雅思口语 Part 3
常考话题及论点论据集合

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目录

一：经济商业

1. Consumerism
   (1) Pros & cons:
      ① Pros:
         1) Brings happiness - when you acquire new things, it allows individuals to satisfy their needs and wants, whether it's basic necessities or luxuries.
         2) Improves quality of life - the availability and accessibility of a variety of goods and services can increase individuals' standard of living.
         3) Social status - buying high-end products can provide self-esteem and approval from others
         4) Boost economy - consumption can stimulate the growth of the economy from creating more investments and job opportunities.
      ② Cons:
         1) Overconsumption - when people spend more than they can afford and this could lead to financial stress and problems like debt and loss of credit.
         2) Materialism - a society focuses on consumerism could promote materialism where people only care about money and material possession.
         3) Environmental impact - the production, transportation and disposal of goods could contribute to environmental deterioration.
         4) Social inequality - people who are able to buy less could feel inadequate or inferior.
   (2) Consumer behaviour:
      ① Advertisement - exposing the product and creating the awareness of it to the consumers. So, the consumers will be more inclined to buy this product when they are in need.
      ② Famous people:
         1) Products endorsed by famous people seem to be more reliable - famous people win stronger trust from customers.
         2) Fans and followers buy products endorsed by their idols to support them.
      ③ Peer pressure - people have desire to fit into a group so they are more likely to buy products which are widely owned.
      ④ Discounts and campaigns - to make the product seem to be more reasonably priced
   (3) Online vs. Offline:
      ① Online:
         1) Convenient - goods get delivered straight to your doorstep.
         2) Has a wide range - can shop from different retailers or different cities.
         3) Cheap - lower cost - lower rent and wages
         4) Competition - lots of online shops and platforms to choose from - more likely to get a better deal
      ② Offline:

1) Try on - to find the right size or to test out products, especially the expensive ones.

2) Service - more professional, might receive extra services for example after-sales or certain value-added services

3) Socialise - create a way to socialise with your friends.

4) Satisfaction - instant gratification: You can take your purchases home immediately, rather than waiting for them to be delivered.

2. Types of firms

(1) Family business

① Members involved in the decision-making process are bonded with tight relationships - the decision-making process might not be so straightforward.

② Family members who may not have the professional knowledge required will still have important roles in the company - will affect managerial efficiency.

③ During the inheriting process, fierce competition or conspiracy might happen - waste the assets of the company or damage the company from within.

(2) Large company

① More professional management procedure - more reliable decision-making and fewer risks

② Fair mechanism in allocation of interests - based on performance, contribution and stock share - more encouraging and motivating

③ More chances to receive training - more attractive to potential employees and able to maintain the quality of the staff

④ Multiple levels in the management - lower efficiency in communication

(3) Small company

① Simpler environment and relationships

3. Business

(1) Quality of successful business

① Customer-centred: always bring values to customers, focusing on their needs, famous examples like Microsoft and Apple. - updating their products every generation, improving performance and user experience.

② Innovation: in order to adapt to the changing market, therefore more able to beat opponents, famous examples like Apple and Tesla - creating all-new products like iPhone 4 and Tesla Model 3, revolutionizing their markets by importing the "catfish" into the fish tank.

③ Financial management: always having enough cash is crucial for companies to stay healthy. Companies carrying too much debt will be highly likely to collapse. Famous counter-examples like Evergrande - borrowing too much money from local governments and consumers, finally led to its downfall.

(2) Encourage or discourage behaviours

① Rewarding system in a company:

1) Non-monetary rewards such as recognition, praise, opportunities for growth and development, and a sense of accomplishment. - non-monetary rewards

can significantly boost employee motivation. When people feel they are recognized, they would feel more confident and satisfied with their work. This type of rewards certainly drives employee's performance.

   2) Monetary rewards such as salary increments, bonuses, profit sharing, stock options, and other financial incentives - most people work for life. In most cases, money is the best incentive, encouraging employees to pursue professional personal growth and development.

   ② Discipline system in a company:

   1) Being fined for some negative behaviours - provide an immediate and tangible consequence for unwanted behaviours. This can make the consequence of breaking rules clearer and more immediate

   2) Warning - sometimes, when a problem caused by someone`s negative behaviours has already influenced other colleagues in the same department, a verbal warning would be issued. It`s a warning for others who may potentially violate certain rules, and a chance for those rule breakers

   3) Being fired - if the problems are quite extreme and vicious, employees who cause the problems would be terminated. For example, someone may steal confidential files and sell to competitor companies for profits.

(3) Recruitment requirements

   ① Collaboration and team work ability - no matter in big corporations or small studios, working with others is a must. Therefore, good collaboration skill is of great importance. It includes being punctual, down-to-earth, as well as active communication.

   ② Problem-solving abilities - Employees might encounter various kinds of problems, tangible or intangible. Therefore, people should utilize both their tangible resources, like tools and networks, and intangible intelligence, namely, knowledge and know-how, to overcome possible obstacles.

   ③ Communication - Effective written and verbal communication skills are essential in almost any role. This includes the ability to present information clearly and persuasively, by giving causes, effects, and questions; as well as to listen effectively, by listening carefully, paraphrasing key points, and give feedbacks.

4. Rent

   (1) Pros & cons of buying houses

   ① Pros:

   1) Stability - a sense of stability and security, don't have to worry about rent increases or eviction

   2) Freedom - the freedom to customize your home to your liking, like painting walls or landscaping, without needing approval from a landlord

   3) Potential rental Income - If you have extra space or a separate unit, you can rent it out for additional income

   4) Sense of community - Homeowners often have a stronger connection to their community. They may be more likely to know their neighbours, get involved in local organizations, or participate in community events.

② Cons:
1) Risk of depreciation - while home values often increase, they can also drop because of market trends, neighbourhood downturns, or even natural disasters.
2) Maintenance and repair responsibilities - unlike renting, homeowners are responsible for all maintenance and repairs, which can be time-consuming and costly.
3) Financial risk: If you're unable to make your mortgage payments, you could lose your home and damage your credit. Besides, there are some unpredictable costs, such as plumbing problems, electrical issues, or structural damage.

(2) Pros & cons of renting apartments
① Pros:
1) Flexibility - Renting allows you to move with relative ease if you need to relocate for a job, family, or other reasons.
2) Fewer maintenance responsibilities - as a renter, you're typically not responsible for maintenance or repairs. If the refrigerator breaks or the roof starts leaking, it's usually the landlord's responsibility to fix it.
3) Variety of choices - You can rent in a wide variety of locations and types of houses, allowing you to explore different neighbourhoods or live in areas where buying might be too expensive.
4) Access to better schools - renting can allow you to live in a school district that you might not be able to afford to buy in. This can be a significant advantage if you have children.
② Cons:
1) Instability - renters may face rent increases over time. If you don't agree on this, you might have to move.
2) Noise and privacy - apartments often share walls, floors, and ceilings with other units, which can lead to more noise and less privacy than a standalone home.
3) Size limitations - apartments can be smaller than houses, offering less space for belongings and limiting the number of people who can comfortably live in the space.

(3) Aspects affecting preference
① Location - this is often the most important factor. The proximity to work, schools, family, friends, and amenities like shopping, parks, and recreational facilities can greatly influence the choice of a house. The overall safety and vibe of the neighbourhood also play a role.
② Price - the cost of renting or buying a house is a major consideration. This includes not just the rent or mortgage payments, but also additional costs like utilities, property taxes, homeowners' association fees, and maintenance costs. It's also influenced by your budget.
③ Condition of the house - the age of the house, its overall condition, and the state of appliances and fixtures can influence the choice. Some people might prefer a

newer, move-in ready house, while others might be okay with an older house that requires some work.

二：工作职场

1. Looking for jobs
   (1) Pecuniary
      ① Wage & salary - to increase living standard and use the money earned to satisfy individual's own needs and wants.
      ② Benefits & perks - employees might feel valued by the company, free services provided from the company will help to ease cost of living e.g., free commute, free lunch and gift card during national holidays.
      ③ Bonus or base salary - large proportion of income consists of bonus will lead to more pressure and less stability.

