**Package 1 How we behave is who we are**

**Questions:**

1. Do you think people are born with certain behaviors, or are the behaviors learned over time?(你认为人们是天生就有某些行为，还是这些行为是随着时间的推移而习得的？)
2. Do you agree that our behavior completely defines our identity? Why or why not?(你是否同意我们的行为完全定义了我们的身份？为什么或者为什么不？)
3. How does society influence our behavior and, in turn, our identity?(社会如何影响我们的行为，进而影响我们的身份？)

**Additional question:** Is it fair to judge someone solely based on their behavior without understanding their intentions or circumstances?(在不了解某人的意图或情况的情况下，仅根据他们的行为来判断他们是否公平？)

**Discussion topic:** Do you agree with the saying “Better good manners than good looks”? Use reasons and specific examples to make your point.

(你同意“礼貌胜过好看”这句话吗？使用理由和具体例子来说明你的观点。)

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**Student D (Opening):**

Hello everyone, welcome to our discussion on the relationship between behavior, identity, and societal influence. We have some intriguing questions to explore today. Let's start with the first question. Student A, do you think people are born with certain behaviors, or are these behaviors learned over time?

**Student A:**

Thank you, Student D. This is a fascinating question. I believe that while some behaviors may be innate due to genetic predispositions, the majority of our behaviors are learned over time through experience and social interactions. For instance, basic reflexes and some emotional responses, like a baby's cry, can be considered innate. However, more complex behaviors, such as social etiquette, language, and problem-solving skills, are acquired through observation, education, and practice. The environment we grow up in, our family, peers, and culture, play a significant role in shaping our behaviors. Therefore, it’s a combination of both nature and nurture that defines how we act.

Student B, do you agree that our behavior completely defines our identity? Why or why not?

**Student B:**

That's a great segue, Student A. I would argue that while behavior is a significant aspect of our identity, it doesn't completely define it. Our identity is multi-faceted and encompasses not only our actions but also our thoughts, beliefs, values, and emotions. For example, someone might behave confidently in public, but internally they might feel insecure. Similarly, our identity is influenced by our personal experiences, memories, and the roles we play in different contexts—like being a parent, a friend, or a professional. Behavior is the visible part of the iceberg, but there’s so much more beneath the surface that constitutes who we are.

Student C, how does society influence our behavior and, in turn, our identity?

**Student C:**

Thanks, Student B. Society plays a crucial role in shaping both our behavior and our identity. From a young age, we are socialized into the norms, values, and expectations of our culture. These societal influences come from various sources, including family, education, media, and peer groups. For example, societal norms dictate acceptable behavior in different contexts, such as how we dress, speak, and interact with others. Over time, these behaviors become internalized and form a part of our identity. Moreover, societal expectations can affect our self-perception and aspirations. For instance, if society values certain professions, individuals might be inclined to pursue those careers, thus shaping their identity around societal standards.

Student D, do you think it is fair to judge someone solely based on their behavior without understanding their intentions or circumstances?

**Student D:**

That’s an excellent question, Student C. In my opinion, it is not fair to judge someone solely based on their behavior without considering their intentions or circumstances. Behavior can be influenced by numerous factors, including stress, mental health, and external pressures that might not be immediately apparent. For instance, someone might act out of character due to a personal crisis or misunderstanding. By only focusing on behavior, we risk making incomplete or inaccurate judgments about a person’s character. It’s essential to seek a deeper understanding and context behind actions before forming an opinion. Compassion and empathy should guide our judgments to ensure they are fair and informed.

Thank you all for your insights. This concludes our discussion for today. I hope everyone found it as engaging and thought-provoking as I did.

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**Discussion topic:**

**Student A:** Alright everyone, let's dive into our discussion topic: "Do you agree with the saying ‘Better good manners than good looks’?" I personally believe that good manners are more important than good looks. Good manners reflect a person's character and how they treat others. For instance, someone who is polite and respectful can leave a lasting positive impression, whereas good looks might only make an initial impact. Let's hear your thoughts on this.

**Student B:** I agree with you, Student A. Good manners often contribute to a person's overall likability and can foster stronger relationships. For example, in professional settings, a well-mannered individual is more likely to be respected and trusted by colleagues and clients, which can lead to better career opportunities. On the other hand, relying solely on good looks can be superficial and may not sustain long-term success. What do you think, Student C?

**Student C:** You both make good points. However, I think we should also consider that good looks can open doors, especially in social settings. People might be more inclined to approach someone who is attractive, which can provide opportunities to showcase their good manners. But, I still believe that if someone lacks good manners, their good looks won't carry them far. Student D, what's your perspective?

**Student D:** I see where you're coming from, Student C. Good looks can indeed be an advantage in initial interactions. But I think that good manners are essential for deeper connections and lasting impressions. For example, think about friendships or romantic relationships – they are built on mutual respect, kindness, and understanding, which are all aspects of good manners. Over time, these qualities become far more important than physical appearance. Student A, do you have any additional thoughts?

**Student A:** Yes, Student D, I agree with you. Good manners are also crucial in creating a positive community and society. Imagine a world where everyone is kind, considerate, and polite – it would be a much more pleasant place to live. Good looks, on the other hand, are fleeting and subjective. Plus, good manners can also enhance someone's attractiveness by making them seem more approachable and pleasant to be around. Student B, do you want to add anything?

**Student B:** Definitely, Student A. Good manners can lead to more meaningful and genuine connections. For example, when someone holds the door open for you or says "thank you," it shows a level of thoughtfulness and consideration that makes you feel valued. These small acts of kindness can build trust and rapport over time, which is far more valuable than mere physical appearance. Student C, what do you think about the role of good manners in conflict resolution?

**Student C:** That's a great point, Student B. Good manners play a crucial role in resolving conflicts and misunderstandings. Being polite and respectful during disagreements can prevent situations from escalating and help find a mutually acceptable solution. Good looks do not contribute to this process at all. In fact, in high-stress situations, it's our manners that help us navigate and resolve issues effectively. Student D, would you like to wrap up our discussion?

**Student D:** Sure, I'd be happy to. In conclusion, while good looks can provide initial advantages, it is good manners that truly define a person's character and worth. Good manners contribute to positive interactions, build strong relationships, and create a harmonious society. They are essential in both personal and professional realms and are valued far more in the long run. Thus, we can all agree that good manners are indeed more important than g

**Package 2 Getting older, getting wiser?**

**Questions:**

1. Describe a person that you consider wise. Make sure to use examples and details to explain why you think he/she is wise.(描述一个你认为智慧的人。请务必用例子和细节解释为什么你认为他/她是智慧的。)
2. Do you believe that wisdom comes automatically with age? Why or why not?(你认为智慧会随着年龄的增长自动增加吗？为什么或为什么不？)
3. Can you share an experience where you learned something valuable from an older person?(你能分享一个从年长者那里学到宝贵经验的经历吗？)

**Additional question:** What is more important for a person to get by in the world, being “book-smart” or “street-smart”?

