

Dealing with change

单词

词汇	发音	词性	翻译
traditional	[us]trə'dɪʃənl [uk]trə'dɪʃənl	adj.	传统的, 因袭的, 惯例的
old-fashioned		adj.	旧式的, 过时的
courteous	[us]'kɜ:rtiəs [uk]'kɜ:tiəs	adj.	彬彬有礼的, 谦恭的
generational	[us],dʒenə'reɪʃənl [uk],dʒenə'reɪʃənl	adj.	代
gender	[us]'dʒendər [uk]'dʒendə(r)	noun	性别
equality	[us]i'kwɔ:ləti [uk]i'kwɒləti	noun	平等
sympathize	[us]'sɪmpəθaɪz [uk]'sɪmpəθaɪz	verb	同情; 吊慰; 怜悯; 体谅, 谅解
implement	[us]'ɪmplɪment [uk]'ɪmplɪment	verb	使(某事物)生效; 履行; 实施; 贯彻
structure	[us]'strʌktʃər [uk]'strʌktʃə(r)	noun	结构
process	[us]'prɑ:səs [uk]'prəʊses	noun	过程, 程序, 步骤, 工序
system	[us]'sɪstəm [uk]'sɪstəm	noun	系统, 体系
mission	[us]'mɪʃn [uk]'mɪʃn	noun	艰巨的任务, 艰辛的历程
statement	[us]'steɪtmənt [uk]'steɪtmənt	noun	陈述, 声明, 说法
review	[us]rɪ'vju: [uk]rɪ'vju:	verb	检查, 评审
revise	[us]rɪ'vaɪz [uk]rɪ'vaɪz	verb	修订, 修改, 修正, 校订
restructure	[us],rɪ:'strʌktʃər [uk],rɪ:'strʌktʃə(r)	verb	重组, 改组
revamp	[us],rɪ:væmp [uk],rɪ:væmp	verb	将(某物)更新(尤指外观); 翻新
transform	[us]træns'fɔ:rm [uk]træns'fɔ:m	verb	转换, 改造, 改变, 改变, 变换, 转化
change	[us]tʃeɪndʒ [uk]tʃeɪndʒ	verb	改变, 变化
storage	[us]'stɔ:ɪdʒ [uk]'stɔ:ɪdʒ	noun	贮存, 贮藏
parking	[us]'pɑ:rkɪŋ [uk]'pɑ:kɪŋ	noun	停车, 泊车

yoga	[us]'jʊʊgə [uk]'jəʊgə	noun	瑜伽
recreation	[us],rekri'eɪʃn [uk],rekri'eɪʃn	noun	消遣; 休养; 娱乐
space	[us]spers [uk]spers	noun	空地, 空地方, 空处
staff	[us]stæf [uk]stɑ:f	noun	员工, 雇员
uncertainty	[us]ʌn'sɜ:rtnti [uk]ʌn'sɜ:tnti	noun	不确定, 不确实
attitude	[us]'ætɪtu:d [uk]'ætɪtju:d	noun	态度, 看法
resistant	[us]rɪ'zɪstənt [uk]rɪ'zɪstənt	adj.	抵抗的; 对抗的; 抗拒的; 有阻力的
positive	[us]'pɑ:zətɪv [uk]'pɒzətɪv	adj.	积极的, 有助益的, 建设性的

Putting change in perspective

We're going to learn how to talk about challenge and change in our lives.

推论

做推论是一个很关键的阅读技巧。如果你不能推论出作者的意图，那么对于全文就可能理解不全面。这里是一些做推论的技巧。

1.使用图表。

你将要读到的文章中有一张20世纪50年代美国家庭主妇的图像。以下是一些你有可能做出的推论：

上世纪50年代的家庭主妇是怎么生活的？

上世纪50年代的两性关系。

上世纪50年代至今两性关系发生了什么变化。

2. Go from parts to the whole.

从理解每个句子的中心意思开始，再结合各个句子的中心意思推断整个段落的中心思想。最后结合每段的段落大意更全面地理解整篇文章。

3.用主题句和过渡词作为提示。

文中你将读到其中一段的主题句为'**是时代变了还是他们变了？**'从这句话你可以推断出作者想要：

比较过去和现在。

不认为事情的变化有我们想的那么大。

4.寻找关键性的习惯用语。

文中你将看到一段表达，'**他是家里的国王。**'从这句可以猜出作者对于20世纪50年代的丈夫们的态度。

5.谨防不合逻辑的推论。

不要仅从一句话来推断作者的总体观点——通读全文再作结论。比如问句'**这是女权主义的终结吗？**'有可能暗示作者认为女权主义已经不复存在了。但当你继续读下文就会发现作者有着更为复杂的观点。