2. Work satisfaction
   (1) Working hours
      ① What lines of work needs flexible working hours (FWH)
         1) Artists like musicians, painters, movie directors, and actor and actresses. - Their work requires large amount of creativity, thus necessitate a relatively freer timespan to spark inspiration in different time and space.
         2) People working in emergency services - their special responsibilities required them to stay vigilant 24/7 in case of emergencies.
      ② What does FWH bring
         1) More pressure to individual - greatly improves productivity by enabling urban dwellers to achieve their values 24/7, thus enabling people bring more pressure to themselves from competition and anxiety, enjoying less from life.
         2) More value created for the society - people working day and night incrementally push up the value of companies and products, increasing income of certain jobs.
      ③ People working longer than before
         1) Competition between companies - in order to get more market share, companies are expected to release new products quicker and come up with more creative ideas or innovative goods. Due to this, employees are asked to work for longer hours.
         2) Economic pressure - the cost of living has been increasing in many places around the world, often outpacing wage growth. As a result, many people are working longer hours to meet their financial obligations.
         3) Technology development - the rise of digital technology has blurred the line between work and personal time. With the ability to check email and complete tasks from anywhere at any time, many people end up working outside of traditional office hours.
   (2) Working environment
      ① What is good working environment
         1) Physical workspace - should be safe, clean, and comfortable. This includes

proper lighting, temperature control, ergonomic furniture, and access to necessary tools and technology.

2) Open communication - a good working environment encourages open and honest communication. Employees should feel comfortable expressing their ideas, concerns, and feedback without fear of retribution.

② The importance of good working environment

1) Increase productivity - a comfortable, well-equipped, and positive environment helps employees focus better on their tasks, leading to increased productivity.

2) Attract talent - companies known for their positive work environments are more likely to attract talented professionals. Top candidates often consider the work environment when choosing a job.

(3) Career advancement opportunities

① The importance of it for a company:

1) Attract talent - companies that offer clear career advancement opportunities are more likely to attract ambitious and high-performing individuals. These are the kinds of employees who can drive a company forward.

2) Employee motivation - employees who see a clear path for career advancement are more likely to be motivated and engaged in their work. This can lead to increased productivity and improved performance.

② The importance of it for an individual:

1) Financial growth - advancement often comes with increased compensation, which can lead to improved financial stability and the ability to plan for future financial goals, such as buying a home, funding education, or preparing for retirement. Commute

2) Personal fulfilment - for many people, career advancement aligns with personal goals and aspirations. Progressing in a chosen career can provide a sense of personal achievement and fulfilment.

3. Colleagues

(1) Superiors

① Role of superiors - they are responsible for setting goals, providing direction, making decisions, and managing resources. They also have the authority to assign tasks and evaluate the performance of their subordinates.

② Communication - superiors should be open, clear, constructive, and consistent in their communication. This two-way communication fosters mutual respect and understanding. Besides, superiors earn respect by being fair, consistent, and supportive. On the other hand, subordinates earn trust by being reliable, honest, and competent in their roles.

③ Motivation and recognition - recognizing and appreciating the efforts and achievements of employees can significantly boost their morale and motivation. This recognition can be in the form of praise, rewards, promotions, or other incentives.

④ Conflict resolution - a good superior is one who can mediate conflicts impartially

and ensure that they are resolved in a fair and respectful manner.

(2) Office

① Communication - clear, respectful, and open communication helps to build understanding and avoid misunderstandings. Regular team meetings, brainstorming sessions, and casual conversations can all facilitate better communication. Besides, interactions among colleagues can strengthen relationships and foster a positive work environment. This can include shared lunches, team-building activities, or informal chats during breaks.

② Cooperation and teamwork - Colleagues often need to work together to complete projects or meet goals. Effective teamwork requires cooperation, mutual respect, and the ability to leverage the strengths of each team member. If they want to work better together, they should share expertise, give constructive feedback, or collaborate on projects.

③ Conflict resolution - It's important to address issues directly but respectfully, focusing on the problem rather than the person. In some cases, a neutral third party (like a manager or HR representative) may need to mediate.

④ Boundaries - This means avoiding gossip, respecting privacy, and keeping personal issues separate from work as much as possible to ensure that the work environment remains respectful and productive.

三：人际关系

1. Friendship and its influence factors

(1) Personality and mentality

① Time spans of acquaintance - friends who have been acquainted for a long time might still be friends in the long term, provided that ample and frequent online or offline communication is in place. While new friendship still nascent, newly acquainted friends may gradually reveal their "true selves", thus shortening gaps of understanding.

② Motivation - many friendships are born unconsciously in life, mostly from casual partnership in life at school or in workplace. But it can also derive from competition either at school or in workplace. In other cases, random conversation on social media might spark friendship.

③ Knowledge - with people grow up, their knowledge might develop in different places and thus change their world view and values. Such changes can create new friendships, or separate old ones.

④ Secrecy - while honesty is a crucial factor in maintaining friendship, sometimes white lies can be necessary when information might deal a blow to one's spirit must be delivered. Nevertheless, honesty should be held important in most cases, otherwise one might rapidly lose his or her trust in the other.

(2) Social situation

　　① School or childhood - childhood friends are the first group of peer people meet, the pace of life is synchronized in most cases, and the bond of growing up together might connect them even in their twilight years. And school creates mostly friendly and pleasant atmosphere lasting years, thus bringing massive number of common topics and long-lasting impact on peoples' lives.

　　② Workplace - it's likely that a workplace populated by receptive and friendly co-workers good for newcomers and the experienced alike to develop friendship based on mutual working and life experience. This friendship needs to be maintained carefully, or could be lost easily due to other side quitting.

　　③ Other social scenarios - While traveling, people can be acquainted with other travellers or locals, familiarize with new cultures and customs, learning dos and don'ts-s. Bars, parks, private parties, or other public spaces providing room for private conversation is also good place to make friends, acquainted with each other on hobbies and preferences.

2. Means of communication

(1) Factors which influence its usage:

　　① Age: Younger generations may be more likely to use digital forms of communication, such as texting, social media, or video chats, while older generations might prefer more traditional forms, like phone calls or face-to-face conversations. However, this is a generalization and can vary greatly from person to person.

　　② Cultural Background: Different cultures have different norms and traditions related to communication. For example, some cultures may place a high value on direct, face-to-face communication like the United States, Germany and Australia, while others may be more comfortable with indirect or written forms like China, Korea and Arab cultures.

　　③ Personal Preferences: Some people may prefer written communication such as writing letters, because it gives them time to think about their response, while others may prefer verbal communication like making phone-calls, because it feels more immediate and personal. Some people might prefer emails for their records, while others prefer instant messaging for its speed.

3. Arguments

(1) Reasons for arguments

　　① Differences in opinion or perspective - people have different beliefs, values, and perspectives, and these differences can lead to arguments.

　　② Misunderstandings or miscommunications - sometimes, people argue because they misunderstand each other or fail to communicate effectively.

　　③ Emotional triggers - people might argue because they feel threatened, disrespected, or hurt. These emotional triggers can lead to defensive or aggressive responses, which can escalate into arguments.

　　④ Conflict of interests - people may argue when their interests, desires, or needs conflict with those of others. For instance, two colleagues might argue over who

should get a promotion, or two friends might argue over where to go for dinner.

    (2) Topics people would argue

        ① Money: financial matters, such as spending habits, investments, and budgeting, can often lead to arguments, especially in close relationships like marriages.

        ② Parenting: decisions about how to raise and educate children can lead to arguments between parents or between parents and others.

        ③ Work: conflicts can arise in the workplace over issues like job responsibilities, promotions, salaries, and management styles.

        ④ Social issues: topics like racism, gender equality, LGBTQ+ rights, climate change, and other social issues often spark debates and arguments.

        ⑤ Personal values and ethics: People often argue about what they believe is right or wrong, good or bad, important or unimportant.

        ⑥ Lifestyle choices: choices about diet, exercise, health, and other lifestyle factors can lead to arguments.

        ⑦ Relationships: people often argue about issues within their relationships, such as communication problems, trust issues, or disagreements about future plans.

        ⑧ Sports: fans often argue about teams, players, and games.

四：人物特质

1. Good and bad traits

    (1) Positive traits

        ① Determined/gritty - people with this trait tend to be very goal-oriented and persistent. They are likely to take action and keep pushing forward until they achieve their goals.

        ② Optimistic - optimistic individuals tend to expect positive outcomes. They are more likely to take risks and try new things because they believe in the potential for success.

        ③ Curious - curious individuals are always eager to learn and explore. They may be more likely to seek out new experiences or pursue further education or training.

