Unit1

P6 Huang Xuhua is the chief designer of China's first-generation nuclear submarines and a recipient of the Medal of the Republic, the country's highest honor. Though raised in a family of medical professionals, Huang was determined to study shipbuilding in college. In September 1945, Huang enrolled in the Department of Naval Architecture of National Chiao Tung University, now known as Shanghai Jiao Tong University, where he began his academic career.

In 1958, Huang received a phone call that changed his life. He was selected to join the research team responsible for designing China's first nuclear submarine, which later became his lifelong passion. During their research, Huang and his colleagues faced many challenges due to limited resources. They had to rely on abacuses to perform calculations and gather information from foreign newspapers and journals. Despite these challenges, they managed to launch China's first nuclear submarine in 1970, making China the fifth country to own a nuclear submarine. In 1988, Huang insisted on joining the first deep-sea test of the submarine's diving limits. It was the first time in world history that a nuclear submarine's chief designer had boarded the submarine for such dangerous tests.

Even in his old age, Huang remains deeply involved in the nuclear submarine field. He guides young researchers on technical matters and gives lectures at universities and research institutes. At the 120th anniversary celebration of Shanghai Jiao Tong University, the 92-year-old Huang delivered a nearly 20-minute speech standing up, rejecting the chair arranged for him. He expressed his appreciation to the university for teaching him the values of determination and perseverance. In his speech, he said, "I have dedicated my entire life to the field of nuclear submarines. It has been my lifelong passion. I have no regrets."

P11 A couple of years ago, er, I learned how to scuba dive, which was, um, (a) really exciting, really good experience, and when you're learning, half of the, the, the training is in the classroom and half is a practical in a swimming pool. So the classroom stuff was fine. Um, I found it really quite easy. I was learning with my mom, and she was really worried about doing the kind of more academic stuff and passing the exam, but I found that part OK. It was the practical stuff that I had trouble with, and she was really lucky. She was, um, really good. But you go and you learn all the, the technical stuff, you know, how to go under the water, how to clear your mask if you get water in it, that kind of thing. And then you have to do two dives outside in a, in a kind of reservoir or, you know, something like that. But obviously, because I'm in the U.K., it was really, really cold, and we woke up on the morning of our dive, and there was ice on the water, so when we got there, we were very nervous and didn't want to get into the water. But once I was in, it was so freezing that I tried to go under the water, but the more I tried, the harder it got, and then I got very frustrated and started to cry, and then all my ears got blocked up, and I couldn't get under. But eventually I managed it and, um, went down, passed my test, did all the skills that you need to do. Despite the fact that I was so terrible at it, I managed to pass, and, um, now I'm (I've) passed, I can go anywhere I want, so I'll make sure it will be somewhere very hot. So, um, to sum up, although it was a really difficult, really difficult challenge, I'm so glad I managed it. Um … For me, it was quite an achievement and, and I'm proud of myself for having done it.

P16 Conversation 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!

Questions:

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

2. What is worrying Stacey about her studies?

3. What does Dr. Pearl suggest Stacey do?

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

P16 Passage 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.

Questions:

1. What can we learn about confidence from the passage?

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

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

Lecture1 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?

Lecture2 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?

Unit2

P22 About a decade ago, I would wake up every morning feeling overwhelmed. At work, it was like fighting a battle with endless tasks and high expectations. At home, my relationships with my children were far from peaceful; misunderstandings made every conversation a tug-of-war. That's when negative emotions would take hold, using up my energy and leaving me feeling mentally and physically exhausted.

I never imagined that practicing Chinese calligraphy would eventually solve my problem. One day, my husband surprised me with a Chinese calligraphy set. I spent three whole hours learning how to write Chinese characters with the brush. During that uninterrupted time, I felt a sense of peace, calm, and relaxation. Each stroke was like a graceful dance or an intricate move, which required great focus and precision.

This newfound passion soon became an integral part of my daily routine, and I began to experience more profound changes in my life. I found the act of creating something with my hands incredibly fulfilling, as it allowed me to tap into my creative side in a way I hadn't experienced before. Moreover, practicing Chinese calligraphy helped me build connections with others. Whenever I shared my calligraphy with others, they responded with wonder and admiration. This brought me great joy and gave me a sense of purpose in my life.