(一个人在世界上生存，"书本聪明"和"世故聪明"哪个更重要？)

**Discussion topic:** What factors make a man wiser? Age, experiences, failure, or something else? Please illustrate your ideas with examples and details.(是什么因素让一个人变得更智慧？年龄、经历、失败，还是其他？请用例子和细节说明你的想法。)

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**Student D:**

Hi everyone, welcome to our group discussion on wisdom. Today, we’ll each answer a different question related to this fascinating topic. I’ll start by asking Student A the first question.

**Student A:**

Thank you, Student D. So, the question is about describing a person I consider wise and explaining why I think they are wise.

One person who comes to mind is my grandfather. He has always been a source of guidance and wisdom for our family. For instance, he often shares stories from his youth, highlighting the lessons he learned from his experiences. One specific example is when he talked about starting his own business during a time of economic hardship. Despite having limited resources and facing numerous challenges, he managed to succeed by being innovative and resilient. His ability to stay calm under pressure and think critically about each decision is something I truly admire. Additionally, he has a unique way of viewing problems from multiple perspectives, which often leads to more effective solutions. His wisdom is not just about knowledge, but also about the application of that knowledge in real-life situations.

Now, let me ask Student B the next question. Do you believe that wisdom comes automatically with age? Why or why not?

**Student B:**

Thanks, Student A. That’s an interesting question. In my opinion, wisdom doesn’t come automatically with age. While aging certainly provides opportunities for gaining experiences, it doesn’t necessarily mean a person will become wise. Wisdom requires reflection and the ability to learn from one’s experiences.

For example, two people might face similar life challenges, but their reactions and what they learn can be very different. One person might continue making the same mistakes, while the other might reflect on their experiences and adjust their behavior accordingly. I believe it’s this reflective process that contributes to wisdom, rather than age itself. Furthermore, some young people can be very wise because they actively seek out learning opportunities and reflect deeply on their experiences. So, while age can contribute to wisdom, it’s not the sole factor.

I’d like to hear from Student C now. Can you share an experience where you learned something valuable from an older person?

**Student C:**

Absolutely, Student B. I have a memorable experience that taught me a lot. When I was in high school, I struggled with time management. I constantly felt overwhelmed by assignments, extracurricular activities, and social commitments. My aunt, who is a successful lawyer, noticed my stress and offered to help. She shared her own experiences from when she was a student and how she managed to balance her demanding schedule.

One piece of advice she gave me was to prioritize tasks by their importance and deadlines, creating a clear plan each week. She also emphasized the importance of setting aside time for relaxation to avoid burnout. Following her advice, I started organizing my tasks more effectively, which significantly reduced my stress and improved my performance. This experience taught me the value of time management and how learning from someone with more experience can provide practical and impactful solutions to everyday problems.

Finally, Student D, what do you think is more important for a person to get by in the world, being “book-smart” or “street-smart”?

**Student D:**

Thanks, Student C. That’s a tough question, but I think both "book-smart" and "street-smart" have their own importance. However, if I had to choose one, I would lean slightly towards being "street-smart."

Being "street-smart" means having practical knowledge and skills to navigate real-life situations effectively. It involves being adaptable, resourceful, and having good judgment in dealing with people and unexpected challenges. For instance, someone who is street-smart can quickly assess a situation, understand the social dynamics at play, and make decisions that are beneficial in the moment. These skills are crucial in a world that is often unpredictable and complex.

On the other hand, being "book-smart" is also valuable because it involves having a deep understanding of theoretical concepts and factual knowledge. This can lead to better problem-solving skills and innovation in many fields. However, without the practical application of this knowledge, it might not always be sufficient to navigate everyday challenges.

In conclusion, while both types of intelligence are important, being street-smart might give someone a slight edge in navigating the complexities of the real world.

Thank you all for the insightful discussion.

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**Discussion topic:**

**Student A:** Alright everyone, let's dive into our discussion topic: what factors make a man wiser? Age, experiences, failure, or something else? I'll start with age. Age often brings wisdom because, over time, a person accumulates knowledge and life lessons. For instance, older people have witnessed historical events and societal changes, which provide them with a broader perspective. However, just getting older doesn't guarantee wisdom. It's more about how one reflects on and learns from their life as they age.

**Student B:** I agree with Student A, but I think experiences play a crucial role in making a man wiser. Experiences, especially diverse ones, teach us valuable lessons. For example, traveling to different countries exposes one to various cultures and ways of thinking, which can broaden one's understanding of the world. Personal experiences, such as dealing with challenges or successes in one's career, also contribute to one's wisdom. It's the depth and variety of these experiences that matter.

**Student C:** That's a good point, Student B. I'd like to add that failure is a significant factor in gaining wisdom. When we fail, we're forced to analyze what went wrong and learn from our mistakes. This process of reflection and learning is essential for growth. Take Thomas Edison, for instance. He failed numerous times before successfully inventing the lightbulb. Each failure taught him something new and brought him closer to his goal, ultimately making him wiser.

**Student D:** Absolutely, Student C. I also believe that continuous learning and curiosity are key factors. A wise person never stops learning. Reading books, staying informed about current events, and engaging in intellectual discussions contribute to wisdom. For example, renowned investor Warren Buffett spends a significant portion of his day reading and learning. This habit of continuous learning helps him make informed decisions and adapt to changing circumstances.

**Student A:** Great points, everyone. I want to emphasize that wisdom also comes from listening to others and being open-minded. Engaging with people who have different perspectives can provide insights that one might not have considered otherwise. For instance, a leader who listens to their team's ideas and feedback is likely to make wiser decisions than one who doesn't. Wisdom is often found in collective intelligence.

**Student B:** To build on that, I think empathy is another crucial factor. Understanding and sharing the feelings of others can lead to wiser, more compassionate decisions. For instance, a manager who empathizes with their employees' struggles can create a more supportive and productive work environment. Empathy helps us connect with others on a deeper level and make decisions that benefit the greater good.

**Student C:** Yes, empathy is important. I also believe that reflection and self-awareness are vital. Taking time to reflect on one's actions, thoughts, and feelings can lead to greater self-understanding and wisdom. For example, meditation or journaling can help individuals process their experiences and gain insights into their behavior and motivations. This self-awareness can guide better decision-making in the future.

**Student D:** To wrap up, I'd like to summarize our discussion. We've identified several factors that contribute to making a man wiser: age, experiences, failure, continuous learning, listening to others, empathy, and self-awareness. Each of these elements plays a role in developing wisdom. It's not just one factor but a combination of many that contributes to a person's growth in wisdom. The key takeaway is that wisdom is a journey, not a destination, and it's cultivated through a lifetime of learning and reflection.

Student A: Well said, Student D. I think we've covered a lot of ground and provided a comprehensive view of what makes a man wiser. Thank you all for your insightful contributions.

**Package 3 Discovering your niche holiday**

**Questions:**

1. What does the term “niche holiday” mean to you, and have you ever experienced one?（“小众假期”这个词对你来说意味着什么，你有过吗？）
2. How do niche holidays differ from conventional holidays, and what are the benefits?（小众假期与传统假期有何不同，有什么好处？）
3. Can you think of a unique or unusual holiday destination you’d like to explore? What makes it appealing?（你能想到一个你想探索的独特或不寻常的度假胜地吗？是什么让它吸引人？）

**Additional question:** In what ways do you think niche holidays can contribute to personal growth and self-discovery?

（您认为小众假期可以在哪些方面促进个人成长和自我发现？）

**Discussion topic:** How might niche holidays impact the local communities and environments where they take place?（小众假期如何影响当地社区和活动环境？）

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**开场白Student D:**  So, the topic for today is niche holidays. What does the term “niche holiday” mean to you, and have you ever experienced one?