        ④ Empathetic - empathetic people are often sensitive to the feelings and needs of others. They may be more likely to help others or take actions that benefit the people around them.

        ⑤ Conscientious - conscientious people are organized, responsible, and reliable. They are likely to follow through with their commitments and complete tasks efficiently.

        ⑥ Resilient - this is the ability to bounce back from adversity, disappointment, or failure. Resilient people can adapt to changes and keep going in the face of difficulty. They're often able to maintain a positive outlook and see failures or setbacks as opportunities for growth.

        ⑦ Creative - creative people can think outside the box and come up with new and

innovative ideas. This trait can lead to artistic expression, problem-solving, and unique approaches in various aspects of life.

⑧ Honest - People with integrity are honest and have strong moral principles. They are trustworthy and honour their commitments. They stand up for what is right even when it's difficult.

(2) Negative traits

① Impulsive / impetuous - impulsive individuals often act without thinking about the consequences. This can lead to risky behaviours or hasty decisions.

② Narcissistic / egocentric / self-centred - narcissistic/egocentric/self-centred individuals have an inflated sense of self-importance and a need for constant admiration. They may take actions that are self-serving or dismissive of others' feelings or needs.

③ Pessimistic - pessimistic people tend to expect negative outcomes. They may avoid taking action or risks due to fear of failure.

④ Stubborn - stubborn individuals are resistant to change and can be inflexible. They may be less likely to adapt to new situations or accept new ideas, which can limit their actions or opportunities.

⑤ Gullible - gullible individuals tend to believe what they're told without much scepticism or critical thinking. This trait can lead to actions based on misinformation or deception. For instance, they might be more prone to falling for scams or false information.

⑥ Pushy - pushy individuals are often aggressive in pursuing their own needs or wants, sometimes at the expense of others. They may take actions that are forceful or assertive to the point of being intrusive or demanding. For example, they might insist on their own way in group decisions, even when others disagree.

五：名人声望

1. Pros & cons

(1) Pros of being famous

① Being wealthy - Many famous people earn money through endorsements and sponsorships. Companies are willing to pay substantial amounts to have their products or services associated with a popular celebrity, as this can significantly increase visibility and sales.

② Being influential - When someone can influence others, it can create a sense of accomplishment. It confirms that they have valuable insights or skills that others can benefit from.

③ Recognition - There can be a great deal of satisfaction in being recognized and appreciated for your talents, achievements, or contributions. This can boost self-esteem and provide motivation to continue excelling in your field.

(2) Cons of being famous

① Privacy loss - One of the most significant downsides to fame is the loss of privacy. Celebrities are often followed by paparazzi and their personal lives are scrutinized by the public and media. This can make it difficult to live a normal life and can lead to stress and anxiety.

② Time commitment - The work that goes into maintaining fame, such as attending events, giving interviews, and engaging with fans, can be time-consuming. This can leave less time for personal interests, relaxation, and family.

③ Face cyberbullying - famous people often face cyberbullying. Celebrities, influencers, and public figures can be targets of negative comments, harassment, threats, and other forms of online abuse. This can occur on various platforms, including social media, forums, and comment sections of news articles.

2. How to be famous

(1) Different methods in different times - The ways of being famous can be vary depending on the times. In the past, fame was often acquired through excellence in certain fields like literature, science, art, or leadership. While in the current times, fame is greatly connected to personality and the use of mass media. If people can utilize social media to promote their personality and be famous.

(2) Great deeds - By exceling in fields associated with social development, like literature, science, art, commerce, and leadership, people can rouse the interest of the public and gather power to his or her discourse, thus become famous and influential. Even now, many people become famous through feats in these realms. And general public can become well-known in a small area through Samaritan behaviours.

(3) Utilize the social media - In present, internet enables common people have their "15 minutes of being famous". Thereby bringing chances to promote some unique talents and eye-catching personalities. Internet streamers who stream video games, sports, arts, even eating foods are the people who uses social media to promote themselves, some of them even become millionaires.

3. Influence of being famous:

(1) Youth role models: Celebrities can serve as role models, shaping their behaviour and aspirations of young people.

(2) Media attention: Celebrities' fame can divert public attention towards important issues. They can use their fame to raise awareness about important social and political issues.

(3) Activism: Celebrities can inspire and mobilize their fan base to support causes like climate change, racial equality, LGBTQ+ rights, and more.

(4) Fashion trends: Celebrities can set fashion trends and influence consumer choices. Designers frequently collaborate with celebrities to create clothing lines, increasing the visibility of these trends.

(5) Body image and beauty standards: Celebrities' appearances can contribute to unrealistic beauty standards and body image issues, impacting self-esteem.

(6) Economic Impact: Celebrity endorsements can boost product sales and contribute to the growth of industries, influencing spending patterns.

(7) Global diplomacy: Celebrities can serve as cultural ambassadors, promoting cultural exchange between nations.

(8) Public health: Celebrities' health-related advocacy can promote healthier lifestyles and raise public awareness of medical issues.

(9) Mental health and wellness: Celebrities who speak openly about their struggles with mental health issues can help reduce stigma and encourage others to seek help.

(10) Charitable Giving: Celebrities can significantly impact society by using their wealth to support charitable causes. Donations from them can fund researches, aid communities in needs, and address global challenges like poverty and disease.

六：科学技术

1. Pros & cons of technology development
    (1) Pros:
        ① Enhanced efficiency and productivity: tech boosts efficiency by automating complex tasks, thus increasing productivity in various sectors, such as manufacturing, education, and software development.
        ② Improved communication and connectivity: smartphones, social media, and video conferencing have revolutionized the way we communicate, enabling instant global interactions.
        ③ Easy access to information: the internet, a product of technology, provides a wealth of information, making learning and research more accessible and convenient than ever before.
        ④ E-commerce opportunities: technology has enabled the growth of e-commerce, allowing businesses to reach a global market and consumers to shop from the comfort of their homes.
    (2) Cons:
        ① Overdependence: our increasing reliance on technology can lead to problems when it malfunctions or becomes unavailable. This dependence can also diminish our ability to perform tasks manually.
        ② Privacy and security concerns: the digital age brings with it significant concerns about data privacy and security, with issues such as cyber-attacks, identity theft, and loss of privacy becoming increasingly prevalent.
        ③ Job displacement: the rise of automation and AI could result in job losses in certain sectors as machines and algorithms replace human labour.
        ④ Environmental impact: the production, use, and disposal of technological devices can have a significant environmental impact, contributing to pollution and waste.

2. Internet
    (1) Pros and cons of Internet

① Pros:

   1) Information Access: The internet provides a vast amount of information on virtually every subject imaginable.

   2) Communication: It enables rapid and efficient communication across the globe, through email, video calls, chats, etc.

   3) Education: Online courses, research materials, and tutorials offer opportunities for learning that were not available in the pre-internet age.

   4) Entertainment: The internet offers a wide variety of entertainment options, from streaming movies and music to playing games.

   5) E-commerce: It enables buying and selling goods and services online, often at lower prices and with more convenience than traditional shopping.

② Cons:

   1) Privacy Concerns: Personal information can be stolen or misused. Cybersecurity is a significant concern.

   2) Misinformation: The internet can spread false or misleading information rapidly, leading to confusion or potentially harmful consequences.

   3) Addiction: Overuse of the internet can lead to addiction, impacting mental health and personal relationships.

   4) Digital Divide: Not everyone has equal access to the internet, leading to inequality in information access and opportunities.

   5) Cyberbullying: The internet can be a platform for harmful behaviours like harassment and bullying.

③ The usage of the Internet

   1) Communication: People can email, chat, or video call others anywhere in the world, making the internet a vital tool for personal and professional communication.

   2) Information Gathering: The internet is a vast repository of information. People can use it to learn about virtually any topic, from current events and historical facts to technical knowledge and DIY guides.

   3) Entertainment: People can watch movies, listen to music, play games, and read books online. Many forms of media are now primarily digital and accessed via the internet.

   4) Shopping: The internet allows people to buy and sell goods and services without leaving their homes. This includes everything from groceries and clothing to software and digital content.

   5) Education: Online courses, tutorials, and educational resources have made it possible for people to learn new skills and even earn degrees remotely.

   6) Social Networking: Social media platforms allow people to connect, share content, and engage in discussions with others who have similar interests.

   7) Work: Many jobs can now be done remotely thanks to the internet. This includes everything from software development and graphic design to writing and customer service.

