus, they implemented a series of laws to ensure the safety and equality of children while pursuing knowledge. To name a few, the Chinese government bans physical punishment of children, as well as bribery linked to education. In addition, all Chinese children have a right to 9 years of free education.

## 2.What kinds of rules do schools in China have?

Based on my own experience, most Chinese schools have rules regarding a student's behavior in school. For example, schools expect their students to respect their peers and the teachers. They expect their students to show up on campus on time, dressed properly. What's more, schools have zero tolerance towards violence, any sort of physical altercations are strictly prohibited on campus.

## 3.What can teachers do to make students obey rules?

In my opinion, teachers can make students obey rules by implementing a system of punishment for breaking or violating the rules. By punishment, I'm suggesting giving students extra schoolwork, such as extra essays or math practices. In this way, students would carefully follow the rules due to fear of additional assignments. What's more, a reward system would also work. In essence, punishment and reward share the same principle, rewarding students for following the rules also encourages others to follow the rules.

## 4.What should parents do to educate children about laws?

I can think of many ways. First, parents can educate children about laws by exposing them to TV news channels or newspapers, which often contain information about laws. In this way, parents can cultivate the child's interest in understanding laws. Second, they can educate children by informing them of the consequences of breaking the laws, ideally using a real-life scenario, so children will respect and carefully follow laws due to the serious consequences.

# 想生活的城市

## 1. Why are more and more people living in the city?

Without a lot of thought, there are many reasons for this phenomenon. The leading cause is the availability of resources in the city. There are more job opportunities and access to better education in the city, which attract people to move to the city because occupation and education are what determines their success in the future. Other than this, convenience would also be a major cause as online grocery shopping and online food service are better developed in cities.

## 2. How does this affect the environment and nature?

In my opinion, the increase in cities' population is definitely putting a burden on our environment and nature because it leads to a phenomenon called urban sprawl, which refers to the expansion of the city to accommodate the needs of the large number of people moving in. As a result, the rapid growth in the size of the city results in the loss of agricultural land and an increase in greenhouse gas emissions due to reliance on private automobiles for commuting. Eventually, negatively impacting the environment.

## 3. What are some factors that attract people to settle down in certain places?

There are multiple factors that I can think of. First, it could be because of friends or families. This is because, by nature, humans are herd animals that need a sense of belonging, therefore, people tend to settle down in places where there are people they know. Second, it could be because of opportunities. People thrive for success, therefore, when a place offers them a satisfying job or study opportunities, they will settle down in that place.

## 4. What are the differences between the young and old when choosing where to live?

From my perspective, when young people are choosing a place to live, they mainly consider personal development in that place, such as whether they will have an opportunity for a huge career promotion or major academic improvement or not. This is because young people are still working towards a more promising future. Comparatively, as for the elderly, they mainly consider their quality of life in that place, such as the hospitality of the neighborhood. This is because they are probably retired, the primary thing that matters to them is happiness.

## 当地新闻

1.Do people read the newspaper where you live?

To an extent, yes. In our current society, one of the biggest problems a person can have is ignorance. As a member of the global community, we must be aware of the latest news updates that may potentially impact our lives. Therefore, I assume that everyone in my neighborhood reads newspapers, as reading a newspaper is the most effective way to get news updates.

2.Do people prefer local or international news?

In my opinion, people prefer international news over the local news. I attribute this trend to globalization. With the development of social media websites, people nowadays are tightly linked together. The entire world could form one intimate community, therefore, while reading news, people always look for global information since they are part of the global community. In addition, international news is often more explosive in comparison to local news.

3.Do you think it's important to have a national identity?

From my perspective, having a national identity is crucial. In the international society that we live in, everyone will inevitably meet someone from a culture that's different than their culture. When we're interacting with those people, a strong sense of national identity can separate us from others and make us stand out. In addition, in a multi-cultural world, without a national identity, we might feel lost about our own identity.

4.How can people develop their national identity?

There are multiple approaches. First, people can develop a national identity by exploring their country's history. For example, they can watch a historic documentary, read a historical biography, or simply talk to an elderly in the family. Second, people can strengthen their national identity by engaging in their community and participating in more social events. In this way, they can quickly establish a bond with their culture.

## 想提升的天赋

1. Do you think artists with talent should focus on their talents?

From my point of view, I'd say yes. Artists with talent should focus on developing that specific talent. This is because talent is a gift and a privilege that separates them from the rest of the people around them. It gives them an advantageous starting point. Therefore, they should cherish their talent and focus on developing it to make the best use of it. Otherwise, it would be very reckless for them to waste God's gift.

2. Is it possible for us to know whether children who are three or four years old will become musicians and painters when they grow up?