**Question 1:** What does the term “niche holiday” mean to you, and have you ever experienced one?

**Student A:**

For me, a niche holiday is a vacation that’s tailored to a specific interest or activity, like a yoga retreat or a culinary tour. I’ve never experienced one myself, but I’ve always been curious about them. I’ve been dreaming of going on a photography expedition in Iceland. The idea of spending a week capturing the stunning landscapes sounds incredible.

Student B, what do you think differentiates niche holidays from conventional ones?

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**Question 2:** How do niche holidays differ from conventional holidays, and what are the benefits?

**Student B:**

In my opinion,Niche holidays are more specialized and often more immersive than typical vacations. Instead of just sightseeing, you’re engaged in activities that you’re passionate about. The benefits include meeting like-minded people, gaining deeper insights into your interests, and often learning new skills. another key difference is the depth of experience. In a conventional holiday, you might see a lot of places superficially. But in a niche holiday, you focus intensely on one interest, which can be very rewarding.

Student C, can you think of a unique or unusual holiday destination you’d like to explore?

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**Question 3:** Can you think of a unique or unusual holiday destination you’d like to explore? What makes it appealing?

**Student C:**

Definitely! I’ve always wanted to visit Bhutan for a cultural and spiritual retreat. The idea of exploring a country that prioritizes Gross National Happiness over economic growth is very appealing. Plus, the monasteries and festivals would provide a unique experience. Besides, I also want to explore the Galápagos Islands on an eco-tour. The biodiversity is unparalleled, and I think it would be fascinating to learn about conservation efforts firsthand.

Student D, how do you think niche holidays might impact local communities and environments?

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**Question 4:**In what ways do you think niche holidays can contribute to personal growth and self-discovery?

**Student D:**

Niche holidays can have both positive and negative impacts. On the positive side, they can bring economic benefits to local communities and promote cultural exchange. However, if not managed properly, they can also lead to over-tourism and environmental degradation.It’s important for niche holidays to be sustainable. Travelers and tour operators need to respect local customs and ecosystems.

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**Discussion topic:**

**Student A:** Alright everyone, let's dive into our discussion topic: How might niche holidays impact the local communities and environments where they take place?

**Student B:** I think niche holidays can have both positive and negative impacts on local communities and environments. On one hand, they can bring in tourism revenue and create opportunities for local businesses to thrive. For example, if a town hosts a festival celebrating a unique aspect of their culture, it can attract visitors who spend money on accommodations, food, and souvenirs, benefiting the local economy.

**Student C:** That's true, but we also need to consider the potential negative effects. Niche holidays could lead to over-tourism in small communities, putting strain on infrastructure and causing environmental degradation. For instance, if a remote beach is marketed as a destination for a specific type of eco-friendly holiday, the influx of tourists might damage fragile ecosystems and disrupt local wildlife.

**Student D:** I agree with that point. Additionally, niche holidays can sometimes perpetuate stereotypes or cultural appropriation. For example, if a holiday revolves around a particular ethnic tradition, but it's organized and marketed by outsiders without proper respect for the culture, it can lead to misunderstandings and resentment within the local community.

**Student A:** Those are all valid concerns. It seems like managing the impact of niche holidays requires a delicate balance between promoting economic growth and preserving local culture and environment. Perhaps local governments and tourism authorities need to implement regulations and sustainable practices to ensure that these holidays benefit the community without causing harm.

**Student B:** Definitely. It's essential for stakeholders to work together to develop responsible tourism strategies that prioritize the well-being of both the local community and the environment. This could involve initiatives such as promoting off-peak travel times, investing in eco-friendly infrastructure, and educating visitors about the importance of respecting local customs and ecosystems.

**Student C:** And let's not forget about the role of community engagement. Local residents should have a say in the planning and management of niche holidays to ensure that their voices are heard and their concerns are addressed. By involving the community in decision-making processes, we can foster a sense of ownership and stewardship over the cultural and natural resources that make these destinations unique.

**Student D:** Absolutely. In the end, it's about finding a sustainable balance that allows niche holidays to contribute positively to local economies and cultures while minimizing their negative impacts on the environment and communities. By working together and adopting responsible practices, we can ensure that these holidays enrich the lives of both residents and visitors alike.

**Student A:** Well said, everyone. It's clear that niche holidays have the potential to have significant effects on local communities and environments, and it's up to all of us to ensure that those effects are positive and sustainable. Thank you all for your thoughtful contributions to this discussion.

**Package 4 Solving problems and seeking happiness**

**Questions:**

1. What is your definition of happiness? Use examples and details to explain it.(你对幸福的定义是什么？用例子和细节来解释它)
2. What strategies do you find most effective when faced with a difficult problem?(当面对难题时，你觉得什么策略最有效？)
3. Can you recall a time when overcoming a challenge made you feel happier or more fulfilled?(您能回忆起克服挑战让您感到更快乐或更充实的时刻吗？)

**Additional question:** If you got two job offers —— one with a high salary and tight schedule, the other with moderate pay plus flexible working hours, which one would you take? Why?(如果你有两个工作机会——一个是高薪和紧凑的工作时间，另一个是中等工资和灵活的工作时间，你会选择哪一个？为什么？)

**Discussion topic:** Do you think problem-solving is essential to achieving happiness, or can happiness exist amidst unsolved problems?(你认为解决问题是实现幸福的必要条件，还是幸福可以存在于未解决的问题中？)

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**开场白Student D:** "Hello everyone, today let's delve into some deep questions about life and work. I'm excited to hear everyone's perspectives. Let's start with something fundamental. Student A, what is your definition of happiness?"

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**Question 1:** What is your definition of happiness? Use examples and details to explain it.

**Student A:**

Well, happiness for me is a state of contentment and fulfillment. It's not just about fleeting moments of joy, but rather a sustained sense of satisfaction with life. For example, spending quality time with loved ones, achieving personal goals, or making a positive impact on others can all contribute to my happiness. It's about finding balance and meaning in both the big and small things.

Student B, when faced with a difficult problem, what strategies do you find most effective?

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**Question 2:** What strategies do you find most effective when faced with a difficult problem?

**Student B:**

Thank you, Student A. When I encounter a tough problem, I usually start by breaking it down into smaller, more manageable parts. This helps me to approach the issue systematically and prevents it from feeling overwhelming. Additionally, I find brainstorming and seeking input from others to be incredibly valuable. Collaborating with peers often leads to fresh perspectives and innovative solutions.

Student C, can you recall a time when overcoming a challenge made you feel happier or more fulfilled?

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**Question 3:** Can you recall a time when overcoming a challenge made you feel happier or more fulfilled?

**Student C:**

"Absolutely, Student B. One particular instance that comes to mind is when I was preparing for a difficult exam. Despite feeling stressed and overwhelmed, I dedicated myself to consistent studying and sought help from tutors and classmates. When I finally received a passing grade, the sense of accomplishment was immense. It not only boosted my confidence but also reinforced the importance of perseverance and hard work."

