Unit 1

Lecture 1

确信的 convinced

心理学家 psychologist

开始；着手 embark on

**耐力；毅力 stamina**

短跑比赛 sprint

思维模式 mindset

勇气；毅力 grit (Grit is having stamina)

Lecture 2

拖延 **procrastination**

不知所措 overwhelm

阻碍 hinder

消除 **eliminate**

至关重要的 crucial

通知 notification

冲动 urge

提示 cue

精疲力竭 burnout

日程表 calen**dar**

令人满意的 fulfilling

Unit 2

Lecture 1

嫉妒 **jealousy**

不合理 **irrational**

不能胜任 **inadequacy**

引发 **triggered by**

敌意 **hostility**

自尊 **self-esteem**

减少 **diminish**

培养 cultivate

温床 breeding ground

奢华 **luxurious**

过滤 filter

快照 snapshot

Lecture 2

忍耐 endure

本能 instinct

拉长 **prolong**

消退 recede

发泄途径 **outlet**

Unit 3

Lecture 1

企业；商店 establishment

优惠卷 **coupon**

纽带 bond

巩固 solidify

Lecture 2

擅自闯入 **trespass**

阻碍 **impede**

混合 **intermingle**

抑制 **stifle**

社会的 **societal**

相互的**mutual**

产生共鸣 **empathize**

同情；怜悯 **compassion**

Unit 4

Lecture 1

极端愚蠢的行为 **insanity**

自发的 **spontaneous**

混乱的 **chaotic**

沉迷于 indulge

具有讽刺意味的 **ironically**

内省 **introspection**

单调的 **monotonous**

点燃 **ignite**

Lecture 2

引起 evoke

可见的 **tangible**

传统的 **conventional**

想象 **envision**

思维过程 ideation

Unit 5

Lecture 1

非常激动的 thrilled

获得 **acquisition**

特权 **privilege**

外交谈判 **diplomatic negotiation**

不可或缺的 **indispensable**

术语 **terminology**

微妙之处 **subtlety**

冷静 **composure**

Lecture 2

难以区分的 blurred

摆脱 **detach**

削弱 undermine

总是想着 dwell on

拥堵的 **congested**

路线 route

**Lectures 听力原文**

**Unit 1**

**Lectures 1**

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***.

Questions:

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

2. What topic interested the speaker as a psychologist?

3. What does the speaker say about grit?

**Unit 1**

**Lectures 2**

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.

Questions:

1. What can we learn about procrastination from the lecture?

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

3. How can we enhance our concentration?

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

**Unit 2**

**Lectures 1**

***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.

Questions:

1. What is the first step toward managing jealousy?

2. How can we alleviate jealousy in a relationship?

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

**Unit 2**

**Lectures 2**

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.

Questions:

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

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

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

4. Why does dealing with negative emotions need patience?

**Unit 3**

**Lectures 1**

Ladies and gentlemen, today I would like to talk about effective strategies for fostering a strong connection between your business and the local community. Whether you're the owner of a sandwich shop or any other local establishment, it's important to prioritize the needs of your community. This is because your most loyal customers are more likely to be your neighbors down the street, rather than those who have to drive 20 minutes to pick up a sandwich for lunch. Your goal should be to make your business a familiar and trusted presence in their lives – a neighbor they can rely on for great experiences.

Reaching out to people in your neighborhood can be as simple as ***offering coupons or handing out samples.*** However, building a genuine connection with the community goes beyond such gestures. It is crucial to actively get involved in the community. To do so, consider supporting and joining organizations that match your business values. For example, you can sponsor local schools and sports teams or participate in local fairs. This can not only establish your credibility but also strengthen the bond between your business and the community.

To strengthen the connection you've already made with the community, you can further tailor your marketing efforts to the specific needs of your neighborhood. Choose an appropriate advertising medium that best suits your neighborhood, whether through print publications or online platforms. Seeing your business name advertised through these channels can remind the local community of the positive relationships you've already established with them and may encourage them to become your loyal customers. Moreover, consider creating loyalty programs that involve issuing loyalty cards to customers. These cards can be used to record information about what your customers buy and to reward them for buying goods from your business. By doing this, local customers will be more willing to support your business.

By actively engaging with local residents and tailoring your marketing efforts, you can help your business establish a strong presence and become an ***integral part of the neighborhood***. ***The connections and loyalty fostered within the community will not only solidify your position as a trusted, irreplaceable neighbor, but also ensure the continued success of your business.***

Questions:

1. Who are the most likely loyal customers of a sandwich shop, according to the lecture?

2. Which of the following methods is crucial to building a genuine connection between a business and the local community?

3. Which of the following strategies is effective in reinforcing the connection between a business and the local community?

**Unit 3**

**Lectures 2**

Today, we gather here to explore the profound concept of boundaries and their impact on our lives. Inspired by Robert Frost's famous poem "***Mending Wall***", we will explore how boundaries can preserve privacy but may also lead to isolation.