Certainly, the fact is, if we take a look at any famous artist from the current society as an example, we'd learn that they started practicing their talent from a very young age, usually at 3 or 4 years old. So, for children at this age, we can easily tell if they have the potential to become an artist or not by investigating their interest in learning a talent at the age of 3 and 4. If they don't show any interest, then it's most likely that they won't develop the talent.

3. Why do people like to watch talent shows?

I can think of several reasons. First of all, people like to watch talent shows because it's a form of entertainment. By watching, people entertain themselves and can release their stress. Moreover, people love talent shows because it helps them to explore human limits. Often the case is that some people are born with a unique talent that astonishes people, such as insane flexibility. By watching these people performing on stage, audiences could make their life more interesting.

4. Do you think it's more interesting to watch shows about famous people or ordinary people?

I find both types of shows very interesting. For shows of famous people, they are interesting because they are mostly scripted, therefore, they might have dramatic plots and storylines that can amuse audiences. On the other hand, the shows about ordinary people are interesting because they're an accurate reflection of a normal citizen's life and audiences often feel connected to it.

# 高楼

1.What are the disadvantages of living in tall buildings?

Without a lot of consideration, I can think of several disadvantages of living in a tall building. The most significant one is that in the event of a natural disaster, it's difficult for everyone to get out of a skyscraper as there are more floors and more people in comparison to ground-level buildings. What's more, living in a tall building often implies that people are living in a city, where there is a lack of access to nature.

2.Do you think there will be more tall buildings in the future?

Yes, I do. As the population on Earth keeps increasing, in the future, there will be more humans sharing the same space that we share now. This means that governments have to build more tall buildings to create housing for the increased population. It's comparable to the supply and demand concept in the economy; people's demand for tall buildings will surge in the future and, as a solution, governments will supply more skyscrapers for them.

3.Why aren't there many tall buildings in the countryside?

The reason for this is quite straightforward. The population density in the countryside is low and there is enough land to provide housing for everyone. Therefore, there are not many tall buildings in the countryside because there is no need to construct them. Also, tall buildings cost more money, time, and human resources in comparison to ground-floor buildings, so when there's no need, why should government waste resources on constructing them?

4.Why do some people like to live in tall buildings nowadays?

Without a lot of thought, I can think of multiple reasons. The most important one is that in modern society, safety is the primary concern. In comparison to living in a house, living in a tall building provides much more security, as you are surrounded by many people and there is usually security personnel protecting you. What's more, living in tall buildings is cheaper compared to living in a house as it has a smaller area. So, some people prefer living in tall buildings nowadays.

## 微笑的场合

1. Do you think people who like to smile are friendlier?

Not necessarily. There are many reasons for people to smile, being friendly is just one of them. Oftentimes, people may only be smiling out of politeness or obligation, such as people will smile at their supervisor every day, but that doesn't mean they like their boss, they only smile because it's a social convention. Not even to mention instances where people fake a smile or smile sarcastically. So, no, smiling doesn't always mean someone is friendly.

2. Why do most people smile in photographs?

I think the reason for this is that people always want to record moments in their life when they're happy, so to express their happiness, they smile when having their picture taken. In this way, when years have passed, they can look back at the picture and recall the happy time. I mean, think about it, no one would keep a picture of them being listless or sad. By human nature, people want to escape from bad memories.

3. Do women smile more than men? Why?

Based on my observations, that is the case. I assume the reason behind this phenomenon is that women are more sociable and emotion-driven. They tend to care about other people's feelings more than men do. Therefore, to show someone kindness and make others happy, women will always smile. In contrast, men only smile when they are truly happy. So, I believe, it's correct to say that women smile more than men.

4. Do people smile more when they are younger or older?

In my opinion, I believe that people smile more frequently when they are young. This is because, in comparison to the elderly, young people have fewer worries and difficulties. I mean, young people are under the protection of our society, so people are more lenient and amicable when they are dealing with a minor. Therefore, young people smile more because they live a happier life.



## 喜欢的歌手

### 1.What kind of music do people like at different ages?

As far as I know, people's taste in music varies greatly. No music style is universally liked by everyone. However, there is a general pattern to it. For children, they like cartoon music because they still picture themselves as a character in a fairy tale. For teenagers, they tend to prefer music that revolves around relationships, since they are undergoing puberty, which is a time when they feel quite emotional. As for the middle-aged group, I assume they like soothing music as they have a lot of pressure from work.