Student D, the last question is interesting .if you got two job offers —— one with a high salary and tight schedule, the other with moderate pay plus flexible working hours, which one would you take? Why?

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**Question 4:** If you got two job offers —— one with a high salary and tight schedule, the other with moderate pay plus flexible working hours, which one would you take? Why?

**Student D:**

"Thank you, Student C. Given the options, I would lean towards the job with moderate pay and flexible working hours. While a high salary is certainly appealing, I value work-life balance and autonomy more. With flexible hours, I can better manage my time, pursue personal interests, and maintain a healthier lifestyle. Plus, a moderate salary is still sufficient for my needs, and the flexibility would ultimately contribute to my overall happiness and well-being."

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**Discussion topic:**

**Student A:** "Alright everyone, let's dive into our discussion topic. Do you think problem-solving is essential to achieving happiness, or can happiness exist amidst unsolved problems? In my opinion, while problem-solving can certainly contribute to happiness by removing obstacles and providing a sense of accomplishment, I believe that happiness can also coexist with unsolved problems. Sometimes, acceptance and resilience play a crucial role in finding happiness despite facing challenges. What do you all think?"

**Student B:** "I agree, Student A. While solving problems can bring a sense of satisfaction, happiness isn't solely dependent on having all problems resolved. For instance, think about situations where we might not have control over certain issues, like global problems or personal struggles that take time to overcome. In these cases, finding happiness might involve focusing on aspects of life that are within our control and cultivating a positive mindset."

**Student C:** "That's a good point, Student B. I believe happiness is more about how we choose to perceive and respond to challenges rather than the absence of problems. It's about finding joy and meaning in the journey, even when things aren't perfect. For example, someone might find happiness in the midst of a difficult situation by cherishing moments of connection with loved ones or pursuing activities that bring them joy, despite the challenges they face."

**Student D:** "I agree with what's been said so far. Happiness isn't just about problem-solving; it's about our mindset and how we approach life's ups and downs. However, I do think that effective problem-solving skills can enhance our overall well-being by reducing stress and increasing our sense of control. It's important to acknowledge that some problems might require ongoing effort to resolve, and that's okay. Happiness isn't necessarily about having everything figured out, but rather about finding peace and contentment along the way."

**Student A:** "Thank you for sharing your insights, everyone. It seems we're in agreement that while problem-solving can contribute to happiness, it's not the sole determinant. Happiness can indeed exist amidst unsolved problems, as long as we cultivate a positive mindset, focus on what we can control, and find meaning in the journey. Our ability to adapt, persevere, and find joy in the present moment is what ultimately shapes our happiness. Would anyone like to add anything before we conclude?"

**Student B:** "I just want to emphasize the importance of resilience and gratitude in finding happiness, especially during challenging times. By acknowledging our blessings and staying resilient in the face of adversity, we can maintain a sense of hope and fulfillment."

**Student C:** "I completely agree, Student B. Gratitude is a powerful tool for cultivating happiness and perspective. Even amidst difficulties, there's often something to be thankful for, whether it's small moments of joy or the support of loved ones."

**Student D (Summary):** "In summary, our discussion has highlighted that while problem-solving can contribute to happiness, it's not the sole factor. Happiness can coexist with unsolved problems through acceptance, resilience, and gratitude. It's about finding joy in the journey and maintaining a positive mindset, even when faced with challenges. Ultimately, our ability to adapt and find meaning in life's experiences is what leads to true happiness. Thank you all for your thoughtful contributions to this discussion."

**Package 5 Art expands horizons**

**Questions:**

1) What types of art do you believe have the greatest potential to expand our horizons and why?（ 您认为哪种类型的艺术最有潜力扩大我们的视野，为什么？）

2) Can you share a personal experience when art, in any form, has broadened your perspective on a certain issue or aspect of life?（当艺术以任何形式拓宽了你对生活某个问题或方面的视野时，你能分享一下个人经历吗）

3) Why is art important in our lives? How can art make life more colorful?（为什么艺术在我们的生活中很重要？艺术如何让生活更加丰富多彩？）

**Discussion topic:** You are tasked with designing an art exhibition that showcases the fusion of traditional art forms from different cultures with modern artistic expressions (艺术表现形式). How would you select the traditional art forms and modern artistic expressions to include in the exhibition, and what criteria would you use to ensure that the fusion effectively promotes cultural exchange and understanding? （您的任务是设计一个艺术展览，展示来自不同文化的传统艺术形式与现代艺术表现形式的融合。你会如何选择传统艺术形式和现代艺术表现形式来参加展览，你会用什么标准来确保这种融合有效地促进文化交流和理解？）

**Additional question:** How does the combination of different art forms help broaden cultural perspectives in today’s globalized world?（在当今全球化的世界中，不同艺术形式的结合如何帮助拓宽文化视野？）

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**开场白Student D:** Hello everyone, let's start today's panel discussion. We will explore the power of art in broadening our perspectives and enriching our lives. First, I'd like to ask the first question.

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**Question 1:** What types of art do you believe have the greatest potential to expand our horizons and why?

**Student A:**

Visual arts, literature, and music are powerful mediums for broadening horizons. Visual arts, such as paintings and sculptures, provoke thought and evoke emotions, while literature exposes us to diverse cultures and viewpoints. Music, with its universal language, transcends boundaries, transporting us to different realms and expanding our understanding of the world around us.

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**Question 2:** Can you share a personal experience when art, in any form, has broadened your perspective on a certain issue or aspect of life?

**Student B:**

Absolutely. I vividly recall attending an art exhibition where abstract paintings explored themes of identity and belonging. The interplay of colors and shapes on the canvas prompted introspection, leading to a deeper understanding of human experiences and emotions. This experience broadened my perspective on the complexities of life and the diversity of human expression.

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**Question 3:** Why is art important in our lives? How can art make life more colorful?

**Student C:**

Art enriches our lives by adding depth and meaning, allowing us to express ourselves creatively and explore the nuances of existence. It inspires us, uplifts us, and provides solace during difficult times. Art fosters empathy and understanding by exposing us to different cultures and perspectives, making life more vibrant and colorful in its diversity.

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**Additional question:** How does the combination of different art forms help broaden cultural perspectives in today’s globalized world?

**Student D:**

The fusion of different art forms offers a multifaceted exploration of cultural perspectives. By integrating traditional and contemporary art forms, artists create works that transcend boundaries, bridging the gap between cultures and fostering mutual understanding. In our interconnected world, the combination of diverse art forms serves as a catalyst for cross-cultural dialogue and appreciation, promoting unity amidst diversity.

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**Discussion topic:**

**Student A:** All right, everyone, let's delve into how we can design a storytelling project to amplify diverse voices and experiences within our university community. As our campus grows more diverse, it's crucial that we provide platforms for students from all backgrounds to share their stories. How can we achieve this?

**Student B:** One key aspect is ensuring accessibility for all students, regardless of their background or experiences. We could organize workshops or training sessions to assist students in feeling comfortable sharing their stories, even if they lack prior storytelling experience.

