

**Conversation****1 Why does Stacey come to Dr. Pearl's office?**

- A To get permission for sick leave.
- B To get permission to quit his class.
- C To get permission to attend his class.
- D To get permission to get her essay back.

**2 What is worrying Stacey about her studies?**

- A She cannot take a film class next semester.
- B She cannot cover her humanities requirements.
- C She feels that the writing course is too challenging.
- D She feels that passing an engineering course is difficult.

**3 What does Dr. Pearl suggest Stacey do?**

- A Sign up for free tutoring in writing.
- B Work with him at his office every day.
- C Go to the University Writing Center each Friday.
- D Work with him at The Found Librarian every day.

**4 What is Dr. Pearl's attitude toward Stacey?**

- A Patient.
- B Satisfied.
- C Indifferent.
- D Disappointed.

**Scripts**

W: Thanks for meeting with me, Dr. Pearl. I need your permission to drop your class, Literature and Writing.

M: It's only the second week of class, Stacey. Why are you giving up so quickly? We've only written one essay so far, and you won't get your grade back until next Wednesday!

W: I know, sir. But as a third-year engineering student, I don't want to risk lowering my grade point average by scoring poorly in a writing class!

M: OK ... What's worrying you?

W: I spent two weeks reading Great Expectations, and then it took me 10 hours to write the three-page essay. Well, engineering courses are more important to me and relatively easier. But a writing course ... I don't know. I'll just take a film class next semester, which is not hard at all – a two-paragraph review for each film. That will cover my humanities requirements.

M: OK, Stacey, listen: In college, I was the opposite. Math was hard; literature was easy. But later, when I opened my coffee shop, The Found Librarian, math helped me!

W: Wait! You own The Found Librarian? That's our favorite coffee place. We go there every week for coffee and dessert.

M: Yeah, that's my shop. Stacey, let's reconsider. Success in life needs a variety of skills. Humanities majors need math. Engineering majors need writing skills. This writing class will

serve you well. Go to the University Writing Center and sign up for free tutoring. Then, stop by my office each Friday at 11 a.m., and I' ll work with you. I' m sure you can succeed in becoming a good writer. A good deal?

W: Yes! Thank you, Dr. Pearl!

### **Passage**

#### **1 What can we learn about confidence from the passage?**

- A It keeps us striving for success.
- B It is just an attitude toward life.
- C It needs justification from other people.
- D It can help us find our sense of purpose.

#### **2 How can we develop confidence, according to the passage?**

- A By doing the things we fear.
- B By learning from our failures.
- C By knowing more about ourselves.
- D By avoiding the feeling of insecurity.

#### **3 What should we do if our life is not what we long for?**

- A Avoid making hasty decisions.
- B Make changes on a daily basis.
- C Reassess our goals and strategies.
- D Be patient with life and see what happens.

### **Scripts:**

Nothing fosters success better than confidence. When you are truly and justifiably confident, it radiates from you like sunlight and attracts success to you like a magnet. It's so important to believe in yourself – to believe that you can achieve anything under any circumstances. If you believe you can, you really will. This belief just keeps you striving for success, and soon enough, you will achieve it. Confidence is more than an attitude. It comes from knowing exactly where you are going and how to get there. It comes from a strong sense of purpose. It comes from a firm commitment to taking responsibility, rather than just letting life happen.

One way to develop confidence is to do the things you fear and get a record of successful experiences. Confidence isn't just thinking you can do something; it's believing you can do it and realizing that you are capable of accomplishing anything you set your mind to. Note that confidence should not be confused with self-importance. Self-importance is born out of fear and insecurity, while confidence comes from strength and integrity.

With confidence, persistent effort, determination, and commitment, it's possible to achieve anything. If your life is not what you long for, remember that you have the power to change it. You should make changes on a daily basis. Live with your goals; live each moment with your priorities in mind, and you will have the life you desire.

### **Lectures:**

#### **Lecture 1**

**1 What did the speaker discover when teaching math in a public school?**

- A Some students could not finish homework assignments.
- B Seventh-grade math was very difficult for most students.
- C Every student could work hard to understand the material.
- D IQ wasn't the only factor that influenced students' performance.

**2 What topic interested the speaker as a psychologist?**

- A Challenges and mental health.
- B IQ and academic performance.
- C Factors contributing to success.
- D Mental health and environment.

**3 What does the speaker say about grit?**

- A We have little knowledge about how to build it.
- B Grit means living life passionately like it's a sprint.
- C It's better to develop grit in students at a younger age.
- D Students' grit can improve as their learning ability grows.