### 2.What kind of music is popular in China now and what will be in the future?

Currently, the most popular music type in China is rap music. This is because a few years ago, there was a phenomenal TV show called Rap of China that turned rap into mainstream fashion. As of now, many Chinese celebrities are promoting this type of music and the top-10 playlists in China always have at least one rap song. In the future, I think people might like R&B because it has an upbeat and catchy melody that can cheer people up.

### 3.Do Chinese parents require their children to learn to play musical instruments?

I'm afraid so. For decades, Chinese students were always known for their educational intelligence and knowing how to play a musical instrument. And when everyone has the same pre-established concept, it indicates that the concept is most likely to be true. Chinese parents have always had high expectations of their children, therefore, to allow their children to become successful in the future, they would require their children to learn to play a musical instrument.

### 4.Why do some people like to listen to live music while others prefer CDs?

From my perspective, this variation is because different people value music differently. For the people who enjoy listening to live music, they regard music as an important aspect of life, so they'd spend money to go to live concerts to experience the vibe and cheer for their favorite entertainer. For people who prefer CDs, they see music as a minor aspect of life. All they need from music is relaxation, they wouldn't put extra time or energy into it.

# 生活计划

## 1.Should parents make plans for children?

In my opinion, the answer to this question is largely dependent on children's self-management skills. For children who can manage their time effectively and know what they want in life, they don't need parents' assistance since they're perfectly capable of making plans for themselves. However, for children who tend to procrastinate, their parents should make plans for them to guide them.

## 2.When should children start to make plans for themselves?

From my perspective, making plans would only be effective when people have clear goals about their life since the purpose of making plans is to allow an individual to achieve his or her goals. As for children, they are still at a stage of life where they are exploring their interests and passions, therefore, making long-term goals would be impractical for them. I think the time for a person to start making specific plans to achieve goals would probably be after puberty.

## 3.What things should be planned on a daily basis?

In my opinion, things that should be planned on a daily basis should only be things that change day by day. To list a few, people should always plan their meals, sleep schedule, activities, and expenditures daily. As a matter of fact, the habit of planning things in detail would truly be quite useful since it helps people to live a structured and predictable life.

## 4.Are plans always necessary? Can people succeed without plans?

It's my understanding that, although plans are not always necessary, a properly structured plan is certainly a useful tool for a person to succeed. You know, one of the most frequently asked questions during firm interviews is a person's 5-year or 10-year plan. This proves the importance of a plan. It can motivate and drive people, thus, helping people to succeed. However, this doesn't mean people can't succeed without plans. As the current society is very tumultuous, sometimes, it's impossible to follow the plan. In this case, people might be better off without plans.

## 健康文章

1. Do you think people are healthier now than in the past?

Absolutely not. It is very obvious that most people nowadays are not healthy when compared with people in the past. And I think a key factor is that in the past, we had a lot of activities that involved a lot of moving around, like farming and heavy-lifting. But nowadays we have a lot of activities that require people to sit still, like using a computer, watching TV, or doing office work sitting at a desk.

2. How can you tell whether or not a website is reliable?

Generally, when we search or browse a website, search engines, browsers, and other third-party tools will also give some basic tips, so that we can initially judge whether a website is reliable. Many reliable websites will have the marks of “official”, “plus V”, yet I think this third-party information can only be used as a preliminary notice, and is not the absolute standard to judge the authenticity of a website.

3. What activities can schools organize for children to keep fit?

Physical education is very important to promote the overall development of students. In school life, it is very necessary to lead children to do more physical exercises. In addition to the traditional sports testing program, teachers can also organize more interesting sports activities to stimulate students' interest in participating in sports, so that students can strengthen their bodies during play.

4. What can governments do to improve people's health?

I think governments cannot just allow people to choose which lifestyle is better. For example, due to the current prevalence of COVID-19, using serving chopsticks and spoons is conducive to preventing and reducing the cross-infection and food-borne disease transmission during meals. Therefore, the government could launch a nationwide initiative to promote people's health, just like promoting the use of serving chopsticks and spoons.

## 朋友的争执

1. Do you think arguments are important?

I think argument is of course very important. Arguments can make the conclusion more authentic and persuasive. Human cognition is limited, so there will be right and wrong cognition. It is undoubtedly difficult for people with a high level of science to distinguish between right and wrong. Using the social and technological level at the time makes things that have been scientifically proven more reliable, and easier for people to accept.

2. What do family members usually have arguments about?

Misunderstandings can happen among family members, and in fact, it happens all the time. Most family arguments begin with misunderstandings. Maybe the father of the family has a long day at work but doesn't want to hear his wife complain about her problems, or maybe the older children think their parents prefer their younger siblings. Or you may think it would be more fun to spend New Year's with friends, but your parents insist you spend the time with them.