   8) Financial Management: Internet banking and digital payment systems allow people to manage their finances, pay bills, and make transactions online.

9) Health Services: Telemedicine allows patients to consult with healthcare professionals remotely. Also, online platforms provide information about diseases, treatments, and general health and wellness.

10) Activism: The internet can be used to raise awareness about social issues, organize protests, and mobilize support for various causes.

3. AI

(1) Pros of AI

① Efficiency and productivity - AI can automate routine tasks, freeing up time for humans to focus on more complex tasks. This can increase efficiency and productivity in various industries.

② Data analysis - AI algorithms can analyse vast amounts of data more quickly and accurately than humans. This can be useful in many fields, such as healthcare (for disease diagnosis), finance (for predicting market trends), or marketing (for understanding consumer behaviours).

④ Availability - AI systems can operate 24/7 without breaks, unlike humans. This is particularly beneficial in customer service and support roles.

⑤ Reducing human error - AI systems, if designed correctly, can reduce the possibility of human error. This is especially important in fields where precision is crucial, like aviation or medicine.

⑥ Performing dangerous tasks - AI can be used to perform tasks that are dangerous for humans, such as defusing bombs, exploring space, or working in hazardous environments.

(2) Cons of AI

① Lack of emotional intelligence: While AI can mimic human intelligence, it lacks emotional intelligence. It cannot understand human emotions or respond with empathy, which can be a significant drawback in certain situations.

② Privacy concerns - AI systems often rely on large amounts of data, raising concerns about privacy. There are also issues related to data security and the potential misuse of AI technologies.

③ Dependence on technology - Over-reliance on AI could make society overly dependent on technology, potentially leading to a loss of certain skills, like critical thinking and problem-solving, memory and recall, and interpersonal skills.

④ Ethical concerns - AI systems might be used in ways that are ethically questionable, such as in autonomous weapons or surveillance systems. There are also concerns about AI making decisions that impact human lives without a clear understanding or control of their decision-making processes.

⑤ Bias in AI - If the data used to train AI systems is biased, the AI systems can also exhibit bias. This can lead to unfair outcomes in areas like hiring, lending, or law enforcement.

七：解决问题

1. Normal circumstances
   (1) Reward - give reward and incentives can motivate people to behave in a certain way
   (2) Role model - set up a role model for the public to admire and follow, also it offers people a tangible way to imitate what's encouraged by the society
   (3) Regulations and rules - to limit people's behaviour and offer clear boundaries. If certain individuals break the rules, they will be punished

2. Government
   (1) Amend/publish/enact laws and regulations - to give a clear guidance of what to do and what not to do
   (2) Allocate funds or give subsidies - as the government levies taxes, it has the responsibility to allocate the budget to give financial support to certain areas.
   (3) Cut redundance - increase the efficiency of the system, avoid waste of resources, to make a policy more attractive and feasible for the public
   (4) Education - use public advertisement or adding content to schools can help raise people's awareness of certain event or help people realise the importance of certain event

八：风俗文化

1. Manifestation of culture
   (1) Tangible culture
       ① Buildings and architectural structures - These can include homes, churches, temples, mosques, monuments, and other historic or heritage sites that reflect the architectural styles, religious beliefs, or historical events of a culture.
       ② Artifacts - These can range from tools, clothing, and jewellery to pottery, furniture, and books. They often reflect the technology, fashion, and lifestyle of a culture at a particular point in time.
       ③ Artworks - Paintings, sculptures, photographs, and other forms of visual art can express a culture's aesthetic values, beliefs, and historical experiences.
       ④ Cuisine - The ingredients, cooking methods, recipes, and eating habits of a culture are tangible aspects of its culinary tradition.
       ⑤ Landscapes - The physical environment, including the natural and human-modified landscapes, can be part of a culture's tangible heritage. This can include farmland, forests, gardens, or parks that have cultural significance.
   (2) Intangible culture

① Oral Traditions and Expressions: This includes languages as a vehicle of the intangible cultural heritage, legends, myths, proverbs, folktales, etc.

② Performing Arts: This includes traditional music, dance, and theatre.

③ Knowledge and Practices Concerning Nature and the Universe: This includes traditional agricultural and building techniques, as well as rituals and ceremonies related to the natural world.

④ Cultural Spaces: These are places - markets, festivals, forests, mountains, etc., where cultural practices and exchanges occur.

⑤ Culinary Traditions: The knowledge, practices, and traditions related to food preparation and consumption.

⑥ Folk Medicine: This includes traditional healing practices, knowledge about medicinal plants, and health rituals.

2. Spread of culture

(1) Ways to spread culture

① Education: Teaching about different cultures in schools and universities is one of the most effective ways to spread culture. This includes teaching languages, history, literature, and art from different cultures.

② Internet and social media: The internet, particularly social media platforms, can be a powerful tool for spreading culture. People can share photos, stories, music, and more from their culture with a global audience. Movies, TV shows, music, and books can all be also used to spread and promote culture. These mediums can portray cultural traditions, values, and narratives to a wide audience.

③ Cultural Exchanges: Exchange programs for students, artists, or professionals can help spread culture. Living in a different culture and sharing one's own culture with others can lead to a deeper understanding and appreciation. Joint ventures between different countries or cultures in areas like technology, art, sports, and science can also help spread culture.

④ Museums and Exhibitions: These can showcase artifacts, art, and historical narratives from different cultures. They serve as a tangible representation of a culture's history and heritage.

⑤ Tourism: Encouraging tourism can help spread culture, as visitors will experience the culture firsthand and then share their experiences with others. Attending cultural events or festivals that celebrate a particular culture's traditions, food, music, and art can help spread awareness and appreciation of that culture.

⑥ Cuisine: Food is a significant part of culture. Restaurants, food festivals, and cooking shows or classes can introduce people to the cuisine of different cultures.

⑦ Language Learning: Learning a new language often involves learning about the culture of the people who speak that language. Language classes and language exchange programs can thus spread culture.

(2) Why a culture vanishes

① Colonialism: Dominant cultures can suppress and replace indigenous traditions through colonisation.

② Globalisation: Homogenisation of culture due to global trade and media can dilute

unique cultural practices.

③ Cultural assimilation: People adopting the practices of a dominant culture can lead to the loss of their own traditions.

④ Language extinction: When languages lie out, essential cultural knowledge can disappear with them.

⑤ Urbanization: Rural-to-urban migration often disrupts traditional ways of life.

⑥ Cultural appropriation: Exploitative borrowing of cultural elements can diminish their meaning and significance.

⑦ Natural disasters: Catastrophic events can destroy cultural artifacts and disrupt traditions.

⑧ War and conflicts: Armed conflict can devastate cultural heritage and displace populations.

⑨ Economic inequality: Marginalised communities often lose their culture due to limited recourses and opportunities.

⑩ Global homogeneity: The spread of a single, dominant culture can lead to the suppression of diverse cultural expressions.

3. Importance of culture
   (1) Economic importance
      ① Tourism - Culture is a major driver of tourism, which is a significant part of many economies. Tourists are often attracted to cultural heritage sites, festivals, traditional arts, music, and food. This can generate income for local businesses and the government through sales, taxes, and job creation.
      ② Create industries - Culture is a powerful force that can indeed create industries
         1) Design - elements of culture often influence design industries, including architecture, interior design, graphic design, and product design. Traditional cultural aesthetics can provide inspiration for modern designs.
         2) Arts and crafts - Traditional arts and crafts are a significant cultural industry. This can include everything from painting and sculpture to weaving and pottery. These items are often sold as unique, handmade goods, and their production can support entire communities.
      ③ Attract foreign investment - Culture can be used to differentiate products and services in the market. For example, products associated with a specific cultural heritage can command higher prices. This can also help to attract foreign investment.
   (2) Psychological importance
      ① Self-identity - culture reflects the collectively recognized way of life of a certain group of people. By recognizing such ways, they are bonded together by this recognition that they live together, and consequently create a name for themselves. Just like "American settlers" in 17th century, Australians in 19th century, and many other native ethnic groups all around the world.
      ② Pride and self-esteem - people who live by certain cultural codes consider this culture an integral part of their personality and social lives, and not shameful of mentioning it in a foreign environment. It provides individuals mental support in

society.

③ Preserving the spark - the strength of culture and its representing countries wax and wanes in time. Like Poland in 18-20th centuries, China in 19th century, and Native American cultures since 16th centuries. But as long as the people hold and cherish their culture and live by its code and requirements, the cultures will preserve their sparks and may be revived in the future.