As an enthusiastic calligrapher, I'm grateful for all the benefits that practicing Chinese calligraphy has brought me. I feel truly honored to share with the world the beauty and significance of this ancient art form.

P28 I'm not the kind of person who likes to be a daredevil or do anything too exciting. But the most incredible thing I think I've ever done was when I went skydiving. So, we went up in a tiny plane. I mean it's so small, so it's quite scary. And the, the, the build-up was just epic.

I was attached to another guy, an expert, by a harness. And I was sitting in front of him in this sort of, it was like a, a, a tiny tube little plane. And we went higher and higher and higher. And, um, the suspense was building up. And then suddenly, they just open this door, and you, you're flying through the sky, and you can just see for miles. And it's freezing cold. And the thing I'll remember most is the cold air hitting my teeth, 'cause it was just absolutely freezing. And, er, we sort of scuttled out to the edge, and our legs were dangling through the door of the plane. And, um, he just said, I remember him shouting, he just said, "Smile!" 'cause there was a camera guy as well, so you can film it.

And we just, we sort of fell forward, and we were just spinning, until he sort of levels (leveled) you out. It was like, I was completely weightless. And it didn't feel like you were falling at all, you were just sort of hovering. And it was still freezing cold on my teeth as well like that. And then the parachute, I remember, lifting (lifted) out. And it just sort of pulled me all up – I was like Oh! Ugh!, like that. And we started spinning round, you know he was doing all these kind (kinds) of tricks and stuff. And that's when I started feeling sick, 'cause it was spinning so fast. But it was just so much fun, it was hilarious, I was laughing, you know, even though I felt sick, it was just the experience of it all and the adrenalin rush. It's one of the best experiences I've ever had in my life. And, er, it's an activity I'd like to recommend to all my friends because I know they'd absolutely love it. It's hilarious.

P34 Conversation 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.

Questions:

1. Why is Mount Rainier so special to the man?

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

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

4. What is the relationship between the two speakers?

P34 Passage 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.

Questions:

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

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

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

4. What is the passage mainly about?

Lecture1 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?

Lecture2 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?

Unit3

P39 The chi, a traditional Chinese unit of length, is equal to one-third of a meter. Liu Chi Xiang, a two-meter-wide alley in East China's Anhui Province, constantly attracts large crowds of visitors. It has a much-told story behind it, one that vividly illustrates the values deeply rooted in traditional Chinese culture.

According to local history, Tongcheng City was the hometown of Zhang Ying, a high-ranking official who served under Emperor Kangxi during the Qing Dynasty. Zhang's family in Tongcheng got into a dispute over property boundaries with their neighbor, the Wu family. Zhang's family wrote a letter to Zhang Ying, seeking advice on what to do. Instead of using his power to gain advantages for his family, Zhang sent a letter back to persuade his family to move their wall back by three chi. This act moved the Wu family, who also decided to move their wall three chi back. In this way, Liu Chi Xiang was born.

The significance of Liu Chi Xiang lies not in its actual size, but in the message it delivers. For the residents of Tongcheng City, Liu Chi Xiang represents tolerance and compromise, values that are cherished in traditional Chinese culture. These values have been passed down through generations and will continue to inspire people in modern society.

In recent years, the local government has renovated Liu Chi Xiang – restoring the layout of its two buildings. The aim of the project is to highlight the lane's cultural significance and encourage people to gain a deeper understanding of traditional Chinese culture.

P45 M: I've been thinking about starting a volunteer group in our community to reduce carbon emissions. What do you think?

W: That's a great idea! I believe it's important to take action and raise our community's environmental awareness. How do you plan to get started?

M: First, I think we should conduct thorough research on major environmental issues related to carbon emissions in our community. With a clear understanding of the problems, we can develop targeted solutions.

W: I agree. After identifying the problems, we can consider collaborating with local authorities who share our vision. Together, we can have a greater impact and reach a broader audience.