3. Is it easier for you to have arguments with your family or with your friends?

With families. Friends and family are very important to me, but in terms of arguments, I think it's easier to argue with family. After all, they are family members. If a quarrel makes them unhappy for a while, I can make up for it later. If I quarrel with friends, the situation may become worse. That is to say, I think I'm less likely to lose a family member, but it's easier to lose a friend.

4. Do you think people should change the way they think when having arguments?

In general, I don't think people should switch sides so quickly when they have an argument. Because it often shows that they haven't thought deeply about where they stand. In other words, when one is arguing, one should give as many reasons as possible to make others believe his or her opinion. But if what others say is true, I don't think one should be too stubborn. All in all, I don't think it's an either-or decision.

## 分享

### 1. Do you like to share?

Yes, of course. I think there are two ways to look at this issue. On the one hand, the person who shares himself opens up a wider world, but the more important aspect is to help the reader get in touch with a more diverse world and ideas. We have access to so much knowledge because of the sharing of people who came before us. Without it, we wouldn't have been able to break through the walls. That's what we share for.

### 2. What are the consequences if children don't like to share?

As far as I believe, they may grow into someone who just thinks about themselves. Some people say that selfishness is a mirror in which you can only see yourself. Everyone is self-centered at heart, and there is nothing wrong with that. But some people are too selfish, often do things only for themselves, and never consider the feelings of others. Therefore, they find it hard to make friends and be happy.

### 3. How do you feel about sharing accommodation with others on campus?

I think it's great. For example, in the same room, when you are in trouble, the first ones who come to mind are your roommates. They will help you with your lessons and make you laugh. They have hobbies, which may attract you, too. People from different places always bring the specialties of their hometown, which means you can share with each other and taste a lot of delicious food. You can also learn about the local customs of different places.

### 4. How could parents and teachers teach young children to share?

In ordinary life, parents can share their things with people around them intentionally, or unintentionally in front of their children. When the people around are happy because of the parents sharing, the children watch and see the result. Parents can also share with their children what they like and what their children like and then ask the children if they are happy to share and both give and receive things.

## 告诉朋友实情

1. Do you think we should tell the truth at all times?

Yes, without doubt. I'm a firm believer that honesty is the best policy. For starters, people will appreciate it when we tell the truth, and they'll be honest and transparent in return, which builds the foundation of any healthy interpersonal relationship. Furthermore, any truth will eventually reveal itself no matter how hard we try to hide it. We might as well let truth speak for itself, as all efforts in covering up the truth will end up being futile.

2. How do you know when others are telling lies?

I don't consider myself an expert in this but there are definitely some telling signs. I think the most important factor is consistency in their story. When people lie, it's normally difficult for them to get the story straight at all times. Also, their facial expressions and gestures could suggest they are lying too. Some terrible liars tend to stumble when they talk, while some others may avoid direct eye contact. I also notice liars feel uncomfortable with their hands too as if they don't know where to put them.

3. Do you think it's more important to win a game or follow the rules in sports?

I'm all for fair play so adhering to rules certainly matters more for me. I think that's the whole point we have all these sports associations promoting sportsmanship and obeying rules, because we want every participant to compete on a fair basis. In recent sports competitions, we always hear scandals of elite sportsmen using illegal performance enhancement drugs, which shows it's of vital importance we encourage fair play in any sports competition rather than just going for medals.

4. Sometimes people should tell lies. Do you agree?

Yes, I totally agree. That's why people tell white lies at times so others don't get hurt. Certain lies come with good intentions. For example, we might compliment a colleague's dress at a party even though the dress doesn't necessarily fit her. Or if someone asks me out for a date and I don't want to hurt his feelings, I'd make up an excuse by saying I have other plans. As we'll probably all agree, truth can be a little hurtful at times and we might want to protect people from them, especially the ones we care about.

## 海边活动

### 1.What are the advantages and disadvantages of vacations to the seaside?

In today's society, everyone is under pressure, and holidays give us an opportunity to pause. Taking a vacation to the seaside would be a good choice for people to relax themselves. But to be honest, I think it's quite dangerous to go to the beach. I have seen so much news. Many people go to the seaside to play, but some may lose their things, others may get hurt, and some even get swept out to sea. That worries me a lot.

### 2.Why do people like spending time in the sea?

Spending time in the sea makes people enjoy a different lifestyle. For example, diving is such an exciting sport in my eyes. People can dive down to the depths and see things that no one else has seen before, and that is so neat in my opinion. Nothing seems more relaxing than having water around me and being below the surface. So, in my eyes, spending time in the sea is an excellent choice.