九：心理情绪

1. Happy
    (1) Reasons：
        ① Achievement: Accomplishing a goal or task can bring a deep sense of satisfaction and happiness. This could be anything from completing a project at work to finishing a book you've been reading.
        ② Relationships: Spending time with loved ones, such as family, friends, or a significant other, often brings happiness. Feeling loved, accepted, and understood can greatly contribute to our happiness.
    (2) Influences:
        ① Physical and Mental Health: Research suggests that happier people may have stronger immune systems and live longer. Happiness can also help to reduce pain and diseases and can lead to a healthier lifestyle. Happiness is also associated with lower levels of stress and anxiety. It can also reduce the risk of developing mental health disorders such as depression.
        ② Quality of Life: Happiness can improve overall life satisfaction. Happy people tend to appreciate life more and have a higher quality of life.

2. Sad
    (1) Reasons
        ① Loss: range from the death of a loved one, to the end of a relationship, to the loss of a job. Any significant loss can trigger feelings of sadness.
        ② Loneliness: feeling disconnected from others can lead to sadness, might be due to a lack of social interaction, not having close or meaningful relationships, or feeling misunderstood.
        ③ Health Issues: physical health problems, especially chronic conditions, can cause emotional distress and sadness. Additionally, mental health conditions such as depression can cause persistent, pervasive feelings of sadness.
        ④ Stress: chronic stress, whether from work, school, or personal issues, can lead to persistent feelings of sadness.
    (2) Influences
        ① Behaviour: people might withdraw socially, lose interest in activities they once enjoyed, or have difficulty concentrating.

② Mental Health: Persistent sadness can lead to or be a symptom of mental health disorders like depression or anxiety. It's important to seek help if sadness is chronic and affecting daily life.

③ Physical Health: Sadness, especially when chronic, can have physical effects. It can lead to changes in appetite, sleep disturbances, fatigue, and even weaken the immune system. In some cases, it can contribute to chronic health conditions like heart disease.

3. Proud

  (1) Reasons

    ① Achievement: when individuals accomplish a goal, they often feel a sense   of pride. This could be anything from getting a promotion at work to running a marathon.

    ② Mastery: becoming highly skilled at something can also lead to feelings of pride. This could be mastering a musical instrument, a new language, or a complex subject matter.

    ③ Overcoming challenges: Successfully navigating difficult situations or overcoming obstacles can instil a sense of pride. This could include recovering from a serious illness or overcoming a fear.

  (2) Influences

    ① Confidence boost: pride can boost self-confidence, making individuals more likely to take on new challenges and pursue their goals.

    ② Social bonding: shared pride can bring people together, such as pride in a sports team, a cultural group, or a shared achievement.

    ③ Self-esteem: pride can contribute to a healthy sense of self-esteem, which is crucial for mental well-being.

4. Angry

  (1) Reasons:

    ① Threat or harm: People often feel angry when they perceive a threat to themselves or their loved ones. This threat could be physical, emotional, or psychological.

    ② Injustice: Witnessing or experiencing unfair treatment can provoke feelings of anger. This can be on a personal level or in response to larger social issues

    ③ Feeling unvalued or disrespect: If a person feels that their thoughts, feelings, or needs are being ignored or not valued, they may feel angry. Also, if someone feels disrespected, insulted, or belittled, they might react with anger. This can be in response to personal attacks, criticism, or perceived slights.

  (2) Influences:

    ① Physical health: Chronic anger can lead to health problems like high blood pressure, heart disease, digestive problems, and a weakened immune system. It can also lead to headaches, insomnia, and other physical symptoms.

    ② Mental health: Persistent or intense anger can contribute to mental health problems, such as anxiety, depression, and increased stress levels. It can also lead

to substance abuse in some people.

③ Relationships: Anger can strain relationships with family, friends, and colleagues. If expressed in harmful ways, it can lead to misunderstandings, conflict, and breakdowns in communication.

④ Serve as a motivator: Anger can sometimes serve as a motivator for change. It can motivate people to stand up for themselves or others, address injustices, or make positive changes in their lives

5. Anxious
    (1) Reasons:
        ① Significant life events: Significant life changes like job loss, relationship problems, or financial difficulties can trigger anxiety by disrupting one's sense of security and stability.
        ② Environmental factors: Living in a high-stress environment, exposure to pollution, noise, or overcrowding can exacerbate anxiety by overwhelming the nervous system.
        ③ The traumatic Experiences: Past traumas, such as abuse, accidents, or violence, may lead to anxiety as they create ongoing feelings of vulnerability and fear.
    (2) Influences:
        ① Sleep disruption: Many individuals with anxiety experience sleep disturbances, including insomnia, night sweats and nightmares.
        ② Emotional distress: Anxiety fuels feeling of fear, restlessness, and irritability, potentially straining relationships and diminishing emotional stability.
        ③ Physical symptoms: Anxiety often triggers physical manifestations such as increased heart rate, muscle tension, sweating, and digestive issues.
        ④ Cognitive impairment：It can lead to impaired concentration, memory, and decision-making, making it challenging to focus on tasks and make sound judgments.

6. Embarrassed
    (1) Reasons
        ① Making a mistake in public - People often feel embarrassed when they make a mistake in front of others. This could be a minor slip, like tripping on a sidewalk, or a more significant error, like making a factual mistake during a presentation.
        ② Unwanted attention - Being the centre of attention, especially unexpectedly, can cause feelings of embarrassment. This might occur when someone is singled out for praise or criticism.
    (2) Influences
        ① Stress and anxiety - Embarrassing situations can cause significant stress and anxiety, especially if individuals ruminate on the event or fear it happening again.
        ② Lowered self-esteem - Repeated experiences of embarrassment can lead to a decrease in self-esteem and self-confidence, making individuals more likely to avoid situations where they might be embarrassed in the future.
        ③ Motivation for change - If the source of embarrassment is a behaviours or habit

that can be changed, the experience can serve as a powerful motivator for self-improvement.

十：学习教育

1. Children
   (1) How to Educate Children
      ① Create a Safe and Nurturing Environment: Children learn best when they feel safe, loved, and valued. Make sure that the environment is conducive to learning, both physically and emotionally.
      ② Encourage Curiosity: Encourage them to ask questions and explore their interests. This can make learning more enjoyable and meaningful for them.
      ③ Foster Social and Emotional Learning: Education isn't just about academics. Teach children how to manage their emotions, build healthy relationships, and resolve conflicts in a constructive manner.
      ④ Set the Example by the Parents: Show children that learning is a lifelong journey. Demonstrate your own curiosity and love of learning. This can inspire them to be lifelong learners themselves.
   (2) Adolescence
      ① Respect Their Independence: Adolescence is a time when children strive for more independence. It's important to respect this and give them space to make their own decisions and mistakes. This can help them develop confidence and responsibility.
      ② Be a Role Model: Adolescents learn a lot from observing the adults in their lives. Model the values, behaviours, and attitudes you want your adolescent to adopt.
      ③ Encourage Their Interests: Encourage your adolescent to pursue their interests and passions. This can help them develop a sense of identity and purpose.

2. Schooling
   (1) Pressure of learning
      ① Academic pressure: It includes the pressure to perform well in exams, complete assignments on time, maintain a high GPA, and understand complex materials. This pressure can be even more intense for students in highly competitive programs or schools.
      ② Extracurricular pressure: Many students feel pressure to participate in extracurricular activities, whether to build their resume for future job or college applications, or to fit in with their peers. This can include sports, clubs, volunteering, or part-time jobs.
   (2) Development of education system
      ① Digital Learning: online learning has become a significant aspect of the education

system, including online courses, digital textbooks, and virtual classrooms

② Personalized Learning: includes adaptive learning technologies that adjust difficulty based on a student's performance, as well as personalized learning plans that cater to a student's interests and strengths.

③ STEM Education: There's been a significant push to promote Science, Technology, Engineering, and Mathematics (STEM) education. This is driven by the increasing demand for skills in these areas in the job market.

(3) Means of education

① Cooperative learning: students work together in groups to accomplish a common goal. This method promotes teamwork and collaboration.

② Traditional classroom learning: this is the most common form of education, where students learn in-person from a teacher in a classroom setting. It involves lectures, discussions, and other interactive methods.

③ E-learning: With the advent of technology, online learning has become a significant part of education. This can include online courses, webinars, video lectures, or interactive learning platforms.

