

Unit 2 Further Listening P34

Conversation

1 Why is Mount Rainier so special to the man?

- A It was his father's favorite mountain.
- B It is a good place for hiking and camping.
- C He loves the yellow and blue flowers there.
- D He and his friends had many happy memories there.

2 How often did the man and his father go hiking and camping on Mount Rainier every year?

- A Once or twice.
- B Two or three times.
- C Three or four times.
- D Four or five times.

3 What can we learn about the man's father from the conversation?

- A He died at the age of 80.
- B He had a very tough life.
- C He died of a heart attack.
- D He enjoyed cooking fish.

4 What is the relationship between the two speakers?

- A Husband and wife.
- B Boss and employee.
- C Teacher and student.
- D Boyfriend and girlfriend.

Scripts:

W: Happy Friday, Chris! Isn't that mountain beautiful today? Gosh, Chris, are you OK? Are you crying? Did I say something?

M: No, it's fine, Sally. It's just that today is the one-year anniversary of my father's death.

W: I'm so sorry to hear that, Chris. Today must be especially difficult for you.

M: I woke up this morning and looked out at Mount Rainier for about half an hour, just thinking about him. That was his favorite mountain. From the time I was seven until he passed away last year, we would go hiking and camping there three or four times every year.

W: That's my favorite place, too. I love all the blue and yellow flowers that cover the slopes in early summer.

M: He loved those flowers, too. We had bunches of them at the funeral.

W: That sounds really special. Those little details can be such a comfort.

M: Yes, they reminded me of our happiest memories together. I can still remember that day in June. We had just returned from a five-day hiking and camping trip. We had caught six fish for dinner, and Mom was busy preparing them in the kitchen. Dad was seated in his favorite green chair when he had a heart attack. My father's passing was sudden, which left us in great sorrow.

W: It's tough to lose someone you love, but it sounds like he had a great life.

M: He certainly did. He was 78 when he died, but he had a good life, a very good life.

W: Chris, take the day off. Maybe you could go hiking on Mount Rainier. The weather is beautiful. It might make you feel better.

M: Sally, you're a good boss and a good friend. Thanks.

Passage

1. What will happen if we always think we must do something in a certain way?

- A We will become less flexible.
- B We will experience more stress.
- C We will become narrow-minded.
- D We will lose our ability to think critically.

2 How can we make a large project easier, according to the passage?

- A By dividing the project into smaller parts.
- B By focusing on manageable parts of the project.
- C By tackling the most difficult part of the project first.
- D By taking more time to finish the project step by step.

3 What is the benefit of using our beds for sleeping only?

- A It improves our memory.
- B It helps us concentrate better.
- C It promotes faster and better sleep.
- D It helps develop good sleeping habits.

4 What is the passage mainly about?

- A Tips for enjoying a peaceful life.
- B Tips for developing positive thinking.
- C Tips for reducing stress levels at school.
- D Tips for improving academic performance.

Scripts:

With the fierce competition at school, you may feel stressed out and easily offended. How can you relieve such stress? Follow these tips to reduce your stress to manageable levels!

Avoid MUST thinking. Move away from the notion that you must do something in a certain way. For example, you may think, "I must get a high score on this test." This type of thinking only adds to the stress you're experiencing. Instead, assess your situation rationally and analytically, and don't view it as a life-and-death matter.

Set manageable goals. Large projects can seem overwhelming, but if you break them down into smaller tasks, things become a lot easier. This allows you to focus on one task at a time, and every time you complete a task, you'll experience a sense of achievement.

Imagine dumping your worries. Picture yourself walking on a beautiful beach with a bucket. Stop at a good spot, put your worries into the bucket, then drop the bucket, and watch as it slowly drifts away into the ocean.

Use your bed for sleeping, not studying. When you bring assignments to bed, your mind may start to associate your bed with these tasks, which can make falling asleep more difficult. Instead, keeping your bed as a place just for sleeping promotes faster and better sleep. It helps you disconnect from daily stresses and can potentially enhance your overall productivity.

By applying these tips to your life, you'll soon encounter fewer situations that cause you stress.

Lecture 1

1 What is the first step toward managing jealousy?

- A Cultivating self-esteem.
- B Acknowledging its presence.
- C Focusing on personal growth.
- D Stopping making comparisons.

2 How can we alleviate jealousy in a relationship?

- A By building trust with our partner.
- B By figuring out the reasons behind our jealousy.
- C By expressing concerns and listening to our partner.
- D By appreciating our own unique qualities and strengths.

3 Why has social media turned into a breeding ground for jealousy?

- A It leaves us with little time to focus on self-growth.
- B It discourages us from communicating with others.
- C It leads to a constant need for acceptance and recognition.
- D It leads to misguided perceptions and unhealthy comparisons.