**Student C:** Absolutely, Student B. Additionally, offering multiple storytelling formats is essential to cater to diverse preferences. Students could choose to share their stories through written essays, spoken word performances, visual art, or digital storytelling platforms.

**Student D:** I agree, Student C. Diversity in storytelling formats enriches the project and ensures inclusivity. We should also consider utilizing various platforms to showcase these stories, such as campus publications, social media channels, art exhibitions, or live storytelling events.

**Student A:** Those are excellent suggestions, Student D. By leveraging multiple platforms, we can ensure that a wide range of voices are heard and celebrated across our campus community. Furthermore, incorporating digital storytelling platforms can accommodate students who prefer to share their stories anonymously or remotely.

**Student B:** Indeed, Student A. In addition to showcasing diverse stories, fostering dialogue and reflection is crucial. Hosting panel discussions, Q&A sessions, or small group conversations can encourage meaningful interactions and deepen understanding among students from different backgrounds.

**Student C:** Building on that, integrating storytelling projects into existing campus initiatives focused on diversity and inclusion is vital. Collaboration with student organizations, cultural centers, or diversity offices can integrate storytelling into orientation programs, diversity workshops, or heritage month celebrations.

**Student D:** Absolutely, Student C. Embedding storytelling projects into existing campus initiatives amplifies diverse voices and fosters a more inclusive and empathetic campus culture. This not only raises awareness of diverse experiences but also empowers students to engage in meaningful dialogue and action towards positive change.

**Student A:** In conclusion, a storytelling project designed to amplify diverse voices and experiences within our university community should prioritize accessibility, offer multiple formats and platforms for sharing stories, facilitate dialogue and reflection, and integrate into existing campus initiatives focused on diversity and inclusion. By embracing the richness of our collective experiences, we can contribute to building a campus culture that values and celebrates the diversity of its members. Thank you all for your valuable contributions to this discussion.

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**Package 6 Mass media: 24/7 coverage**

**Questions:**

1) How has the 24/7 coverage by mass media influenced the way we receive and process information in today’s society?（大众媒体的 24/7 全天候报道如何影响我们在当今社会接收和处理信息的方式？）

2) Can you elaborate on a specific example of how mass media’s continuous coverage has impacted public perception of a major event or issue?（您能否详细阐述一个具体的例子，说明大众媒体的持续报道如何影响公众对重大事件或问题的看法？）

3) In what ways do you think the mass media coverage has affected the attention span and critical thinking abilities of individuals?（您认为大众媒体的报道在哪些方面影响了个人的注意力和批判性思维能力？）

**Discussion topic:** With the rise of the internet, more and more people are getting their news from social media platforms. Fake news has also become a huge problem in our country and worldwide. Owing to fake news, the views of people change and can become biased. How do you feel about the abundance of fake news shared on social media? Give your advice on how to identify and avoid fake news.（随着互联网的兴起，越来越多的人从社交媒体平台获取新闻。假新闻也成为我们国家和全世界的一个大问题。由于假新闻，人们的观点会发生变化，并可能变得有偏见。您如何看待社交媒体上分享的大量假新闻？就如何识别和避免假新闻提供建议。）

**Additional question:** Do you believe that the 24/7 coverage by mass media is beneficial or detrimental to society as a whole, and why?（您认为大众媒体的 24/7 全天候报道对整个社会是有益的还是有害的，为什么？）

**开场白Student D:** Hello everyone, let's start today's panel discussion. Today,we will talk about 24/7 coverage.First, I'd like to ask the first question.

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**Question 1:** How has the 24/7 coverage by mass media influenced the way we

receive and process information in today’s society?

**Student A:**

The 24/7 coverage by mass media has profoundly impacted the way we receive and process information in modern society. With constant access to news updates and live reporting, individuals have become accustomed to instant gratification and real-time updates. This continuous stream of information has shortened attention spans and heightened expectations for immediate news consumption. Additionally, the

prevalence of social media and online platforms has facilitated the rapid dissemination of information, leading to the proliferation of both accurate and misleading content.

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**Question 2:** Can you elaborate on a specific example of how mass media’s

continuous coverage has impacted public perception of a major event or issue?

**Student B:**

Certainly. The continuous coverage of the COVID-19 pandemic is a prime example of

how mass media influences public perception. Through round-the-clock reporting,

mass media outlets have shaped public understanding of the virus, its spread, and the

government's response. This ongoing coverage has influenced public attitudes towards

safety measures, vaccination efforts, and perceptions of governmental competence,

ultimately shaping individual behaviors and societal responses to the pandemic.

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**Question 3:** In what ways do you think the mass media coverage has affected the

attention span and critical thinking abilities of individuals?

**Student C:**

The constant bombardment of information from mass media sources has contributed

to shorter attention spans and reduced critical thinking abilities among individuals.

With the prevalence of sensationalized headlines and clickbait articles, many people

consume news in bite-sized snippets, without delving deeper into the nuances of

complex issues. Furthermore, the fast-paced nature of mass media coverage often

prioritizes speed over accuracy, leading to shallow analysis and misinformation that

can undermine critical thinking skills.

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**Additional question:** Do you believe that the 24/7 coverage by mass media is

beneficial or detrimental to society as a whole, and why?

**Student D:**

The 24/7 coverage by mass media can be both beneficial and detrimental to society,

depending on how it is utilized. On one hand, continuous news coverage provides

unprecedented access to information and promotes transparency in public affairs. It

allows for rapid dissemination of important updates and facilitates public discourse on

critical issues. However, the constant barrage of news can also lead to information

overload, desensitization, and fatigue among audiences. Moreover, sensationalized

reporting and the spread of misinformation pose significant challenges to informed

decision-making and societal cohesion. Therefore, while mass media's continuous

coverage has its merits, it requires responsible journalism and critical media literacy

to mitigate its potential negative consequences.

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**Discussion topic:**

**Student A:**

All right, everyone, From the previous discussion, we can see the impactof media reports on the public, with the rise of the Internet，The prevalence of fake news on social media is deeply concerning. It not only undermines the credibility of information but also distorts public perception and can lead to polarization.

**Student B:** Absolutely, Student A. The unchecked spread of fake news poses

significant challenges to our society's discourse and decision-making processes. It's

crucial for individuals to be discerning and vigilant when consuming news on social

media.

**Student C:** I completely agree, Student B. To counter the spread of fake news, we

must cultivate media literacy skills and adopt a critical mindset towards information

sources.

**Student D:** Indeed, Student C. Fact-checking and verifying the credibility of news

sources before sharing or believing them are essential practices in today's digital age.

Additionally, we must be wary of echo chambers and filter bubbles on social media.

**Student A:** Building on that, it's also important to diversify our news sources and

Seek information from reputable sources with a track record of accuracy and integrity.

By cross-referencing multiple sources and critically evaluating information, we can

mitigate the impact of fake news and make more informed decisions.

**Student B:** Absolutely, Student A. Encouraging open dialogue and constructive

discussions about media literacy can also empower individuals to recognize and

address the spread of fake news within their communities.

**Student C:** I agree, Student B. Education plays a crucial role in equipping people with the skills and knowledge needed to navigate the complex media landscape and

distinguish between credible and unreliable sources.