(4) Aims of education

① Knowledge acquisition - One of the primary aims of education is to provide students with a broad base of knowledge in various subjects, such as math, science, literature, history, and social sciences, to help them understand the world around them.

② Critical thinking and problem-solving skills - Education should equip students with the ability to think critically, question, analyse, and solve problems. These skills are essential for personal decision-making and for many professional roles.

③ Character development - Education should also aim to develop students' character, including values such as honesty, respect, responsibility, empathy, and resilience. This helps students become responsible, ethical, and contributing members of society.

④ Social skills and citizenship - Schools are not just places for academic learning; they also help students develop social skills and understand their roles and responsibilities as citizens. This includes understanding and respecting diversity, working in teams, and participating in community activities.

3. University

(1) Importance of certificate

① Career achievement: It opens doors to better job opportunities and promotions, as many employers require or prefer candidates with higher education credentials.

② Networking: University programs provide opportunities to connect with professors, peers, and industry professionals, expanding your professional network.

③ Personal growth: Higher education fosters critical thinking, problem-solving, and self-discipline, contributing to personal growth and development.

④ Global opportunities: A certificate can open doors to international opportunities, as many countries recognize and value qualifications from well-known universities.

(2) Further study abroad

① Pros：

1) Global Perspective: Studying abroad can broaden your worldview and expose you to different cultures, ideas, and ways of thinking.

2) Improved Language Skills: If you're studying in a country where a different language is spoken, you'll have the opportunity to learn and practice that language in an immersive environment.

3) High-Quality Education: Many students choose to study abroad because certain institutions or countries offer top-tier programs or more specialized courses in their field of interest.

4) Career Advancement: International experience is highly valued by many employers. Studying abroad can enhance your resume, increase your global understanding, and potentially lead to greater job prospects.

② Cons:

1) Cost: Studying abroad can be expensive. The cost of tuition, accommodation, travel, and living expenses can add up. Additionally, some countries have a higher cost of living than others.

2) Cultural Shock: Adjusting to a new culture can be challenging and stressful. You may need to adapt to different social norms, traditions, and customs.

3) Language Barriers: If you're studying in a country where a different language is spoken, you may face difficulties in communication. This can impact your academic performance and social interactions.

4) Social Isolation: It can be challenging to make new friends, especially if there is a language barrier or significant cultural differences. This could lead to feelings of loneliness or isolation.

十一：公共设施

1. Convenience

(1) Accessibility: Public facilities are generally accessible to all individuals within a community, regardless of their income or social status. This ensures that everyone has access to essential services and resources.

(2) Transportation: Public transportation systems make it easier for people to get around, especially for those who may not have access to personal vehicles. This can make commuting to work, school, or other places more convenient and less time-consuming.

(3) Health and Fitness: Public facilities such as parks, sports complexes, and public pools provide spaces for individuals to exercise and stay fit. Some communities also have public hospitals and clinics that provide essential health services.

2. Relaxation

(1) Social Interaction: Public facilities such as parks, libraries, and community centres often

foster a sense of community. Interacting with others can help reduce feelings of loneliness and isolation, contributing to a sense of relaxation.

(2) Free or Affordable: Many public facilities are free or relatively affordable to use, reducing financial stress and making them accessible for relaxation.

(3) Nature and Green Spaces: Public facilities like parks often have green spaces that can be very relaxing. Being in nature has been shown to reduce stress and improve mood.

3. Consumption

(1) Accessibility: Conveniently located public facilities, such as shopping centres and markets, can encourage consumption by reducing travel time and costs for consumers.

(2) Tourism: well-developed public facilities, such as airports, roads, a secure public space, and reliable emergency services can create a sense of safety for tourists, which promotes tourism in some way.

(3) Aesthetic Appeal: Well-maintained public spaces and attractive facilities can create a more pleasant shopping environment, increasing the likelihood of consumer spending.

4. Employment

(1) Direct job creation - Large-scale infrastructure projects require a significant labour force for construction, maintenance, and operation. These projects can create a multitude of jobs in various sectors, such as construction, engineering, project management, and more.

(2) Indirect job creation - Infrastructure projects also create indirect jobs. For example, the construction of a new highway may boost local businesses (restaurants, hotels, shops, etc.) That serve the construction workers and later the users of the infrastructure.

(3) Improved accessibility and connectivity - Infrastructure like roads, bridges, and public transportation can improve access to job markets by reducing travel time and costs, making it easier for people to reach workplaces. For instance, someone might take a job they wouldn't have considered if the commute were too long or difficult.

(4) Attracting investment - good infrastructure can attract businesses and investment to a region. These new businesses can create jobs and stimulate economic growth.

十二：自然环境

1. Ways to protect the environment

(1) Save energy: Turn off lights when you leave a room, unplug electronics when they're not in use, and use energy-efficient appliances.

(2) Use public transportation, carpool, bike or walk: Reduce carbon emissions by choosing more sustainable modes of transportation. If you need to use a car, consider an electric or hybrid vehicle.

(3) Reduce consumption: Simply buying less stuff is a powerful way to reduce your

environmental impact. Consider whether you really need an item before buying it.

(4) Educate yourself and others: Learn more about the environment and how to protect it. Share this knowledge with others, especially children, to raise awareness and encourage them to take action.

2. Importance of protecting the environment

(1) Sustaining Biodiversity: A healthy environment is home to a wide variety of plants, animals, and other organisms. Biodiversity is essential for ecosystem balance and resilience. Each species plays a unique role in its ecosystem and the loss of any species can have effects throughout the system.

(2) Preserving Natural Resources: Many of the resources we use in our daily lives, like water, air, wood, and minerals, come from the environment. Protecting the environment ensures these resources are available for future generations.

(3) Human Health: Our health is directly linked to the health of the environment. Air and water pollution, for instance, can cause a range of health problems in humans. A clean environment is essential for human wellbeing.

(4) Aesthetic and Cultural Reasons: Many people value the environment for its beauty and recreational opportunities. Additionally, many cultures have deep connections to the land and its creatures, so protecting the environment also preserves these cultural ties.

十三：运动健康

1. Benefits of sports

(1) Physical benefits: When people do sport regularly, their physical condition, including muscle, organs, as well as concentration are put into test. They work harder to finish reps and sets of specific movements to improve either muscular strength and size, or cardiovascular capability.

(2) Mental remedies: Participating in any form of sport longer than 30 minutes can gradually intensify human neural system activity, accelerating neural transmitters as well as stimulating the secretion of certain hormones, including endorphin and serotonin, improving concentration and thus distract people's mind from possible negative experience happened prior to doing sport.

2. Why people don't do sports

(1) Lack of time - Many people have busy schedules with work, school, or family commitments, leaving them with little free time for sports. It`s common to see people working for more than 10 hours per day

(2) Show little interest - Not everyone enjoys sports. Some people might prefer other activities such as reading, painting, or playing musical instruments.

(3) Feel tired - tiredness or fatigue can indeed be one of the reasons why some people

don't exercise. After a long day of work or other activities, people may feel too tired to engage in physical exercise.

(4) Fear of injury - Sports often come with a risk of injury, and this can deter some people, especially if they've been injured before. Someone once had got injured very seriously that they would be afraid that they might be reluctant to participate any sport again.

十四：社交媒体

1. Influence
 (1) Pros
  ① Connectivity: Social media platforms like Facebook, Instagram, and Twitter allow people to stay connected with friends and family, regardless of geographical distance. It's also a great way to meet new people with similar interests
  ② Information and Updates: a quick and efficient way to get news and updates. Many people use it to stay informed about current events locally and globally.
  ③ Promotion and Marketing: For businesses, social media is a powerful marketing tool. It allows them to reach a large audience, promote their products or services, and engage with their customers.
  ④ Community Building: Social media allows people with similar interests, hobbies, or experiences to form communities where they can share and discuss their shared interests.
 (2) Cons
  ① Privacy Issues: Personal information shared on social media can be misused by others. This can lead to identity theft, stalking, or other forms of privacy invasion.
  ② Cyberbullying: Social media platforms can be used as a tool for bullying and harassment. This can lead to serious emotional harm.
  ③ Distraction: Social media can be a major distraction, affecting productivity at work or school.
  ④ Distraction: Social media can be a major distraction, affecting productivity at work or school.
 (3) How to balance it
  ① Mindfulness: For people who struggles to cope with social-media caused anxiety and depression, it is best to focus on the main objectives at hand, while comparing to nobody but their previous selves. By regulating short-term emotional stimulations like scrolling down Weibo and Instagram, addiction will be less likely, and people's long-term concentration can be retained.
  ② Sport: Regular physical exercises, like running, swimming, and gym equipment, can effectively increase endorphin secretion, which is a hormone related to feeling long-term, meaningful, happiness in people's mind. With it taking the upper hand, rather dopamine, which is responsible for short-term happiness, people will be

less likely to balance the negative emotions brought by social media.