谈论不断变化的价值

这是一些用来谈论我们现代社会不断变化的价值的单词和表达方式。

My father is very old-fashioned. He always opens the door for my mother.

我的爸爸很老派。他总是为我妈妈开门。

My brother has a very traditional view of women.

我的兄弟对女人的看法很传统。

The children were very courteous with their grandparents.

孩子们对他们的祖父母很有礼貌。

There is a big generational difference in the use of technology.

在科技的使用上，有个很大的代际差异。

Most women want more gender equality in the workplace.

大多数女性在工作场所想要更多的性别平等。

Women want to be treated equally both at home and at work.

在家庭和工作中女性想要平等对待。

Select the correct words.

My grandfather has very (traditional / fashioned / generation) views.

An example of (a generational difference / a gender issue / an old-fashioned view) is teenagers' use of social media.

Women are being treated more (equally / traditionally / generationally) in politics these days.

(Gender equality / Generational difference / Traditional views) is a goal in education.

What is (courteous / equally / gender) in one culture may be rude in another.

Truth: traditional; a; generational; difference; equally; Gender; equality; courteous

带有同情地倾听的小贴士	
当你的朋友述说一个问题时，用重复他说的某部分话的方式表明你在倾听。	
A: My sister says that I'm too old-fashioned.	我的姐妹说我太古板了。
B: Too old-fashioned?	太古板了？
A: Yeah. I want men to be very traditional.	对。我希望男人很传统。
赋有同情心的倾听。	
I hear you.	我听到你了。
My parents do the same thing.	我的父母做相同的事情。
I know what you mean.	我知道你的意思。
I sympathize with you. It's tough.	我同情你。太难了。

你还可以通过表现出理解他们处境的方式来体现你的同情。	
I see what you mean.	我明白你的意思。
I can understand why you are concerned.	我能理解你为什么有些担心。
You're in a tough position.	你的处境很难。
That's a sticky situation.	那是一个棘手的情况。

仔细衡量事情	
当某人担心一个情况时，重新聚焦谈话的内容会有些帮助。之后你可以问个问题或表明你的观点。	
Let's take a step back. Why do you think she said that?	让我们退后一步。你认为她为什么说那个？
Let's look at the bigger picture. Getting married is a big change.	让我们从更广的角度设想，结婚是个很大的改变。
Let's put things in perspective. You haven't lost your job.	让我们仔细衡量这些事。你并没有失去工作。
You need to get some perspective on this. It isn't the end of the world.	你要合理地看待这件事。又不是世界末日。
你也可以从一个不太个人的角度来评论。	
The change will give you new opportunities.	这个改变会给你新的机会。
Life is full of surprises, isn't it?	生活充满了惊奇，不是吗？
Change is inevitable, you know.	你知道，改变是不可避免的。

Speculating about change

You'll speculate about what might happen because of changes at your company.

Read the text and answer the questions.

Women	Men
may talk more in private	may talk more in public
sometimes speak at the same time	sometimes interrupt
get fewer public opportunities to talk	get more public opportunities to talk
often offer understanding	often offer advice

新的流程	
让我们看一下描述公司里的变化的不同方式。注意这些短语经常是动词+名词结构。这是一些描述新想法或者流程的方式。	
introduce a new mission statement	引入一个新的使命宣言
implement a new company structure	实行一个新的公司架构
bring in new processes	引进新的流程
phase in new systems	递进式引进新系统

对当前流程的改变	
这是一些谈论当前流程变化的方式。注意 re- 前缀，它表明某事又做了一遍。	
review and revise our policies	回顾和修正我们的政策
restructure our teams	重组我们的团队
revamp our products	翻新我们的产品

夸大其词地声称	
有时候，负责变化的个人或团体会用夸大或夸张的术语来谈论它们。	
Our new processes will transform the way we work.	我们的新流程将会改变我们的工作方式。
These new policies will completely change the way we do business.	这些新政策会彻底改变我们做生意的方式。

Move the text to the correct gaps.

