# dictation 1

Many people consider themselves shy,in fact 40% of people who took part int our survey said they were shy,That`s two out of every five people.And there are studies to indicate that the tendency towards shyness may be inherited.But certain timid children don`t mean that they are bound to be shy forever. There is something parents,teachers,and children themselves can do to overcome this tendency and even to prevent it. Our reasearches found that if parents gently push their shy children to ry new things,they can help these children become less afriaid and less inhibited.Another way to help shy children is to train them in social skills.For example there are special training programs,where children are taught things like looking at other children,while talking to them,talking about other`s interests and even smiling.This groups have been very successful in giving shy children a place to feel safe and accepted and building up theirself esteem

# dictation 2

Let children learn to evaluate their own work,a children learning to talk does not learn by being corrected all the time .he notices 1000 times a day the differences between the language he uses and the language those around him use,Bit by bit ,he makes the necessary changes to make his language like the other peoples. In the same way ,when children learn to do all the other things.for example to walk,run,clumb,ride a bicyle,they learn to do them without being told.They compare their performance with those of more skilled people.And slowly make the needed changes.But in school we never give a child a chance to find out his own mistakes for himself.Let alone correct them.We do it all for him as if we thought that he would never notice a mistake. Unless it was pointed out to him or corrected unless he was made to. Soon he became dependent on the teacher. Let him do it himself.

# dictation 3

The history of life on earth has been a histtory of interaction between living things and their surroundings.To alarge extent ,the physical form and the habits of the earth`s vegetation and its animal life have been molded by the environment.Only in the present century has one species of Man acquired significant power to alter the nature of his world.The rapidity of change follows the pace of man rather than the pace of nature.Radiation is now the unnatural creation of man`s tampering with the atom.The chemicals are the creations of man`s inventive minds having no counterparts in nature.We have put poisonous and biologically potent chemicals into the hands of people largely ignorant of their potential for harm.We have subjected enormous numbers of people to contact with these posions,Without their consent,and often without their knowledge,we have allowed these chemicals to be used with little or no advanced investigation of their effect.Future generations are unlikely to forgive our lack of concern.

# dictation 4

The university of Cambridge is one of the world`s oldest universities and leading academic centers and a self governed comunity of scholars.Its reputation for outstanding academic achievement is known worldwide and reflects the intellectual achievement of its students as well as the world class original research carried on by the stuff of the university and the colleges.Many of the universitie`s customs and unusual terminology can be traced to roots in the early years of the university`s long history.And this booklet looks to the past to find the origins of much that is distinctive int the university of today.

# dictation 5

How does the culture around us shape our sense of self and the way we view the world, from how we **interpret** behavior to the way we experience psychological **distress** ? "Cultural Psychology", the time on Discovering Psychology.

  What is culture? Is it the clothes we wear, or the languages we speak? Is it the foods we **eat** , or the foods we don't? Is it the way we worship, or the daily art we **create** ? Is it where we live, or the ways we play?

  Culture is all of these things and more, beyond **rituals** , dances, music, paintings and dialects. It is the very **system** of our psyches. How we think, what we feel, how we **relate** to others, and who we think we are all depend on the culture around us. Even how we understand behavior can **reveal** how culture shapes us. What do you see happening in this marine museum? Is this fish a brave fish going along on her own, or **has she been kicked out of school for not following the school rules** ?

  Kaiping Peng of the University of California at Berkeley and his colleague Michael Morris of Stanford University **study how people from East Asia and North America understand people's behaviors and gestures differently** . They have developed a method which uses cartoons of fish to represent social interactions. If we have fundamental differences in how we understand others' behavior, how do we view our own behavior, our own sense of self? Research suggests **that how we make sense of the world depends in large part on who we think we are** . And what we think we're supposed to be doing in this life as we engage with our culture's social meanings and practices.

# dictation 6

 Clear apple juice may be prettier, but cloudy apple juice is probably better for your **health** . A new study shows that cloudy juice can **contain**  more than five times as much of a health-linked antioxidant (抗氧化剂) as clear juice has.

  The color of most apples, other fruits, and **vegetables** comes from a family of antioxidants. Studies have **associated** these chemicals with health benefits ranging from a reduced risk of **cancer**  to improved brain functions. Generally, the stronger the color of the fruit is, the higher the **concentration** of antioxidants will be. The skin and seeds of an apple are **particularly**  high in these compounds, and the process of making clear apple juice **removes** this solid matter.

