**4.21. Class tasks and assignments (individual work, 个人独立完成)**

Today’s in-class worksheet is for individual completion, not as a group. Finish the worksheet on your own and submit to your Course Representative by noon. No late submissions.

今天因为是录课，请单独完成今天的课堂练习，不是小组活动。单独完成后，在今天中午12点前完成交给课代表，然后课代表统一交给叶老师。

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| Your name \_\_\_李启佳\_\_\_\_ (你的名字)  Your group number \_\_10\_\_\_  Your English letter number in your group \_\_\_\_C\_\_\_ |
| **Watch today’s recorded class, and answer the following questions:**   1. Did you watch the recorded class?  * Yes!  1. Please free write for 5 minutes on this topic: **If I could be an animal, I would like to be…**  * Write here:   If I have the opportunity to be an animal, I would like to be a panda. As we all know, panda is the national treasure of China. That’s the two reasons that I choose.  Firstly, Pandas have high status. Owing to the rare numbers of the panda and the cute phenomenon, Chinese and the whole world view the pandas as the treasure. If I be a panda, I will enjoy the feeling of being respected and valued.  Secondly, panda don’t need to concern about the survival. Pandas usually live in the  nature reserve. The breeders provide food and toys for them. Pandas just eat, play and sleep. It’s too comfortable. |
| **Activity:**  You think about what story/incident you will tell.  What conflicts/tensions will it have? Is it a short story or a long story?  Are you going to share your feelings?   |  |  | | --- | --- | | **What statement** have I chosen as my thesis? (1-2 sentences) | Strict self-discipline is addictive, which urges you to become a  better version of yourself. | | Does the incident I have chosen include some kind of **tension?**  (3-5 sentences) | Yes. I am going to write about my exercise.  When choosing to begin exercising, maybe Run five kilometers at a time  and do 100 push-ups, this process is very difficult. I gradually become  laziness and resistance. But if I persist in it and keep it up, I will get the  feeling of happiness and satisfaction. I want to try again to break through  next time. | | Is the incident **limited in time?**  (1-2 sentences) | No. It just a process when I exercise every time. | | Does the incident **evoke an emotional response** in me?  (2-3 sentences) | Yes. I get the feeling of happiness and satisfaction finally. | | Does the incident **support the statement I** have chosen?  (3-5 sentences) | Yes. Keeping exercising and breaking through are the performance of  addictive self-discipline. For a long time, I will be abetter version of yourself. |   **Disclaimer声明：** Was this all your own work without copying from others or online? Please explain. If you cited any information online or from books, you need to (1) underline the copied sentences, and (2) list the information here.  这份作业是否你的真实水平？如果你引用了网络资料和参考资料，你需要（1）把直接引用的部分打下划线，（2）在这里注明出处。（不得超过20%的材料是直接引用的。）   * Yes ,it’s my own. |

**Assignment for next class:**

* Read Chapter 16 before next class.
* No weekly reflective journal. Instead, finish writing project #3. (see Project #3 worksheet). Submit by Sunday night 11:59pm.