



请遵循下面四个步骤，完成今日的无忧听写练习。

060.mp3

步骤一 难词先睹为快

在听写之前，请浏览下列单词，并重点记忆。

sacrifice 奉献，牺牲

neglect 忽视，怠慢

postpone 延迟

extreme 极度的，极端的

derive 剥夺

步骤二 无忧听写练习（参考答案见章末）

不看下文，听录音，按照录音中的要求，把你听到的内容写到空白练习纸上。

Some people want to make and save a lot of money in order to retire early. I see people pursuing higher paying and increasingly demanding careers to accomplish this goal. They make many personal **sacrifices** in exchange for income today. The problem is that tomorrow might not come. Even if it all goes according to plan, will you know how to be happy when you are not working if you spend your entire life making money? More importantly, who will be around for you to share your leisure time with? At the other **extreme** are people who live only for today. Why bother saving when I might not be here tomorrow, they argue. The danger of this approach is that tomorrow may come after all. And most people don't want to spend all their tomorrows working for a living. The earlier **neglect** of saving, however, makes it difficult not to work when you are older. You maybe surprise to hear me say that if you must pick an extreme. I think it's better to pick the spend-all approach. As long as you don't mind continuing to work, assuming your health allows, you should be OK. At least, you are making use of your money, and hopefully **deriving** value and pleasure from it. **Postponing** doing what you love and being with people you love until retirement can be a mistake. It may never come. Retirement can be a great time for some people. For others, it is a time of boredom, loneliness and poor health.

步骤三 听力理解测试

根据刚才听到的录音，为下列各题选择正确的答案。

- Why do some people pursue higher paying but demanding careers?
 - To satisfy the needs of their family.
 - To fully realize their potential.
 - To make money for early retirement.
 - To gain a sense of their personal worth.
- What is the danger facing people who live only for today?
 - They may have to continue to work in old age.
 - They may regret the time they wasted.
 - They may have nobody to depend on in the future.

- D) They may have fewer job opportunities.
3. What does the speaker seem to advocate?
- A) Making wise use of your time.
- B) Enjoying yourself while you can.
- C) Saving as much as you can.
- D) Working hard and playing hard.

步骤四 核对总结分析

核对听力原文，把听写中的各类错误总结规划到下表，日后重点复习。

序号	错误类型	实例汇总
1	连读、弱读	
2	美式发音	
3	纯生词	
4	拼写错误（单复数）	
5	单词发音不熟	
6	语法问题（时态等）	

MEMO

Every shoe fits not every foot.

不能以己度人。

——Anonymous

句型拓展

Every key fits every lock.

一把钥匙开一把锁。

Every note fits every word.

一个音符对应一个字。

人生真谛

世界上没有两片完全相同的树叶，世界上也没有两个完全相同的人，每一个生命都以独特的方式生活，每一个生命都因有独特的价值而存在。不要以自己的标准去衡量、要求他人，尊重他人的选择与生活方式，这个世界因为你我的与众不同才更精彩！