### 3.Why do children like the sea better than adults?

Most children seem to have a bond with the beach. They are constantly filling buckets, pouring sand into cars, piling it up into castles and trains. They love to see the waves come in and drown the castle, and they then build another. In the opinion of psychologists, children like to play with sand and water, because such games make them feel happy, and it is of great value for promoting the development of children.

### 4.What types of job positions can be found at or near the sea?

In my opinion, job positions available at or near the sea are more related to arts and imagination. For example, playing with the sand is almost everyone's innate ability, and it is also a childhood favorite activity. I read about a poor man in his sixties, who wore overalls and was struggling to survive on the beach. He still played in the sand for a living. I believe he is greeted with a wave of envious glares.

## 帮助朋友

### 1.How do people usually help each other?

First of all, we should have the right mentality. We are a collective and a team, so we must be closely united together. Secondly, we should have an understanding of the overall situation. When anyone has a problem, working together as one is the best choice. Third, we should try our best to help our colleagues when they are in trouble, which makes our relationship more harmonious. Fourth, in general, the better the relationship among colleagues, the more smoothly our work can be carried out.

### 2.How is online help different from real-life help?

In my eyes, there is no big difference between online help and real-life help. Because the very core of the behavior is help. Yet online, you may do things without giving away your identity, which may make more people willing to get help. For example, you could provide help in an entire online community to help more than just one person. In contrast, if you help someone in real-life, you can see his or her facial expressions in response.

### 3.Should schools be responsible for teaching students how to cooperate?

Sure they should. In university, because the members of a team have different cultural backgrounds, they have different perspectives on things, ways of doing things, and learning attitudes. These uncertainties create a diverse environment for team cooperation, but also bring many difficulties. Coordination and leadership skills are essential for teamwork to work in an orderly way. Schools should be responsible for teaching students how to cooperate.

### 4.What are the differences between help from friends and help from family?

This is more related to Chinese culture. I believe that getting help from friends is something you may need to give back later. But if you get help from family, you don't need to do that. But we can not only rely on the help of others. The help of others is important, but more important is a person's strong, inner driving force and their own indomitable spirit. Only in this way can we really grow up and succeed.



## 尊敬的老人

### 1.What can young and old people learn from each other?

The relationship between children and the elderly is a relationship of mutual healing. The focus is to accompany and listen to each other, not to understand and agree with each other. Children become special caregivers for the elderly, and the elderly become special teachers for the children. The old teach the children to read, comb their hair, tell them stories, and help the children settle their conflicts when they quarrel. Children accompany the elderly to eat, play games, sing to them, dance and draw pictures.

### 2.Has old people's life quality improved when compared to the past?

Of course. With the improvement of the quality of life, the elderly take more care of their appearance, pursuing fashion, and paying attention to the quality of clothing. With the economic difficulties of the past, it was sufficient just to have food to fill the belly. Not that the quality of life has improved, the demand for better food has increased, and they pay more attention to scientific nutrition, etc.

### 3.Why is the generation gap between the young and the old?

As my teacher said, different generations had different values. My father doesn't often buy things for my grandma, because my grandma always says: "it's too expensive to buy things, save it!" It is precisely because they are saving money that thrift has become a value. However, every time I go abroad for a study tour, the cost is more than 30,000 yuan, which shows my point.

### 4.What do old people usually do in their daily life?

When it comes to recreational activities for the elderly, many people think of square dancing. According to the survey, people in their early 60s are more likely than older people to be willing to pay for expensive, difficult, and time-consuming skills such as sports, calligraphy, painting, musical Instruments, yoga, and foreign languages. On the pages of live streaming platforms such as Douyin and Kuaishou, more and more old people have become "anchors," which is so cool.

## 安静的地方

1. Is it hard to find quiet places in cities?

You bet. I live right in the center of things, which meant that I could go to the center or get around the city easily. Our city is one that never sleeps. It is a bustling city, and it has everything you could ever need. There is always traffic and people on the street, in my district. To sum up, it is very hard to find quiet places in cities, for sure. Suburbs would be better. However, it is not somewhere I would like to live permanently.

2. Why is it quieter in the countryside?

The rural environment is very quiet. No traffic, no lights. This quiet environment will inevitably bring a sense of ease. Living in such an environment will be very comfortable. This is also the reason why many people give up city life to live in the countryside. Living in the country, life can be more comfortable. At 8 or 9 o'clock in the evening, there are no pedestrians on the road, and the quiet living environment also slows down the pace of life. So, the countryside is quieter.

3. Why do people go to quiet places?

They can take a rest. My grandma and I live in completely different parts of the city. I live right in the center, but she lives in the suburbs, at the foot of a local mountain. I used to visit her home often. There, we can experience rural life and be away from the hustle and bustle of the city. We can climb mountains, ride bikes, pick strawberries, and play games. These are all good ways to relax.