EMPLOYEE: Can you give us an indication of what kind of changes to expect?

CEO: Yes, just a little. One big change is that I'll be (revamping) our mission statement. I'll also be reviewing and (revising) our processes and policies, as well as (introducing) new business systems and (bringing in) a new management structure. I believe in working (efficiently) and delivering great products fast. I promise you: These changes will (transform) the way our company works.

什么是可能的?	
你可能已经知道使用情态动词比如 could 和 might ，或者副词如 maybe ，来推测可能会怎么样的方法。	
It could be new systems, or it might be new processes.	它可能是新系统，或者它可能是新流程。
Maybe she's going to implement new policies.	可能她要去实施新政策。

现在让我们看看一些其他方式。你可能想知道或者问些关于可能会发生什么的推测性的问题。	
I wonder what they're planning.	我想知道他们在计划什么。
I wonder if they're restructuring the department.	我想知道他们是否在重组这个部门。
What if they're bringing in new people?	要是他们招募新人会怎样?

你可以猜测某事发生的可能性。	
My guess is that it's a new office.	我猜那是一个新办公室。
There's a chance it could be a new product.	很可能它是一个新产品。
I'm guessing they'll bring in a new operating system.	我猜他们会引进一个新的操作系统。

或者，如果你比较确定某事会发生，你可以用这些表达方式：	
I wouldn't be surprised if he implemented new policies.	如果他实施了新政策，我不会惊奇。
I imagine they're going to introduce new hardware.	我猜他们将要引入新硬件。

Responding to proposed changes

You're going to give our opinions about proposed changes.

Select a card and listen to the audio.



daycare center: 日托中心



storage space: 储藏区



staff showers: 员工淋浴



bicycle parking: 自行车停放区



yoga room: 瑜伽室



recreation room: 休闲室



meeting space:会议室

给出对想法的观点	
你可能已经见过给出观点的简单方式，用 That's a(n) + 形容词 + idea 。	
That's a good idea.	那是个好主意。
一个更强的方式是加上感叹号，用 What a(n) + 形容词 + idea!	
What an awesome idea!	多好的主意！
What a terrible idea!	多可怕的想法！

积极评价	
你也可以用像这样的短语对一个想法给予积极的反应。	
A new recreation room is the way to go.	一个新的娱乐室是要做的。
The best option is to offer free childcare.	最好的选项是提供免费的儿童保育。
Staff showers would go over really well with everyone.	员工淋浴区会受到每个人的欢迎。

消极评价	
如果你不同意某个主意，你可以使用像这样的短语。	
That'll never work.	那根本行不通。
I don't think a new daycare center will fly.	我不认为一个新的日托中心行得通。
It's not the best idea I've ever heard.	这不是我听过的最好的主意。

Select the correct words.

It isn't the best idea I've ever (heard / been / done) .

That would go (over / under / forward) really well.

I'm not sure that idea will (fly / walk / run) .

This is definitely the (way / want / walk) to go.

(What / Which / Where) a great idea!

That is (never / ever / don't) going to work.

Truth: heard; over; fly; way; What; never

使用反问句	
一个回应主意或建议的方式是使用反问句-也就是，不需要回答的问题。注意，在这个例子中，两位说话人听起来都不是感到印象很好的。	
A: Whose idea was this?	这是谁的主意？
B: Who knows?	谁知道？
反问句通常用平调，句末用降调。	
Who thought this was a good idea?	谁认为这是个好主意？

为了确保人们明白你的意思，在反问句后你可以加入更多的信息。	
Whose idea was this? It's awful.	谁的主意？太糟糕了。
What were they thinking? That'll never work.	他们在想什么？根本行不通。
Why would they consider that? That's not going to fly.	他们为什么考虑那个？那行不通。
要注意怎样以及何时使用反问句。有时它们会显得消极和粗鲁。	

Adapting to change

Let's learn how to talk about adapting to change. This article is about big changes.