③ We are all the same: People should realize that social media is the place where people most likely post solely the "best" moment rather dumping negative emotions. People most likely unconsciously compare to themselves and feel belittled. Many celebrities suffer from different negative situations, like body anxiety, eating disorder, or comparison from others. With this in mind, people should be able to effectively balance the influence of social media.

2. Scenario
   (1) Personal situation
      ① Communication - social media platforms like Facebook, Twitter, and Instagram allow individuals to communicate with friends, family, and even strangers around the world.
      ② Information and news - many people use social media to stay updated on current events and news.
      ③ Entertainment - social media is a source of entertainment, with platforms like YouTube offering endless hours of videos.
   (2) Education
      ① Collaboration: platforms like Google Classroom and Edmodo allow students to work together on projects, share ideas, and give feedback. This can foster a collaborative learning environment, even when students are not physically together.
      ② Learning resources: social media can be a rich source of learning materials. YouTube, for example, has countless educational videos on a wide range of topics. Teachers can also use social media to share additional resources related to the course material.
      ③ Professional development: teachers can use social media for their own professional development. They can join professional networks, share ideas, and learn from other educators worldwide.
      ④ Student engagement: social media can make learning more engaging. For example, teachers can create quizzes on platforms like Kahoot, or use Twitter for class discussions.
   (3) Business
      ① Marketing and advertising: Businesses use social media platforms to promote their products or services. They can create targeted ads, share content related to their business, and engage with their audience.
      ② Customer service: social media provides a platform for businesses to respond to customer inquiries and complaints in real time. This can improve customer satisfaction and public perception of the business.
      ③ Market research: Businesses can use social media to gather information about customer preferences and trends. This can help them make informed decisions about product development and marketing strategies.
   (4) Social
      ① Increased Connectivity: Social media platforms facilitate global communication,

enabling people to connect with friends, family, and strangers across the world. This interconnectedness promotes the exchange of ideas and cultures. Misinformation

② Social Activism: Social media empowers individuals and groups to raise awareness and advocate for social causes, driving positive change through viral campaigns and online movements.

③ Social Validation: The pursuit of likes, shares, and comments can affect self-esteem and mental health, as users seek external validation and compare themselves to others.

④ Digital Identity: Social media has become an integral part of personal identity, with users crafting online personas that may differ from their real-life selves.

⑤ Privacy Concerns: The sharing of personal information and data privacy issues are hot topics, with users increasingly aware of the potential risks.

⑥ Information Overload: The constant stream of news, trends, and updates can be overwhelming, affecting users' attention spans and overall well-being.

(5) How to spread information

① Social Media: Platforms like Facebook, Twitter, and LinkedIn are powerful tools for spreading information quickly to a large audience.

② Blogging or Vlogging: If you have a blog or a vlog, you can use it to share information with your followers.

③ Public Speaking: Speaking at events, meetings, or conferences can help you reach a larger audience.

④ Traditional Media: Newspapers, magazines, radio, and television are also effective ways to spread information.

⑤ Word of Mouth: Never underestimate the power of a personal recommendation. Sharing information with friends, family, and colleagues can be very effective.

(6) Motives for misinformation

① Propaganda and manipulation - Some entities deliberately spread misinformation to manipulate public opinion, promote a certain agenda, or cause confusion and chaos.

② Miscommunication - Information can sometimes get distorted as it is passed from person to person. This is often referred to as the "telephone game" effect.

③ Financial gains/ profits - Some people spread misinformation to make money. For example, they might create sensational or false stories to attract clicks and views on websites, generating advertising revenue.

(7) How to identify the misinformation

① Check information source - Reliable information usually comes from reputable sources. Look for sources that have a history of accuracy and credibility. Be wary of unknown or unverified sources.

② Cross-verify - Don't rely on a single source. Check multiple sources to see if the information is consistent. If only one source is reporting a piece of information, it might not be reliable.

③ Look for evidence - Reliable information is usually supported by evidence, such as data, documents, or other verifiable facts. Be wary of information that is based on

rumours, hearsay, or unsupported claims.

(8) Result of misinformation

① Erode the trust people have in experts or institutions - Misinformation can lead to a general erosion of trust in institutions, media, and even interpersonal relationships. In the context of health, misinformation can lead to harmful behaviours.

② Social unrest - Misinformation can fuel social tensions and lead to protests, violence, or other forms of social unrest. Misinformation often plays on people's fears and can incite unnecessary panic.

③ Financial loss - Misinformation can affect markets and economic behaviours. For example, false rumours about a company can affect its stock price.

十五：人文艺术

1. The value of art

(1) Individual

① Self-Expression: Art allows individuals to express their thoughts, feelings, and experiences in a creative and non-verbal way. This can be therapeutic and can lead to increased self-understanding and self-awareness.

② Emotional Release: Engaging with art, either as a creator or a viewer, can provide an emotional release and can help individuals process complex emotions.

③ Skill Development: Creating art can help individuals develop various skills, such as fine motor skills, problem-solving skills, and creativity. It can also boost confidence and perseverance.

④ Connection with Others: Art can foster a sense of connection with others. It can serve as a universal language that transcends cultural and linguistic barriers, allowing us to communicate and connect with others on a deep level.

(2) Social

① Emotional Expression: Art allows for the expression of emotions and ideas that might be difficult to convey through words alone. It can evoke powerful emotions in viewers, creating a sense of shared experience and understanding.

② Reflection of Society: Art often reflects the society in which it was created, providing insight into cultural values, historical events, and societal norms. It can serve as a record of our human history.

③ Encourages Creativity: Art encourages creativity, both in the artists who create it and in the viewers who appreciate it. This creativity can lead to innovation and new ideas in various fields, not just in art.

④ Economic Impact: Art can also have a significant economic impact. The art industry creates jobs, supports local businesses, and attracts tourism.

⑤ Education: Art can be a powerful educational tool, teaching us about different

cultures, historical periods, and important social issues. It can help to foster critical thinking and problem-solving skills.

2. The forms of art

   (1) Painting - This is probably the most common form of art. It involves applying paint to a surface such as canvas or paper. There are many different styles and techniques, including oil painting, watercolour, and acrylics.

   (2) Sculpture - This is a three-dimensional form of art. Sculptures can be made from a variety of materials, including stone, metal, clay, and wood.

   (3) Photography - This is the art of capturing images with a camera. It can include landscape photography, portrait photography, and abstract photography.

   (4) Dance - This is a form of art that involves movement of the body, usually rhythmic and to music.

   (5) Music - This is an art form whose medium is sound and silence. It includes many genres and styles and can be vocal, instrumental, or electronically produced.

   (6) Theatre - This is a form of performing art that involves actors performing a story in front of a live audience.

   (7) Literature - This includes poetry, novels, short stories, and plays.

   (8) Film - This is a series of still images that, when shown on a screen, creates the illusion of moving images.

   (9) Digital Art - This is an artistic work or practice that uses digital technology as part of the creative or presentation process.

   (10) Architecture - This is both the process and product of planning, designing and constructing buildings or any other structures.

3. Art & education

   (1) Reasons

       ① Creativity: Art encourages open-ended thinking and creativity. It allows for expression of personal experiences and feelings, which can lead to the development of unique ideas and innovative solutions.

       ② Emotional Expression: Art can serve as a healthy outlet for expressing emotions. It can help individuals process complex feelings and experiences, contributing to emotional well-being.

       ③ Cultural Awareness: Through art, students can learn about different cultures, histories, and traditions. This can foster understanding and appreciation for diversity.

       ④ Critical Thinking: Analysing and interpreting art can enhance critical thinking skills. It encourages students to perceive the world from different perspectives and make thoughtful interpretations.

       ⑤ Confidence: Creating and sharing art can boost self-confidence and self-esteem. It allows individuals to take pride in their work and achievements.