4. Compared with young people, do old people prefer to live in quiet places?

My grandma and I live in completely different parts of the city. I live right in the center, but she lives in the suburb, at the foot of a local mountain. I think old people like to be surrounded by nature and country life keeps them busy. While I was there, we used to read and cook together. However, the suburbs are not somewhere I could live, though I really love the peace and quiet.

## 雇佣很多员工的公司

1.Should big companies be punished more seriously if they break the law?

No, it is just ridiculous! The idea that everyone is equal before the law had been put forward as early as in ancient Greece, but as a basic principle of the legal system, it was put forward in the period of bourgeois revolution. The United States Declaration of Independence of July 4, 1776, and the French Declaration of the Rights of Man of August 27, 1789, allude to this principle. Therefore, big companies should be treated as equal to others.

2.Should big companies donate more to charities?

I think they should if they can afford to. For enterprises, making profits is the core purpose of their existence, and donation is one of the ways to practice social responsibility, which should be encouraged by policies and laws. In China, when there are major natural disasters or major social issues, enterprises tend to make large donations. There is a saying that goes, “big capacity, big responsibility.” So, I think they should do it.

3.What are good things about working for a big company?

First, the big company has a broad vision. The bigger the platform is, the more people it contacts and the more knowledge it has, which is conducive to broadening the horizon. Second, a big company is like a big stage. As long as you have the ability, it can provide you with enough space to display your talents. Third, there are many learning opportunities. As the company becomes larger, it is inevitable that there will be more talent, and the management will be more standardized, so we can gain more knowledge and experience.

4.What are the differences between big companies and small companies?

Many small companies, because of limited scale and capital, find it difficult to guarantee salaries of their employees. While large companies are more generous with salaries, and the provisions are relatively clear. Even if the employees are required to work overtime at night, the hourly overtime rate is very clear, unlike small companies, which sometimes require employees to work overtime voluntarily.

## 喜欢的电影

### 1.Are films a waste of money?

I think so. For a time I liked watching TV series and movies, and I enjoyed them. I spend seven or eight hours a day watching them. But afterward, I felt empty and lost. I felt it was a waste of time and money to escape from the real responsibility and pressure. Plus, as you know, movie tickets are very expensive nowadays, and may cost 60 to 80 yuan each time. It is just not worth it.

### 2.Are movie stars important to a movie?

As it turns out, choosing the right actor can really give a character a visceral power in a movie or TV series. Now, with the continuous development of the film and television drama industry, the division of labor in creating film and television drama is becoming more and more complicated and specific. Character selection has gradually become an important link in the process of film and television drama creation, and even formed a special industry - the casting studio.

### 3.Are foreign movies popular in China?

Very. For example, Hollywood films invest a lot of money in the improvement of visual effects, the portrayal of characters by actors, and the expression of the theme of the film, and these soft powers are also constantly improved. In this case, the audience's sense of shock, resonance and involvement in the story will be better, which is the reason foreign films are highly praised. In my opinion, this is the reason people like foreign films.

### 4.Is it important that a country has its own movies?

Yes. In March 2017, the Chinese film industry was facing intense competition from foreign films such as Hollywood. With the support of national policy, the Chinese film practitioners produced more and better movies, in this way, they improved the soft power of the country. I hope Chinese films will continue to develop and finally dominate the Chinese film market.

# 做手工

## 1.What traditional handicrafts are popular in China?

China has a long history in traditional handicrafts, and it is the treasure of Chinese national culture and art. In this regard, China is famous at home and abroad for its long history, exquisite skills, rich categories of traditional handicrafts. For thousands of years, traditional handicraft products have always been a representative of the Chinese nation. To cite a few examples, such as silk embroidery, ceramic ware, Chinese knot.

## 2.What do young people think of traditional handicrafts?

I was born in 2001, and learned to paint. I think handicraft is very interesting, such as ceramic, embroidery, and wood carving, which are very beautiful. However, sometimes I feel a little angry when I see some items whose price is multiplied several times as soon as the word "handmade" is added. It is true that handmade products take a lot of time and test the minds of craftsmen, but as consumers, I think they are not worth it.

## 3.Do people in your country send handicrafts as gifts?

Sure. In China, you normally only send handicrafts as a gift to someone close, such as your mom, or your girlfriend. I do not have the chance to send one to a girl now, but I sent handicrafts to my mom every year. Handicrafts show you really care about someone and like to take the time to design and make something for them. As for me, I have made silk embroidery, ceramic ware, and Chinese knot for my mom.