  While scientists had widely assumed that cloudy juice ought to be more healthful, **this study provides a more accurate picture of the difference in antioxidant activity between these two juice types** . That's because the most common way to measure this activity requires a transparent sample. In other words, it only works well with clear juice.

  In recent years, **scientists have shown that apples can reduce the occurrence of breast cancer in rats** , and that people who frequently eat apples tend to have a lower risk of lung cancer. **While further research will be necessary to pin down the specific compounds in apples that create these effects** , scientists generally attribute them to antioxidants or other elements in apples.

# dictation 7

 An agency of the World Health Organization released a report last month that cancer will become the leading cause of death in the world by the year 2010. The **experts** say more people will die from cancer than heart disease, the **current** leading killer. The report says one reason for the growing **deadliness** of cancer is more people smoking **cigarettes** in developing countries. Other things are believed to have an effect. They include high fat diets, fast food meals and reduced **physical** activity.

  The WHO report says an **estimated** 12 million people will be found to have some form of cancer this year. It **predicts** that more than seven million people will die early from the disease. And, more than five million of the new cancer cases will **involve** people in developing countries. The number of cancer cases and deaths from cancer are expected to increase one percent each year. Without new treatments, the WHO said, **the number of new cancer patients could increase to 27 million a year by 2030** .

  Several kinds of cancer are more common in some areas. For example, the rate of breast cancer in Japan, Singapore and South Korea is now three times what it was 40 years ago. **Stomach cancer has become more common in some areas where food is often not stored in a cold place.**  The American Cancer Society says governments can do things to help prevent the increase in cancer cases and deaths. **One idea is to provide poor and developing nations with the medical substances that help prevent some cancer-causing infections.** Another suggestion is more support for tobacco-control programs.

# dictation 8

Hundreds of years ago, most learning happened at home. Parents taught their children or, if their families could afford it, private  **tutors** did the job. The Puritans (清教徒) were the first in this country to point out the need for some kind of public education. They  **established** schools to teach not just the essentials—reading, writing and math—but also to  **reinforce** their core values.

  After the American Revolution, Thomas Jefferson argued that the newly  **independent** nation needed an educational system, and he suggested that tax dollars be used to  **fund** it. His pleas were **ignored** , however, and the idea for a public school system tabled for nearly a century.

  By the 1840s, a few public schools had  **popped** up around the country in the  **communities** that could afford them. However, the number of schools wasn't good enough for educators then. **They began calling for free, compulsory schools for every child in the nation** .

  Massachusetts passed the first compulsory school laws in 1852. New York followed the next year, and by 1918, **all American children were required to attend at least elementary school** .

  Next came the movement to create equal schooling for all American children, no matter what their races were. At the turn of the 20th century, schools in the South, and many in the North, were segregated. The 1896 Supreme Court upheld the legality of segregation. Finally, in 1954, **the Supreme Court overturned its ruling with the landmark case, and public schools became open to people of all races** .

# dictation 9

**What Is Grit?**

**My questions**  
Why isn’t IQ the only difference between students?  
What is the key to **success** ?  
   
**My research**  
Investigation of all kinds of  **challenging settings** , including:  
-West Point Military Academy.  
- **National Spelling Contest** .  
-Private companies.  
   
**My findings:**  
Grit as predictor of success.  
Grit is  **passion and perseverance** for very long-term goals.  
Grit is working hard for years to make **future a reality|future realized** .  
Grit is living your life like a  **marathon** .  
   
**My survey**  
High school juniors took grit questionnaires.  
  **Grittier** kids were more likely to graduate.  
   
**Grit-building**  
Little is known about how to build grit in students.  
Data show grit is unrelated to **measures of talent** .  
Growth mindset is the belief that the ability to learn is **not fixed|changeable** .  
Kids with grit believe failure is  **temporary|a temporary condition** .  
   
**Conclusion**  
We need to be gritty about getting our kids grittier.

# dictation 10

There are many reasons why family life in Britain has changed so much in the last fifty years the liberation of women in the early years of the 20th century and the social and economic effects of World War Two had a great impact on traditional family life.Women became essential to industry and the professions.During the war,they had worked in factories and proved their worth.Then with the death of millions of men,their services were indispensable to the nation.More recently,great advances in scientific knowledge and particularly in medicine have had enormous social consequences.Children are better cared for and healthier.Infant death rate is low.Above all,parents can now plan the size of their family through more effective means of birth control.If they wish,different attitudes to religion,authority and tradition have also greatly contributed to changes in family life.