**总结Student D:** To summarize, combating fake news requires a concerted effort from both individuals and society as a whole. By promoting media literacy, critical thinking, and responsible information consumption practices, we can safeguard the integrity of our information ecosystem and foster a more informed and resilient society. Thank you all for your insightful contributions to this discussion.

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**Package 7 Trouble in modern times**

**开场白Student D：**Hello everyone, let's start today's panel discussion. We will explore the impact of modern challenge and how can we solve it. First, I would like to ask the first question.

**Questions:**

1. What do you consider to be the most significant trouble in modern times, and how has it impacted individuals and societies?（您认为现代社会中最重要的困扰是什么，它对个人和社会产生了怎样的影响？）

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**Possible answer:**

**Student A:**

In my opinion, environmental problems are one of the most significant troubles in today's society. As the United Nations report points out, the Earth is currently facing three major crises: climate change, biodiversity loss, and pollution. Human beings must change its relationship with nature.

Now, you might wonder, "How does this affect me?" In fact, when we harm the environment, we harm ourselves too. Air pollution can make us sick, and water pollution can make drinking or swimming unsafe. When we damage nature, we lose important things like clean air, fresh water, and beautiful places to explore.

The impact of environmental problems on society is also significant. Our actions affect everyone around us, even people far away. For example, when we burn a lot of fossil fuels like coal and oil, it releases gases that trap heat, warming the Earth. This can lead to major problems like stronger storms, droughts, and floods, which can harm people's homes, food, and jobs.

So, environmental issues are important because they affect all of us, both now and in the future.

However,the troubles are changing every moment,especially in the modern society,**Student B**,Could you provide an example of a modern-day challenge and explain how it has evolved in the context of rapid technological advancements?

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1. Could you provide an example of a modern-day challenge and explain how it has evolved in the context of rapid technological advancements?（您能举一个现代挑战的例子，并解释它在快速技术进步的背景下是如何演变的吗？）

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**Possible answer:**

**Student B:**

As student A said, environmental problems are a major challenge in modern society, and in the context of rapid technological progress, technology has played an important role in the evolution of environmental problems.

For example, in terms of pollution and remediation(治理), with the acceleration of industrialization and urbanization, pollution has become a serious problem. Exhaust gases(废气) emitted from traditional sources of pollution, such as factories and vehicles, have attracted widespread attention. With the development of technology, new pollution sources have gradually surfaced, such as e-waste and plastic pollution. On the other hand, the development of technology has also provided more means to control pollution, such as intelligent monitoring systems and clean energy technologies.

Besides, the rapid development of technology also has an impact on climate change. Activities such as the large-scale use of fossil fuels, deforestation, and land-use change release large amounts of greenhouse gases, contributing to global warming. This has led to the development of more environmentally friendly energy sources and production methods, such as solar, wind, bioenergy, etc.

In summary, the rapid development of technology has had a complex and far-reaching impact on the evolution of environmental problems, and at the same time, it also provides new opportunities and challenges for solving these problems.

In order to solve the problem,the power of individuals is essential,**Student C**,In your opinion, what role does personal responsibility play in addressing the troubles of modern times, and how can individuals contribute to potential solutions?

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1. In your opinion, what role does personal responsibility play in addressing the troubles of modern times, and how can individuals contribute to potential solutions?（在您看来，个人责任在解决现代困境中扮演了什么角色，个人如何能够为潜在解决方案做出贡献？）

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**Possible answer:**

**Student C:**

Personal responsibility is crucial in tackling modern challenges. Individuals significantly shape societal norms, influence policies, and drive change through their actions.

Take environment problems for example.One way to contribute is by adopting sustainable lifestyles. This includes reducing energy consumption, minimizing waste, and supporting eco-friendly products. Choices like using public transportation, reducing meat consumption, and recycling can reduce one's carbon footprint and promote environmental sustainability.

Another key aspect is staying informed and advocating for change. Educating oneself about issues like climate change and social inequality, and using one's voice to demand action, is vital. This can involve participating in protests, signing petitions, or supporting relevant organizations.

In conclusion, personal responsibility is essential in addressing today's challenges. Through conscious actions and advocacy, individuals can help create a more sustainable, equitable, and compassionate world.

But we need to understand that not everyone has this awareness,so the education is important,**Student D**,In your opinion, How can education and awareness be used to address and alleviate the troubles in modern times, and what specific approaches do you think would be effective?

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**Additional question:** How can education and awareness be used to address and alleviate the troubles in modern times, and what specific approaches do you think would be effective?（教育和意识如何被用来解决和缓解现代困境，您认为哪些具体方法会有效？）

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**Possible answer:**

**Student D:**

As Student C said, personal responsibility plays an important role in solving modern challenges. Education and awareness are key to achieving this. By empowering individuals with knowledge and understanding, education can inspire informed decision-making and promote positive behavioural change. In my opinion, here are some effective ways to do this:

First,Schools should incorporate topics such as environmental sustainability, social justice, and critical thinking in curricula at all levels. This ensures that students are equipped with the knowledge and skills needed to solve contemporary problems.

Second,Experiential learning is also important. Practical experience, field trips, and community engagement activities enable students to apply theoretical knowledge to real-world situations. This contributes to a deeper understanding of social issues and encourages active participation in the search for solutions.

Last,We can publicize it through the media. Through the internet, people can be made aware of the troubles of today's society and get involved in it.

By implementing these approaches, education and awareness can empower individuals to be positive agents of change, contributing to solving modern challenges and creating a more sustainable and equitable world.

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**Discussion topic:** You are tasked with designing a community initiative or project aimed at addressing a specific trouble in modern times, such as environmental degradation, mental health challenges, or social inequality. How would you suggest engaging the community in your initiative, and what specific activities or programs would you include to raise awareness and drive meaningful action? How might technology and social media be utilized to support and promote the initiative within the community?（您被要求设计一个旨在解决现代困境的社区计划或项目，比如环境恶化、心理健康挑战或社会不平等。您将如何建议社区参与您的计划，并包括哪些具体活动或项目来提高意识并推动有意义的行动？技术和社交媒体如何被利用来支持和推广社区内的倡议？）

**Student A(A负责话题讨论开场白和结束语）**:All right, everyone, let's start our discussion on designing a community initiative to address a modern challenge. I suggest we focus on mental health challenges since it's a pressing issue that affects many in our community. To engage people, we could start by organizing mental health awareness campaigns in collaboration with local health organizations and schools. These campaigns could include seminars, workshops, and awareness-raising events to destigmatize mental health issues and promote help-seeking behavior.

**Student B:** I completely agree, Student A. In addition to awareness campaigns, we should also provide tangible support for those struggling with mental health issues. One idea could be to establish community support groups where individuals can connect with others facing similar challenges. These support groups could meet regularly and provide a safe space for sharing experiences, coping strategies, and resources.

**Student C:** Building on that, we could also implement mental health first aid training programs to equip community members with the skills to recognize signs of mental distress and provide initial support until professional help can be sought. These training sessions could be offered free of charge and tailored to different age groups and demographics（人口统计学特征） within the community.