## 4.What are the benefits of making handicrafts?

According to a foreign study, early exposure to handcraft activities (crafts, painting, music, etc.) can boost the brain's capacity. The brain is like a muscle, so to speak, you need to exercise it to increase its strength. Manual activities, on the other hand, activate the brain and stimulate it. Also, good coordination improves the ability to exchange information between the left and right hemispheres, making people more responsive and alert.

## 社交媒体趣事

### 1. Why do people like to use social media?

For many young people in China, their demand for news and information can be basically met by checking Weibo, browsing Zhihu, and browsing WeChat Moments. We often visit social media platforms to seek personal or social connections, creating "acquaintance societies," similar to the real world, where we gather family, friends, social network friends, or other people we follow.

### 2. What kinds of things are popular on social media?

The popularity of short videos shows people's emotional sustenance. In addition to watching, many people are addicted to recording short videos. When a video genre becomes popular, many people will imitate it in an endless stream, and some funny and even sad stories happen as a result. People are constantly curious about the next funny short video and don't feel the passage of time.

### 3. What are the advantages and disadvantages of using social media?

A lot of people in real life may be too shy and have social anxiety, which is very bad for their social life. Only in cyberspace, when they can drop all their defenses and show themselves easily, they may turn into someone different. However, a person may be addicted to online social networking because of social fear, and after indulging in online social networking and gaining dignity and pleasure, their social skills in reality may be further weakened, which is terrible.

### 4. What do you think of making friends on social networks?

Social media also plays a role in promoting relationships. For example, sometimes you want to tell your friends what you really think, but it is too time consuming to chat in private one by one, so you can directly send a message to your WeChat Moments, and everyone can see it. They can leave you a message, and this promotes the relationship. On other occasions, if you feel that something is difficult to say in person, such as expressing your love, you can send a message to them. If that person is also interested in you, then the social network becomes a matchmaker.

## 学习之余的活动

1. Why do some people enjoy extreme sports?

Well, I think what attributes to this phenomenon are several reasons. First of all, some people love extreme activities because they perceive it as an effective way to release their stress, when people are doing things that are risky, the human body will automatically release a hormone that is called endorphin, which can help oneself find calmness. Another reason would be that some people thrive upon challenges, extreme activities can make them feel alive and energized.

2. Are men more likely to do extreme sports and women?

Well, as far as I know, gender is not a factor that impacts people's willingness to perform extreme sport since we currently live in a society that promotes gender equality. The deciding factor here is people's personal background. For people who were born in a rich family, they would have the resource to access extreme activities such as a sky diving, so, they would tend to conduct those kinds of activities much more than people who are raised in a conservative and low-income family.

3. What are the most popular outdoor activities in China?

Based on my own observation, Chinese tend to prefer outdoor activities that require minimal space and are simple to master. This is because China is a fast-developing country, therefore, land area is really precious and the cost of using it can be really expensive. At the same time, the majority of Chinese people are bustling with their studies or work, so they would often do activities that are easy to get their hands on instead of wasting a lot of time on learning the drill.

4. What do young people usually do in groups?

Young people would often team up when they are dealing with a task that is time and energy consuming or one that is highly challenging. This is because team work can create higher efficiency and potential, so when children cannot tackle an issue on their own, they would often collaborate with others in order to receive a better outcome. Examples for this would be an Olympiad math competition, a complex project or a team sport.

## 家庭重要设备

1.What kind of machines are there in people's homes?

Due to the technology development over the past century nowadays, digital home appliances are prevalent in almost all households in the world. Among all machines, the most popular kind would be machines that can facilitate or entertain people's lives. Such as televisions that can bring joy to people or dish washing machines that can save people from doing house chores.

2.What are the differences between the young and the old in their attitude towards machines?

Young people embrace the invention of machines since they are raised in an era where there are a lot of technological breakthroughs, so they are already used to new types of machines and they are adapt to learning how to operate them. However, for old people, they don't appreciate machines as much since their minds are still at a time where everything was heavily agricultural and industrial based, for them, using machines is challenging.

3.What kind of professions require people to use machines?

Based on my observation, in the current society, almost all types of professions require a basic understating of operating machines because we live in an era where the world is connected by the digital devices, therefore, all workers are required to know how to run a computer so that they can work more efficiently and productively. Other than this, laborers at factories would often work with large machines as well.

4.Will many people's work be done by robots in the future?

This is highly dependent on the characteristics of the occupation. For jobs that require a low level of creativity, they are likely to be replaced since robots are capable of doing repetitive and scientific jobs, also, they are more cost-effective and accurate compared to humans. On the other hand, for occupations that require a lot of brainstorming and investigation, they won't be replaced by robots because robots rely on fixed programs and codes, they don't meet the requirements for this kind of job.