**Scripts:**

When I was 27 years old, I made the decision to take up a challenging job: teaching. I went to teach seventh graders math in a public school. Like any other teacher, I made quizzes and tests and gave out homework assignments. When the work came back, I calculated grades.

What struck me was that IQ was not the only difference between my highest-performing students and those who faced challenges. I found that some of my smartest kids were not doing well in school, and some of my best students did not have extraordinary IQ scores. That got me thinking. The kinds of things you need to learn in seventh-grade math are hard, of course. But they are not impossible, and I was firmly convinced that every student could learn the material if they worked hard and long enough.

So I went to graduate school to become a psychologist. I embarked on a journey of studying individuals in all kinds of challenging environments to understand what contributes to their success. After numerous studies, I found that grit consistently emerged as a strong predictor of success.

Grit is passion and perseverance for very long-term goals. Grit is having stamina. Grit is sticking with your future for years and working really hard to make that future a reality. Grit is living life like it's a marathon, not a sprint.

To me, the most shocking thing about grit is how little we know about it and how little science knows about building it. So far, the best idea I've heard about building grit in kids is something called "growth mindset", the belief that the ability to learn is not fixed and can improve with effort. Studies have shown that when children understand how the brain grows and changes in response to challenges, they're more likely to persevere after they fail, because they don't believe that failure is a permanent condition.

So growth mindset is a great idea for building grit. But we need more ideas and research. And that's the work that stands before us. We need to measure whether we've been successful, and we have to be willing to fail, to be wrong, and to start all over again with lessons learned. In other

words, we need to be gritty about getting our kids grittier.

## **Lecture 2:**

### **1 What can we learn about procrastination from the lecture?**

- A It traps us in a cycle of regrets.
- B It weakens our motivation and efficiency.
- C It limits our overall creativity in the long run.
- D It affects our emotional health in the long run.

### **2 What is the benefit of breaking down tasks into smaller steps?**

- A It can reduce the stress of our work.
- B It can help us set clear and specific goals.
- C It enables us to prioritize the achievable tasks.
- D It allows us to focus on the most important tasks first.

### **3 How can we enhance our concentration?**

- A By surrounding ourselves with visual cues.
- B By setting both short-term and long-term goals.
- C By building a comfortable and cheerful atmosphere.
- D By playing motivational and inspirational background music.

### **4 What can we learn about the Pomodoro Technique from the lecture?**

- A It is an effective technique for time management.
- B It can enhance productivity by reinforcing our goals.
- C It adds a sense of urgency by increasing stress levels.
- D It is a strategy used to improve our sense of accomplishment.

## **Scripts:**

Today, I would like to address a universal issue that affects us at some point in our lives: procrastination. It's common for many of us to delay important tasks, thinking we will handle them later, but this often makes us feel overwhelmed with stress as deadlines approach. Now, let's examine the harmful effects of procrastination and explore effective strategies to overcome it.

Procrastination can have damaging effects on our lives. When we delay tasks, we compromise our overall productivity. Procrastination limits our ability to reach our full potential, as it weakens our motivation, efficiency, and the quality of our work. As a result, we become trapped in a cycle of anxiety and self-doubt, which hinders our personal growth.

So, how can we overcome this habit? The key lies in understanding the root causes of procrastination and applying strategies to deal with it. Here are three effective strategies that we can follow:

First, we should set clear goals and prioritize tasks. It is essential to establish goals that are clear, specific, and achievable. Try to break down tasks into smaller, manageable steps and prioritize them based on urgency and importance.

This not only provides clarity but also ensures that we focus on the most crucial tasks first. By organizing our responsibilities in this way, we can eliminate the overwhelming feeling that often

leads to procrastination.

Second, we should create a structured environment. Our environment can greatly influence our ability to stay focused and motivated. Try to minimize distractions by turning off phone notifications and creating an organized workspace. It is also a good idea to surround ourselves with visual cues that strengthen our goals, such as inspirational quotes or motivational images. This can enhance concentration and help resist the urge to procrastinate.

Third, we should utilize time management techniques. Explore techniques like the Pomodoro Technique, which involves working in focused intervals followed by short breaks. This method enhances productivity, minimizes burnout, and adds a sense of urgency that discourages procrastination. Furthermore, learn to utilize tools such as to-do lists, calendars, and task management apps for better time management.

Remember, success is not achieved overnight; it is the result of consistent effort. By sticking to these strategies, we can overcome procrastination and pave the way for a more productive and fulfilling life. Together, let's conquer this harmful habit and embrace success.

Keys:

Conversation: B C A A

Passage: A A B

Lecture 1: D C A

Lecture 2: B D A A