Frost's poem introduced the timeless saying "Good fences make good neighbors", which highlights the importance of boundaries in maintaining harmony and a sense of security. In this context, well-defined boundaries can protect our privacy and ***serve as a shield against trespassing.*** By maintaining such boundaries, neighbors can create a healthy degree of distance, which helps avoid the disregard of each other's privacy and cultivate a peaceful atmosphere.

However, it is important to recognize that when taken to the extreme, boundaries can result in isolation. In the past, low fences facilitated casual interactions among neighbors, enabling them to engage in friendly conversations about everyday matters. So, while indicating personal space, these fences didn't prevent individuals from reaching out to their neighbors. Unfortunately, in today's world, even though physical fences are often absent, an overemphasis on invisible boundaries for self-protection has ***impeded the free exchange of ideas and cultural intermingling.*** Ultimately, this may ***stifle personal and societal growth***.

In conclusion, the age-old belief that "Good fences make good neighbors" continues to hold relevance in modern times, especially when it comes to personal space and privacy protection. However, it is important to note that an overemphasis on boundaries can have negative consequences. Instead of building invisible barriers that block communication, we should aim for respectful and meaningful interactions without sacrificing privacy. This can be achieved through regular gatherings and face-to-face exchanges that encourage sincere communication and relationship building. In this way, we can create a community that values open conversation, ***mutual respect***, and cooperation.

Let us remember that boundaries should never become barriers that limit our ability to communicate, empathize, and form deep bonds with one another. Together, we can overcome the challenges posed by invisible boundaries and embrace gateways that enhance understanding, compassion, and communication.

Questions:

1. Why are well-defined boundaries beneficial?

2. What does the speaker say about boundaries in the past?

3. What is the possible consequence of overemphasizing boundaries in today’s world?

4. How should we address boundaries in modern times, according to the lecture?

**Unit 4**

**Lectures 1**

Are you familiar with the saying, "***Insanity*** is doing the same thing over and over again but expecting different results"? Many of us may find ourselves trapped in this very cycle, wondering why we aren't achieving better outcomes.

But here's the good news: You can break free from this pattern. The solution lies in taking a step back and allowing your mind to wander freely. Daydreaming, the act of disconnecting from the chaotic world around you, enables your mind to travel, reflect, and piece together information in new and innovative ways.

Actually, we all indulge in daydreaming to some extent. Psychologists point out that people daydream for approximately 47 percent of their waking hours. This is because boredom causes our minds to wander, making daydreaming the brain's ***spontaneous response to unproductive or unfulfilling time.***

***Ironically***, daydreaming is often criticized. We are often taught in school that focus is the key to success. However, research suggests that the process of daydreaming plays a crucial role in enhancing creativity. It empowers us to generate and communicate original ideas that can lead to new inventions, strategies, and theories.

Daydreaming is also one of the most effective ways to learn about ourselves. It provides us with valuable time for ***introspection***, a period during which we gain a clearer understanding of our strengths and weaknesses. This is beneficial in promoting both our professional and personal growth.

Moreover, daydreaming helps take our goals and dreams ***beyond mere thoughts***. When we allow ourselves to daydream, we step outside our immediate fears and worries, and instead, we open our minds to endless possibilities. This mental process encourages ambitious planning and helps us embrace a mindset that is beneficial for achieving success.

Of course, it's necessary to exercise control over daydreaming. It can be costly when daydreaming occurs at inappropriate times, like during a board meeting. The ability to focus your attention on the task at hand should never be overlooked.

Sometimes, it's essential to escape from the ***chaos*** of the present and discover a new path to success. So, if you feel stuck in a ***monotonous*** routine, simply allow yourself to daydream for a while. This can ***ignite the spark of creativity*** necessary for your next remarkable achievement.

Questions:

1. Why is daydreaming often criticized?

2. What is the benefit of daydreaming, according to the lecture?

3. Why is it necessary to exercise control over daydreaming?

**Unit 4**

**Lectures 2**

Are you creative, innovative, or artistic? These are not interchangeable terms. Today, I will explain how they are related but different.

If you can draw or paint, does that make you creative? If you design a product that is unknown to others, are you being innovative?

Now, you must understand that being able to draw or paint doesn't necessarily make you creative. Artistic ability is essentially about ***cultivating skills and talents.*** This can involve creating fine works of art like drawings, paintings, and sculptures. Artists often employ such skills to create works of art to evoke emotional responses.

Creativity, on the other hand, is more about the ***development of new ideas.*** It is the ability to think outside the box and combine different elements to form a solution to a particular problem. For example, in a science project, the objective often involves finding solutions that serve a specific purpose. In my view, the only difference between being creative and being artistic lies in the ***destination***. Creative work is mostly outward-focused on the ***target audience,*** while art is more inward-focused. Most art we see is some kind of ***self-reflection or self-expression*** of the creator.