## 不太成功的经历

1.What's your definition of success?

I would regard myself as a person who is highly money driven. Therefore, I would define success as being able to support myself and have a solid financial foundation that can allow me to survive in any crisis in the future. Of course, I would also consider perfect grades and a promising job as a success, but ultimately, those factors will eventually contribute to the accumulation of wealth, so for me, money is the most important criteria of success.

2.What things do children try to succeed in?

Children nowadays are facing overwhelming academic pressure as the current education system is very competitive. Therefore, for children, their lives revolve around studying, for them, success would be to excel in a school assignment or examination, or to win an academic competition.

Based on my observation, tons of students pour their hearts into maintaining outstanding GPA.

3.Which do you think is more important for people to Become successful? Hard work or opportunities?

As for me, I would definitely say it is hard work because in my mind, hard work is the essential prerequisite for any kind of success. Only when you put in enough effort, can you become capable to catch the opportunity when it comes. Therefore, for any person who is seeking to triumph, the primary factor to focus on is always hard work. Pure luck only happens to one out of millions of people.

4.Do you think people will be happy if they don't have any goals to achieve?

Personally, I would argue, it is actually the opposite. In my interpretation, goals serve as a motivation and inspiration for most people, it is in fact the greatest source of happiness as people can get an incredible sense of fulfillment when they tick their goals off. Often times, people would feel lost if they don't have any ambitions in life. So, although goals come with pressure, it is always good to have.

## 街市购物

### 1. What kind of markets are there in China?

The answer to this question is highly context dependent. For modern metropolises like Shanghai, they usually have supermarkets or luxury malls that sell expensive yet appealing products. Whereas the countryside in China, they usually have street markets that sell cheap products with doubting qualities. This is because people in different parts of China have different needs.

### 2. Do you think small markets will disappear in the future?

Definitely not. I believe that each type of market exists for a reason. As for small markets, their target audience are people with low income. In the foreseeable future, it is impossible for our society to totally eliminate poverty, therefore, small markets will continue to exist to satisfy the need of those people who can't make a lot of money but still need to purchase some life necessities for their living.

### 3. Have people's shopping habits changed in recent years?

From my perspective, I would say it changed greatly. In the past, shopping was regarded as an entertainment, people would always spend a lot of time on shopping and enjoy the process of it. As of now, shopping has transformed to a daily or weekly task that people have to complete in order to survive, at present, people shop without pleasure and they tend to rush it.

### 4. What are the differences between shopping in street markets and big shopping malls?

Street markets and big shopping malls are essentially two different concepts and they work in distinct ways. On the one hand, street markets cannot guarantee the quality of products but it allows customers to negotiate the price. On the other hand, shopping malls have standardized products, but at the same time, it is impossible for customers to negotiate. Although sometimes, big shopping malls would voluntarily have sales and offer really appealing discounts unlike street markets.

## 给别人建议

### 1. Should people prepare before giving advice?

Most definitely. I think when people come to us for advice, it's normally for a very important matter, and the advice we offer may have a big impact on their decision. Therefore, we should do more homework before we offer any advice, otherwise it might end up being a negative advice. In my experience, whenever my friends come to me for advice, I always think twice before I open my mouth. I want to make sure the suggestions I give are constructive and helpful.

### 2. Is it good to ask advice from strangers online?

Well, I guess it's case to case basis. If we are talking about general advice on life, it's probably best to ask for advice from family and friends, because they know us, and they understand the impact their advice have on our lives. But sometimes we might want advice on matters that we feel embarrassed to share with someone we know, and it's more comfortable to confide our problems in strangers. In that case, I think it's probably better to seek advice from strangers. But we should always take the advice with a grain of salt.

### 3. What are the personalities of people whose job is to give advice to others?

I guess they tend to be really good listeners, as a main part of their job is to listen to others with respect. Therefore, they should have the ability to listen to people and a compassionate approach. The other quality is patience. Different people may have different problems, and some of them can be very frustrating to deal with, so these people need to be very patient and considerate, so that their clients could trust them, which is the foundation in building a meaningful relationship with their clients.

### 4. What are the problems if you ask too many people for advice?

It's tempting to get a lot of opinions, say, from friends, coworkers, and mentors, but doing so could give an undesirable outcome. You won't be able to follow everyone's advice, of course, and if you don't take advice from certain friends, they may feel offended and have a bad impression of you afterward. Also, if you ask too many people for advice, they may see you as less competent. They may even avoid you, because at some extent, they'll think you are not capable of solving problems on your own.