M: Yes, collaboration is the key! We can also invite other community members to join discussions about these issues to brainstorm ideas. It would be great to have diverse perspectives to ensure that our solutions are practical and achievable.

W: Indeed. This can engage the entire community and make everyone feel responsible for protecting the environment. What possible actions can we start with?

M: Promoting alternative means of transportation such as walking, cycling, and taking public transportation would be a good start. Considering how much we rely on transportation every day, choosing greener options is one of the easiest ways to contribute to environmental protection. It not only reduces emissions but also promotes a healthier lifestyle.

W: Absolutely. Living a greener life leads to fewer carbon emissions. Additionally, I think we should focus on waste management. Waste is generated every day and is often disposed of in a haphazard manner. We need to raise people's awareness of waste classification and encourage recycling practices.

M: You're right. We can organize lectures and workshops to share information about proper waste disposal practices and encourage community participation.

W: Agreed. I believe there are more measures we can take once we complete our research. Why not start right away?

M: Let's get to work!

P52 Conversation M: If you were looking for a flatmate, what would you like to know about them?

W: For me, an important question is, "Do you keep yourself to yourself, or do you tend to be around a lot?"

M: What are you trying to find out?

W: I suppose I'm seeking a balance. The last thing I want is a person who comes in and goes straight up to their room, and whom I never see again until the next morning. You know, I'm quite sociable, and I like having friends around.

M: Yeah.

W: But on the other hand, I don't want a flatmate who's always there, not giving me any personal space. So yeah, I'd like someone who is quite sociable but not overly so.

M: I can understand that, and I suppose another important question is about cleanliness.

W: Yes, something like, "Are you a tidy person?"

M: What answer would you like to hear?

W: I'd like them to say, "Oh yes, extremely!" I really don't want to live with someone who is untidy, someone who just leaves their stuff all over the place. That would drive me crazy.

M: What about money?

W: It can be a problem. I had a flatmate who used to say, "I know I have to pay the electricity bill, but can I pay it next week?" She always promised to pay, but then she never did.

M: Oh yeah. You need to know whether they can afford the rent.

W: But I wouldn't ask, "Could you tell me how much you earn?" I think I'd mention that the rent needs to be paid in advance. So, I'd ask, "Can you pay three months' rent in advance?" and then see what they say.

M: That sounds like a good idea!

Questions:

1. What kind of person does the woman want for a flatmate?

2. What do we know about the woman's attitude to cleanliness?

3. Why does the woman think money is a problem when looking for a flatmate?

4. What will the woman do to make sure her flatmate can afford the rent?

P52 Passage Living in a community means we're likely to encounter disputes with our neighbors from time to time. Disputes can range from trivial matters, such as noise complaints, to more serious issues like property damage. Here are some tips for handling such situations:

Get to know each other. Being a good neighbor doesn't mean you have to take family vacations together. It could be as simple as knowing your neighbors well enough to say "hello" or perhaps occasionally borrowing things like a cup of sugar or a gardening tool. All these actions can help build trust and understanding. Issues are much more likely to occur among strangers than among even casual acquaintances.

Head off problems before they become problems. If you are going to throw a party, visit all neighbors who might be affected and offer them a card with your phone number. If they find the noise intolerable or if other problems occur, your neighbors can call you directly instead of involving the police.

Communicate your concerns clearly. Tell your neighbors what's bothering you – don't assume they know what the problem is. Be open and direct, not passive-aggressive. Ask for their opinions and, whenever possible, suggest a solution that reaches a middle ground or demonstrates your willingness to compromise. Stay cool and remain positive, even if your neighbors do not.

Involve more neighbors. See if anyone else on your block is experiencing similar issues – they may be willing to help you resolve the situation together. If some of your neighbors have a good relationship with the person causing problems, consider having them join the conversation when you talk it out.

Bottom line? Resolving disputes with our neighbors is all about effective communication. Remember, the goal isn't to win an argument but to live in harmony with those around us.

Questions:

1. How can we build trust and understanding with our neighbors?

2. What should we do if we are likely to cause problems for our neighbors?

3. How should we react if our neighbors are bothering us?

P52 Lecture1 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?

Lecture2 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?