**Student D:** I think those are excellent suggestions, Student C. Another important aspect of our initiative should be promoting self-care and stress management techniques. We could organize mindfulness meditation sessions, yoga classes, and art therapy workshops in community centers or outdoor spaces. These activities not only promote mental well-being but also foster a sense of belonging and connection within the community.

**Student A:** Absolutely, Student D. Now, let's discuss how we can leverage technology and social media to support and promote our initiative. We could create a dedicated website or app where community members can access mental health resources, find information about support groups and training programs, and participate in online forums for peer support. Additionally, we could use social media platforms like Instagram and Twitter to share mental health tips, inspirational stories, and testimonials from those who have benefited from our programs.

**Student B:** That's a great idea, Student A. We could also use technology to implement virtual support groups and counseling services, especially for those who may have difficulty attending in-person meetings due to scheduling conflicts or transportation issues. Virtual platforms allow us to reach a wider audience and provide support to individuals who may feel isolated or marginalized in their communities.

**Student C:** Furthermore, we could partner with local schools and universities to integrate mental health education into the curriculum. This could include topics like stress management, coping skills, and understanding mental illnesses. By educating young people about mental health from an early age, we can help reduce stigma and empower future generations to prioritize their well-being.

**Student D:** In conclusion, our community initiative to address mental health challenges would involve a combination of awareness campaigns, support groups, training programs, and self-care activities. We would leverage technology and social media to reach a broader audience and provide accessible resources and support. Together, we can create a more compassionate and supportive community where everyone feels valued and understood.

**Student A:** Thank you all for your insightful contributions. I believe that by working together, we can make a real difference in the lives of those struggling with mental health issues in our community. Let's continue to collaborate and implement these ideas to create positive change.

学生A：好的，大家。让我们开始讨论设计一个社区计划，以解决现代挑战。我建议我们关注心理健康挑战，因为这是一个紧迫的问题，影响着我们社区中的许多人。为了吸引人们，我们可以开始组织心理健康意识活动，与当地卫生机构和学校合作。这些活动可以包括研讨会、工作坊和提高意识的活动，以消除心理健康问题的社会污名化，并促进寻求帮助的行为。

学生B：我完全同意，学生A。除了意识活动，我们还应该为那些在心理健康方面有困扰的人提供切实的支持。一个想法是建立社区支持小组，让个人可以与其他面临类似挑战的人联系。这些支持小组可以定期开会，提供一个安全的空间，分享经验、应对策略和资源。

学生C：在此基础上，我们还可以实施心理健康急救培训计划，为社区成员提供识别心理压力迹象和提供初步支持的技能。这些培训课程可以免费提供，并针对社区内的不同年龄组和人口统计学特征进行定制。

学生D：我认为这些是很好的建议，学生C。我们计划的另一个重要方面应该是促进自我护理和应对压力的技巧。我们可以在社区中心或户外空间组织正念冥想活动、瑜伽课程和艺术治疗工作坊。这些活动不仅有助于促进心理健康，还可以在社区内营造归属感和联系感。

学生A：完全正确，学生D。现在，让我们讨论如何利用技术和社交媒体来支持和推广我们的计划。我们可以创建一个专门的网站或应用程序，社区成员可以在其中获取心理健康资源、找到有关支持小组和培训计划的信息，并参与在线论坛进行同龄人支持。此外，我们可以利用Instagram和Twitter等社交媒体平台分享心理健康提示、鼓舞人心的故事以及从我们的计划中受益的人的见证。

学生B：这是一个很好的想法，学生A。我们还可以利用技术实施虚拟支持小组和咨询服务，特别是对于那些由于时间安排冲突或交通问题而难以参加面对面会议的人。虚拟平台使我们能够触达更广泛的受众，并为那些在社区中感到孤立或边缘化的个人提供支持。

学生C：此外，我们还可以与当地学校和大学合作，将心理健康教育融入课程中。这可能包括压力管理、应对技巧和了解心理疾病等主题。通过从小教育年轻人有关心理健康的知识，我们可以帮助减少社会污名，并赋予未来的一代更多的权力，使他们能够优先考虑自己的健康。

学生D：总之，我们旨在解决心理健康挑战的社区计划将包括意识活动、支持小组、培训计划和自我护理活动的组合。我们将利用技术和社交媒体触达更广泛的受众，并提供可访问的资源和支持。我们将携手合作，为社区中那些在心理健康问题上有困扰的人们创造积极的改变。

学生A：谢谢大家的深思熟虑。我相信通过共同努力，我们可以在我们社区中有心理健康问题的人们的生活中产生真正的影响。让我们继续合作，实施这些想法，创造积极的改变。

**Package 8 Everybody has a story to tell**

**开场白Student D：**Hello everyone, let's start today's panel discussion. We will explore the power of storytelling and how it can affect our perceptions and lives. First, I would like to ask the first question. ”

**Questions:**

1. Can you share a story from your own life that has had a significant impact on your perspective or shaped who you are today?(你能分享一则来自你自己生活的故事吗？这个故事对你的观点有重大影响，或者塑造了你今天的样子吗？)

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**Possible answer:**

Absolute. When I was a child, I had a neighbor whose name I didn't know, but she was visually impaired and intellectually disabled. At that time, I thought she was stupid and pitiful, and I didn't want to contact her.

One day, while walking together, she shared how she perceives the world through other senses such as touch and sound, painting a vivid picture in her mind. Her resilience and positivity in embracing differences inspired me to appreciate the diversity of human experiences and see challenges as opportunities for growth rather than setbacks.

Her story taught me empathy, resilience, and the importance of going beyond differences to connect with others on a deeper level. I haven't seen her in nine years, but the lesson continues to shape my perspective and interactions with people.

From this experience,we can feel the power of storys,**Student B**,How do you think storytelling contributes to building empathy and understanding between individuals and across different cultures?

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1. How do you think storytelling contributes to building empathy and understanding between individuals and across different cultures?(你认为讲故事如何有助于增进个人之间和跨文化之间的共情和理解？)

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**Possible answer:**

Storytelling is a universal language that transcends cultural barriers and allows individuals to connect on a deeper level.

Through storytelling, people can step into the shoes of others, experiencing their joys, sorrows, and struggles. By sharing narratives that reflect diverse perspectives and cultural backgrounds, storytelling cultivates empathy by fostering an understanding of different life experiences. When we listen to stories from various cultures, we gain insights into the values, traditions, and challenges of those communities, promoting cross-cultural understanding and appreciation.

Ultimately, storytelling builds bridges between individuals and across cultures by highlighting our shared humanity and celebrating the richness of human diversity.

Storytelling affects people in various ways,**Student C**,in your opinion,In what ways can listening to the stories of others broaden our own understanding of the world and the people around us?

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1. In what ways can listening to the stories of others broaden our own understanding of the world and the people around us?(听别人的故事有哪些方式能够拓展我们对世界和周围人的理解)

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**Possible answer:**

Listening to the stories of others opens windows to worlds we may have never known otherwise.

Each narrative offers a unique perspective, shedding light on diverse experiences, beliefs, and emotions. By immersing ourselves in these stories, we expand our understanding of the human experience, gaining insights into different cultures, backgrounds, and struggles.