Scripts:

Jealousy is a common emotion that many of us may experience at some point in our lives. Often referred to as “the green-eyed monster” – and rightfully so – it can be quite harmful. This complex and sometimes irrational emotion can have profound effects on our relationships, personal growth, and overall happiness.

Jealousy typically arises from feelings of insecurity, fear, or inadequacy. It is often triggered by the belief that someone else possesses something we desire, be it material possessions, success, attention, or even love. The moment we begin comparing ourselves to others, these comparisons can lead to feelings of unhappiness, bitterness, and even hostility. It is crucial to recognize that jealousy is a natural emotion, and the first step toward managing it is acknowledging its presence.

One of the main causes of jealousy is low self-esteem. When we doubt our own worth and capabilities, we tend to be jealous of others. Therefore, it is essential to cultivate confidence and appreciate our unique qualities and strengths. Remember, we are all on our own journey; comparing ourselves to others only diminishes our self-worth.

Another cause of jealousy is a lack of trust and communication, two key foundations of successful relationships. For instance, when we feel insecure about our partner's feelings or intentions, we can be consumed by jealousy. It is thus essential to regularly express our concerns and actively listen to our partner, which can help ease feelings of jealousy.

Social media has also become a breeding ground for jealousy. We are constantly flooded with carefully created images of perfect beauty, luxurious lifestyles, and seemingly effortless success. However, it is important to bear in mind that these carefully selected images rarely reflect reality, and comparing ourselves to these filtered snapshots is neither fair nor healthy. To overcome

jealousy, we should focus on our own personal growth and achievements in real life instead of comparing ourselves to others online.

Let's remember that we are all unique individuals on our own life paths, and being jealous only hinders our own progress. If we embrace our own journey and celebrate the success of others, jealousy will naturally fade from our lives.

Lecture 2

1 What can we learn about negative emotions from the passage?

- A They generally fade away slowly.
- B They form a large part of our lives.
- C They are mainly associated with failures.
- D They often mark the path to great achievements.

2 What is the result of avoiding or suppressing negative emotions?

- A It reduces negative emotions temporarily.
- B It prolongs the impact of negative emotions.
- C It diminishes our awareness of negative emotions.
- D It helps us better deal with negative emotions later.

3 When is a suitable time to think about the causes of our negative emotions?

- A When we are calm enough.
- B When we recognize their presence.
- C When we can get support from professionals.
- D When we are worrying about unnecessary things.

4 Why does dealing with negative emotions need patience?

- A Negative emotions are constantly changing.
- B It takes time for negative emotions to fade away.
- C Identifying the causes of negative emotions can be difficult.
- D It takes time to find an appropriate way to manage negative emotions.

Scripts:

Nobody's life is perfect, and it's unrealistic to expect our emotions to always be positive. While we all appreciate positive emotions, we must also acknowledge that challenging moments in life can give rise to negative emotions.

Negative emotions are a natural part of our lives. When we look back on the greatest achievements of individuals throughout history, we often find that the paths to those achievements were marked by various negative emotions, such as fear, doubt, or frustration. For example, the first man on the moon may have experienced a variety of negative emotions in the time leading up to his historic step. Similarly, an Olympic champion may have had to endure a mix of negative emotions before winning a gold medal.

During challenging times, our instinct may tell us to avoid or hide negative emotions, but doing so only prolongs our discomfort. Instead, we can learn to embrace our negative emotions and transform them into positive actions. Here are some practical tips for dealing with them.

First, awareness is key. Once you recognize the negative emotion you're experiencing, take a moment to pause and acknowledge its presence. For example, if you feel embarrassed, consciously acknowledge this feeling by saying to yourself, "I know there is embarrassment within me."

Next, practice acceptance. Realize that negative emotions won't last forever – they come and go like ocean waves, rising and receding. Your task is simply to allow these waves of emotions to pass through you and observe them with patience.

Then, when you are calm enough, explore your emotions to understand the causes behind them. The causes might include unnecessary worries about someone or lasting thoughts about a casual remark from a colleague.

Finally, choose an appropriate response. This may involve engaging in self-care practices, seeking professional support, or expressing emotions through creative outlets. Remember that finding the most suitable response is an ongoing process, so be patient with yourself.

In short, when we are faced with negative emotions, it's important to acknowledge and accept them, reflect on their causes, and respond appropriately. So, let's embrace every emotion we encounter as we embark on our journey of self-discovery and growth.

Keys:

Conversation: A C C B

Passage: BACC

Lecture 1: BCD

Lecture 2: DBAD