Read the text, and answer the questions.

Stages of Change Change can be a scary thing. Big changes– for example, having to move or having to find a new job – can mean big stress. Your status quo is interrupted, and you are pushed out of your comfort zone. There are three basic stages we go through when faced with significant change. The difference is how long you stay at each stage. The first stage is

resistance. When you hear about a change, your first thought is that you don't want to change. There is uncertainty and doubt about the future. The second stage is going with the flow. In this stage, you go with the change, and do what you have to do to survive. You accept the change, but you aren't excited about it. The third stage is openness. This means having an open mind about the possibilities the change might bring. Even if it's a change you don't like, you start thinking of your strategy for dealing with it. You accept the change and begin to develop your own plan for the future. The more quickly you can reach stage three, the more quickly you can adjust to a change.

对变化做出反应	
这是些在谈论家庭和工作生活中的一些大改变时用的有用的单词和短语。	
Some people in the company are comfortable with the status quo.	公司中一些人对现状感到满意。
Speaking in my second language pushes me outside my comfort zone.	用第二语言谈话让我觉得不自在。
Recent graduates face a lot of uncertainty about the future.	最近的毕业生面对很多对未来的不确定性。
Raul has doubts about the new advertising plan.	劳尔对新的广告计划有疑惑。
Anna has an open mind about her move to a new city.	安娜对她搬到一个新城市的想法很开放。
Sarah has a positive attitude about moving.	沙拉对搬家的态度积极。
Tom is very resistant to change. He likes things to stay the same.	汤姆拒绝改变。他希望维持原状。

Read the text, and answer the questions.

Stages of Change Change can be a scary thing. Big changes– for example, having to move or having to find a new job – can mean big stress. Your status quo is interrupted, and you are pushed out of your comfort zone. There are three basic stages we go through when faced with significant change. The difference is how long you stay at each stage. The first stage is resistance. When you hear about a change, your first thought is that you don't want to change. There is uncertainty and doubt about the future. The second stage is going with the flow. In this stage, you go with the change, and do what you have to do to survive. You accept the change, but you aren't excited about it. The third stage is openness. This means having an open mind about the possibilities the change might bring. Even if it's a change you don't like, you start thinking of your strategy for dealing with it. You accept the change and begin to develop your own plan for the future. The more quickly you can reach stage three, the more quickly you can adjust to a change.

Select the correct words.

He's not comfortable with the (status / zone / mind) quo.

My new position pushes me outside of my comfort (zone / status / attitude) .

I faced a lot of (uncertainty / comfort / positive) early in my career.

We all have (doubts / zones / comforts) about the new plan.

It's important to have an open (mind / status / zone) about change.

She's great to work with. She has a very positive (attitude / mind / uncertainty) .

He likes the status quo. He's very (resistant / open / positive) to change.

Truth: status; zone; uncertainty; doubts; mind; attitude; resistant

讨论改变	
这是些讨论改变的表达方式：	
I'm trying to stay positive about my new manager.	我对我们的新经理试图保持正面的看法。
You need to be open to new possibilities.	你要能接受新的可能性。
I am in a rut in my personal life.	我的个人生活一成不变。
He's very easy-going. He always goes with the flow.	他很随和。他总是爱随大流。

当你听到人们谈论变化时，你可以问些问题帮助他们思考。	
A: How do you feel about moving?	你对搬家感觉怎么样？
B: Well, I'm stressed out about it, but that's to be expected.	嗯，我有些压力，但很期待。
A: What are your options?	你的选择是什么？
B: Well, one option is to get more training.	嗯，一个选择是得到更多培训。
A: How are you dealing with it?	你怎么处理它的？
B: I was really upset at first, but now I have an open mind.	开始我很生气，但现在我有个开放的心态。

动词+ <i>that</i> 从句	
动词 imagine 和 think 后经常跟着一个 that 从句。不需要总是包含 that ，但那会让表述更清楚。	
I thought that it would be easy to find another job.	我以为找到另一个工作会很容易。
I never thought the company might go out of business.	我从来没有想过公司会倒闭。
I imagined that we would live in this city forever.	我想象我们会永远住在这个城市。
I never imagined that we would have to move.	我从没想过我们必须搬家。