Moreover, listening cultivates empathy, as we connect with the joys, sorrows, and triumphs of others. These narratives challenge our assumptions, broaden our perspectives, and encourage us to embrace the complexity and diversity of the world.

Through the act of listening, we build bridges of understanding and compassion, fostering deeper connections with the people around us and enriching our own lives in the process.

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**Additional question:** Do you believe that everyone’s story deserves to be heard and valued, regardless of their background or experiences? Why or why not?(你认为每个人的故事都应该被倾听和重视，不论他们的背景或经历如何？为什么？)

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**Possible answer:**

Absolutely, I firmly believe that everyone's story deserves to be heard and valued, irrespective of their background or experiences.

Each individual carries a unique narrative shaped by their personal journey, culture, and circumstances. By listening to diverse stories, we gain a deeper understanding of the human condition and the multitude of perspectives that exist in the world. Furthermore, valuing each person's story acknowledges their inherent dignity and worth as human beings. Regardless of differences in background or experiences, everyone has something valuable to contribute to the tapestry of human experience.

Embracing and honoring these diverse narratives enriches our collective understanding, fosters empathy, and promotes inclusivity and respect within our communities and society as a whole.

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**Discussion topic:** In today’s increasingly diverse university communities, there is a growing recognition of the importance of amplifying diverse voices and experiences. In the context of your university community, how can a storytelling project be designed to amplify the diverse voices and experiences of students? What specific storytelling formats or platforms could be utilized to ensure that a wide range of voices are heard and celebrated? How might such a project contribute to building a more inclusive and empathetic campus culture? (在当今日益多元化的大学社区中，人们越来越认识到放大多元声音和经历的重要性。在你的大学社区中，如何设计一个讲故事的项目来放大学生们多元的声音和经历？有哪些具体的讲故事形式或平台可以被利用，以确保广泛的声音被听到并受到赞扬？这样的项目可能如何促进建立一个更包容和有同理心的校园文化？)

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**Student A:** All right, everyone, let's start our discussion on the importance of amplifying diverse voices and experiences within our university community. As our campus becomes increasingly diverse, it's crucial that we create platforms for students from all backgrounds to share their stories and perspectives. One way to do this is through a storytelling project specifically designed to amplify diverse voices. So, how can we design such a project?

**Student B:** I think one important aspect is to ensure that the storytelling project is accessible to all students, regardless of their background or experiences. We could organize workshops or training sessions to help students feel comfortable sharing their stories, regardless of whether they have prior storytelling experience.

**Student C:** Absolutely, Student B. Providing support and guidance for students who may feel hesitant or unsure about sharing their stories is essential. Additionally, we could offer multiple storytelling formats to cater to different preferences and comfort levels. For example, students could choose to share their stories through written essays, spoken word performances, visual art, or even digital storytelling platforms.

**Student D:** I agree, Student C. Offering a variety of storytelling formats not only ensures inclusivity but also enriches the diversity of narratives shared within the project. We could also utilize different platforms to showcase these stories, such as campus publications, social media channels, art exhibitions, or even live storytelling events.

**Student A:** Those are great suggestions, Student D. Utilizing multiple platforms would help reach a wider audience and ensure that diverse voices are heard and celebrated across our campus community. Moreover, by incorporating digital storytelling platforms, we can accommodate students who may prefer to share their stories anonymously or remotely.

**Student B:** Absolutely, Student A. In addition to showcasing diverse stories, we should also prioritize creating opportunities for dialogue and reflection. Hosting panel discussions, Q&amp;A sessions, or small group conversations could encourage meaningful interactions and deepen understanding among students from different backgrounds.

**Student C:** Building on that idea, we could also incorporate storytelling projects into existing campus initiatives focused on diversity and inclusion. For example, we could collaborate with student organizations, cultural centers, or diversity offices to integrate storytelling into orientation programs, diversity workshops, or heritage month celebrations.

**Student D:** That's a fantastic suggestion, Student C. By embedding storytelling projects into existing campus initiatives, we can further amplify diverse voices and foster a more inclusive and empathetic campus culture. These projects would not only raise awareness of the diverse experiences within our community but also empower students to engage in meaningful dialogue and action towards positive change.

Student A: Absolutely, Student D. In conclusion, a storytelling project designed to amplify diverse voices and experiences within our university community should prioritize accessibility, offer multiple formats and platforms for sharing stories, facilitate dialogue and reflection, and integrate into existing campus initiatives focused on diversity and inclusion. By embracing the richness of our collective experiences, we can contribute to building a campus culture that values and celebrates the diversity of its members. Thank you all for your valuable contributions to this discussion.

学生A：好的，大家，让我们开始讨论在我们大学社区中放大多样化声音和经验的重要性。随着我们校园的多样性日益增加，创造平台让来自各个背景的学生分享他们的故事和观点变得至关重要。设计这样一个项目的方法有哪些？

学生B：我认为一个重要的方面是确保故事项目对所有学生都是可访问的，不论他们的背景或经验如何。我们可以组织研讨会或培训课程，帮助学生们感到舒适，无论他们是否有过讲故事的经验。

学生C：完全正确，学生B。为那些可能感到犹豫或不确定是否要分享自己故事的学生提供支持和指导是至关重要的。此外，我们可以提供多种讲故事的格式，以满足不同的偏好和舒适水平。例如，学生可以选择通过书面散文、口头表演、视觉艺术，甚至是数字故事平台来分享他们的故事。

学生D：我同意，学生C。提供多种讲故事的格式不仅确保了包容性，还丰富了项目内分享的不同故事的多样性。我们还可以利用不同的平台来展示这些故事，如校园出版物、社交媒体渠道、艺术展览，甚至是现场讲故事活动。

学生A：这些是很棒的建议，学生D。利用多种平台将有助于触及更广泛的受众，确保校园社区中听到和庆祝的是多样化的声音。此外，通过整合数字讲故事平台，我们可以满足那些可能更喜欢匿名或远程分享故事的学生。

学生B：完全正确，学生A。除了展示多样化的故事外，我们还应该优先考虑创造对话和反思的机会。举办小组讨论会、问答环节或小组对话可以鼓励有意义的互动，加深不同背景学生之间的理解。

学生C：基于这个想法，我们还可以将讲故事项目纳入现有的校园多样性和包容性倡议中。例如，我们可以与学生组织、文化中心或多样性办公室合作，将讲故事整合到迎新节目、多样性研讨会或传统月庆祝活动中。

学生D：这是一个很棒的建议，学生C。通过将讲故事项目纳入现有的校园倡议中，我们可以进一步放大多样化的声音，促进更具包容性和共情性的校园文化。这些项目不仅能提高我们社区内多样化经验的意识，还能赋予学生参与有意义对话和行动的能力，以实现积极的变革。

学生A：绝对正确，学生D。总之，一个旨在放大大学社区内多样化声音和经验的讲故事项目应该优先考虑可访问性，提供多种格式和平台来分享故事，促进对话和反思，并整合到现有的多样性和包容性倡议中。通过拥抱我们集体经验的丰富性，我们可以为建立一个重视和庆祝其成员多样性的校园文化做出贡献。感谢大家对这次讨论的宝贵贡献。