Another thing we must recognize is that creativity is a necessary ***precondition*** for innovation. Innovation is about implementing or creating something new that can bring value to others. The outcome of innovation is often ***tangible*** and represents a fundamental shift from the conventional. Therefore, creativity involves ***generating ideas and*** ***envisioning*** what is possible in the first place, while innovation is about ***taking action and making those ideas a reality***. ***Simply put,*** creativity is an imaginative process, whereas innovation is a productive one.

So, as you can see, art is ***inward-focused*** and mostly centered on personal expression. Creativity is ***outward-focused and primarily concerned with imagination or ideation.*** And innovation is a process – a way of turning ideas into action and bringing creative ideas to life. That's why these terms are somewhat related, yet distinctly different from one another.

Questions:

1. What can we learn about being artistic from the lecture?

2. What is creativity, according to the lecture?

3. What does the speaker say about innovation?

4. What is the difference between creativity and innovation?

**Unit 5**

**Lectures 1**

Today, I'm thrilled to have the opportunity to talk about a profession that is not only challenging but also fascinating: interpreting. As an interpreter myself, I can assure you that this is a dynamic career, filled with numerous interesting and rewarding experiences.

I still vividly remember a conference where I interpreted for a well-known author from Spain. During the conference, I successfully ***conveyed*** his powerful ideas to an audience that couldn't understand his language. Witnessing the audience's reactions – their laughter and even their tears – was ***incredibly rewarding.*** This experience constantly reminds me of the profound impact interpreting can have on people.

One of the most incredible aspects of being an interpreter is having the opportunity to ***broaden our horizons.*** As interpreters, we often play a crucial role in various events, conferences, and meetings, where we interact with people from diverse backgrounds and cultures. Such experiences truly open our eyes to different cultures and help us gain a better understanding of diverse viewpoints. It feels like ***embarking on*** a never-ending journey of exploration and knowledge ***acquisition***.

Another amazing aspect of being an interpreter is the ***privilege*** of witnessing history unfold right before our eyes. We often find ourselves in high-level ***diplomatic negotiations or international conferences,*** where critical decisions are usually made. Just imagine having a front-row seat to conversations that could shape the course of countries or even the world. As interpreters, we are the ***indispensable bridge*** between cultures, facilitating effective communication at those crucial moments.

Moreover, being an interpreter provides countless opportunities for ***personal development.*** Each task presents unique challenges, from mastering technical terminology for a science conference to conveying the emotional depth and subtleties of a powerful speech. Our abilities to think and respond quickly, ***maintain composure*** under pressure, and ***adapt to*** various speaking styles constantly improve with each experience.

So, if you have a passion for languages, cultures, and the art of communication, why not explore the fascinating world of interpreting?

Questions:

1. Why did the speaker find it rewarding to interpret for the Spanish author?

2. Why can being an interpreter broaden one's horizons?

3. Why do interpreters have the privilege of witnessing history unfold before their eyes?

4. How does interpreting contribute to one's personal development?

**Unit 5**

**Lectures 2**

Today, let's talk about the psychological benefits of commuting to and from work. Many people may think of commuting as a waste of time, but a study has revealed that it can provide a form of "in-between" space, a time free from both home and work roles. It allows us to recover and mentally ***switch gears to*** another environment.

However, with the new normal of working from home, this space is likely to be lost amid the blurred boundaries between work and home life. Interestingly, even those working from home may choose to regularly sit in their cars at the end of their workday in an attempt to mark the transition from work to home life.

The study also suggests that commuters can restore their mental energy used up during the workday by detaching themselves from the office or home environment. Longer commutes offer more time for such detachment and recovery, yet even a 15-minute walk around the block at both the beginning and end of the workday can be all that's needed for this.

However, it's important to note that certain factors may undermine the positive effects of commuting. For instance, car commuters must focus on the road, while train commuters have to monitor arrivals or departures and ensure they get off at the right stop. Meanwhile, dwelling on the negatives of the workday or stressful situations can reduce the time available for disengagement and recharging. In such cases, it's worthwhile to make adjustments to ensure a more positive and fulfilling commute. For instance, busy roads often lead to increasing stress, so seeking less ***congested*** routes could be beneficial. Sitting in hour-long traffic is never anyone's idea of fun, so try activities such as listening to music or calling a friend.

In conclusion, it is crucial for us to recognize and take advantage of the "in-between" space provided by commuting. Whether your commute includes a short walk or a long drive, use this time to relax and mentally disengage from the environment you've been in for most of the day. This can significantly enhance your overall well-being.

Questions:

1. What can we learn about the "in-between" space from the lecture?

2. According to the lecture, what may undermine the positive effects of commuting?

3. Which of the following is mentioned in the lecture as a means of making our commute more positive and fulfilling?