   (2) Ways

       ① Art schools and classes: Many people choose to study art in a formal educational setting, where they can learn from experienced instructors, have access to various

resources, and receive structured training.

  ② Museums and galleries: Visiting museums and galleries can provide inspiration and insight into different styles, techniques, and historical contexts.

  ③ Self-study: Some people prefer to learn art on their own, using books, online resources, and lots of practice. This method requires a lot of self-discipline and motivation, but it allows for a lot of flexibility and personalization.

  ④ Observation and imitation: Children learn a lot by observing the world around them and imitating what they see. This can include observing nature, people, or other artworks, and trying to recreate them in their own art.

4. Art & technology

  (1) Art in daily life

   ① Commercialization of art: In recent years, artists use social medias or gig-economy websites to launch personal art projects for profit or non-profit purposes. These kinds of art creation can be beneficial in art publication, curation, as well as entertainment.

   ② Economic reasons: Modern mass-production has enabled prefabricated moulds and consequently used in making products with artistic designs. It might be somehow kitsch-ish, but its economic property is the primary factor for most consumers. Art can be therefore further introduced to the public.

  (2) AI & art creation

   ① Augmented Creativity: AI tools inspire artists to explore novel creative directions by suggesting alternative ideas, styles, or techniques, fostering innovation in art creation.

   ② Preservation and Restoration: AI aids in the preservation and restoration of artworks by automating the restoration process and monitoring environmental conditions to protect artistic heritage.

   ③ Interactive Art: AI-driven installations and exhibits create immersive and interactive artistic experiences, redefining the boundaries between art and audience interaction.

   ④ Automation and Efficiency: AI streamlines the creative process, enabling artists to generate, edit, and refine artwork more quickly and efficiently, ultimately saving time and resources.

   ⑤ Copyright and Ownership: AI raises questions about copyright and ownership in art creation, as AI-generated works may challenge traditional notions of authorship.

十六：休闲娱乐

1. Forms of leisure activities
    (1) Reading books
        ① Types of books
            1) Fiction - 小说 (Includes novels and short stories)
            2) Non-fiction - 非虚构作品 (Includes biographies, history books, self-help books, etc.)
            3) Mystery - 推理小说 (Books that involve solving a crime or mystery)
            4) Science Fiction - 科幻小说 (Books that imagine future scientific and technological advancements)
            5) Fantasy - 奇幻小说 (Books that involve magic, mythical creatures, and supernatural elements)
            6) Romance - 爱情小说 (Books that focus on romantic relationships)
        ② The importance of plots
            1) Fundamental component of any book.
            2) Drives the narrative forward and keeps readers engaged.
            3) Evoke a range of emotions, making the reading experience more immersive and impactful.
        ③ The importance of characters
            1) Drive the plot and engage the reader's emotions.
            2) Emotional connection can make the reading experience more immersive and satisfying.
    (2) Watch movies
        ① Type of movies
            1) Action movie (动作片)
            2) Thriller (恐怖片)
            3) Drama (剧情片)
            4) Animated movie (动画片)
            5) Adventure movie (冒险片)
        ② Factors of movies
            1) Character - The characters should be well-developed and relatable. Viewers should care about what happens to them.
            2) Acting - Great performances can bring characters to life and make the story more believable. The actors should be able to convey their characters' emotions and motivations convincingly
            3) Sound and music - Sound effects and music can greatly enhance the mood and atmosphere of a film. A well-composed score can make a scene more emotional or suspenseful.
        ③ Movies and books
            1) Sensory Experience: Stories rely on the reader's or listener's imagination to visualize the events. Movies provide a visual and auditory experience.

2) Length: Stories can be of any length, from a short tale to a lengthy novel. Movies typically last around90 minutes to2 hours.

(3) Sports

①　Common water sports

1) Swimming

2) Surfing

3) Sailing

4) Scuba diving

5) Snorkelling

②　Common extreme sports

1) Skydiving

2) Bungee jumping

3) White water rafting

4) Rock climbing

(4) Games

①　Types of games

1) Outdoor games

2) Video games

3) Puzzles

(5) Traveling

①　Destination

1) Natural place

a. Relaxation - Natural environments are often peaceful and quiet, providing a break from the noise and hustle of city life. This can help reduce stress and promote relaxation

b. Get closer to the nature - Being in nature allows people to connect with the natural world, something that can be difficult in urban environments. This can provide a sense of peace and well-being.

2) Historic place

a. Appreciate the architecture and design - Many historic places are known for their architectural beauty and artistic details, which can be appreciated by visitors

b. Learn the past - Historic sites provide a tangible link to the past. They offer educational opportunities to learn about history, culture, and significant events.

2. Pros and cons of common leisure activities

(1) Pros

①　Physical Health: Activities like sports, dancing, or hiking can improve physical health by increasing cardiovascular fitness, strength, and flexibility. They can also help maintain a healthy weight and reduce the risk of various health conditions.

②　Mental Health: Leisure activities can help reduce stress and anxiety, improve mood, and boost overall mental well-being. Activities like yoga and meditation can also improve mindfulness and mental clarity.

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③ Social Connections: Many leisure activities can be done in groups, which can help strengthen social bonds, improve communication skills, and increase feelings of belonging.

④ Personal Development: Activities like reading, painting, or playing a musical instrument can stimulate creativity, improve problem-solving skills, and promote continuous learning and personal growth.

⑤ Relaxation: Leisure activities provide a break from daily routines and responsibilities, allowing individuals to relax and rejuvenate.

(2) Cons

① Time Consumption: Some leisure activities can be time-consuming, which might interfere with other important tasks or responsibilities if not properly managed.

② Financial Costs: Some activities, such as traveling, attending concerts, or participating in certain sports, can be expensive. The costs of equipment, memberships, or tickets can add up.

③ Addiction: Some leisure activities, particularly those involving gambling or video gaming, can lead to addictive behaviours if not moderated.

④ Negative Impact on Health: Some leisure activities, such as excessive screen time or unhealthy eating and drinking habits, can have a negative impact on physical health. Also, some physical activities like sports or outdoor adventures carry a risk of injury.

3. Pros and cons of extreme sports

  (1) Pros

① Physical Fitness: Extreme sports often require intense physical activity which can lead to improved strength, endurance, flexibility, and overall fitness.

② Mental Strength: They challenge not only the body but also the mind, enhancing mental toughness, concentration, and decision-making skills.

③ Confidence Boost: Successfully performing extreme sports can boost self-confidence and self-esteem.

④ Stress Relief: The intense focus required can help distract from daily stresses and worries.

⑤ Social Connections: Many extreme sports are communal, providing opportunities to meet like-minded individuals and form strong bonds.

⑥ Connection with Nature: Many extreme sports take place outdoors, offering a chance to connect with nature and enjoy beautiful landscapes.

  (2) Cons

① High risk of injury or death - Extreme sports often involve high speeds, great heights, or other dangerous elements. This can lead to serious injuries or even death.

② Physical demand - These sports often require a high level of physical fitness and skill. Not everyone may be able to meet these demands, which can lead to injury.

③ High costs - Equipment for extreme sports can be expensive. Additionally, travel to specific locations or maintaining certain equipment can also add to the cost.

④ Time commitment - Training for and participating in extreme sports can require a

significant time commitment.

⑤ Limited accessibility - Some extreme sports require specific geographical features or conditions, making them inaccessible to many people.

⑥ Stress and anxiety - The high-risk nature of these sports can lead to stress and anxiety, both for the participant and their loved ones.

4. Reasons

(1) Relaxation and Stress Relief - Many leisure activities provide an opportunity to relax and unwind, reducing stress and promoting mental and physical well-being. Engaging in these activities can help people escape from the demands and pressures of their daily lives.

(2) Social Connection - Many leisure activities are inherently social, such as team sports, dinner parties, and group travel. They provide a platform for people to connect with friends, family, and like-minded individuals, fostering social bonds and relationships.

(3) Physical Health and Fitness - Sports and physical activities help maintain and improve physical health and fitness. They can be an enjoyable way to stay in shape, increase endurance, and build strength.

(4) Camaraderie and Team Building - Many sports and recreational activities involve teamwork and collaboration. Participating in these activities can foster a sense of camaraderie and improve interpersonal skills.

(5) Nurturing Passions and Interests - People often engage in leisure activities to pursue their passions and interests. Whether it's a love for a specific sport, cuisine, film genre, or hobby, these activities allow individuals to follow their passions.