



新一代大学英语
English

提高篇

视听说教程 1



Be yourself,
be happy

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UNIT

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iExplore 1: Listening and speaking

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Extroverts and introverts have a variety of differences. According to one study, extroverts wear more fancy clothing, while introverts prefer practical, comfortable clothes. Extroverts are more likely to prefer more energetic and popular music than introverts.

Extroverts and introverts also arrange their work areas differently. Generally speaking, extroverts like to keep their doors open, they keep extra chairs nearby, and they are more likely to put dishes of candy on their desks. Such behavior is an attempt to invite their co-workers and encourage interaction. Introverts, in contrast, like to keep their offices tidy and arrange their work areas in a way that discourages interaction with other people.

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Despite these differences, there is a great deal in common in the way that extroverts and introverts behave. They are not "fundamentally different." Extroverts just act a little bit more extroverted, about five to ten percent more often than introverts.

Humans are complex and unique. A person who acts introverted in one situation may act extroverted in another. People can also choose to behave in ways that may not be their "first nature." Rather than being fixed and always acting the same way, an individual can choose to act extroverted or introverted to achieve important personal goals that may help them achieve happiness. For example, an introvert might go to a party to meet new people, or an extrovert might stay home and read a book. Changing behavior can help people feel better about themselves, which increases their happiness.



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Interviewer: From time to time, I post short interviews with interesting people about their thoughts on happiness. I've learned more about happiness from their own experiences than from universal principles or up-to-date studies.

Today's interview is with Daniel Pink. So, Daniel, what simple activity always makes you happier?

Daniel: Running. It always raises my mood. Also, nothing is more satisfying than writing 500 words that people love to read. Unfortunately, that's never simple for me.

Interviewer: What do you know now about happiness that you didn't know when you were 18 years old?

Daniel: If you want to be happier, you should stop caring so much about what other people think.



iExplore 1: Listening and speaking

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Interviewer: So that's why you take "The tortoise won the race." as your happiness motto in your book?

Daniel: Yes. In the story, the tortoise succeeded because he ran the race his way and ignored what others had to say. The tortoise found his own way to success and happiness.

Interviewer: Well, what do you find people do that adds to their happiness, or reduces their happiness?

Daniel: I find that people who are quite social are usually pretty happy. That surprises me a bit, since I'm not a big glad-hander or party-goer. On the other hand, I also see lots of people who are just repeating themselves aimlessly – doing the same things, in the same ways, over and over again. I don't think they're happy, because they're not truly aware of their behavior. For me, finding the meaning of life seems to be necessary for happiness.



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Microsoft's photo research division has just released a new trial version of a tool that detects emotions in photographs and paintings using machine-learning techniques. When you upload a picture, the software scans the subject's face and attempts to read the feelings behind their expression.

Mona Lisa, perhaps the most famous artwork in the world, has attracted the public's imagination for centuries. Back in 2005, computers at the University of Amsterdam confirmed what people have believed for a long time – the figure in the painting is “mainly happy.” Microsoft’s new app agrees. With the help of machine-learning technology, the app can recognize several common emotional states including anger, fear, happiness, neutral, sadness and surprise based on universal facial expressions that reflect those feelings. Through this app, the most obvious emotions detected from *Mona Lisa* in the painting are “happy” and “neutral.”



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Yesterday, on March 20, the United Nations celebrated its annual International Day of Happiness. This holiday was created in 2012 to include happiness as an indicator of how we succeed as a global community.

For too long, the world has used GNP to measure the well-being of a country. Money certainly helps a country's and a person's well-being. But it is not the only factor.

Recently, the Gallup poll asked adults in 143 countries questions including "Did you feel well-rested yesterday?" "Were you treated with respect yesterday?" "Did you smile or laugh a lot?" "Did you learn or do something interesting?" Seventy percent of people around the world said they had fun, smiled or laughed a lot, felt well-rested and respected. This number has remained steady through the years.



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It is perhaps not surprising that places that experienced conflict score quite low. The Middle East and North Africa have the lowest positive emotions. But the poll also shows that having money is not necessarily the key to happiness.

Guatemala is one of the poorest countries but takes second place when it comes to positive emotions.

Latin America appears to be a very happy place. All of the top 10 countries with the highest happiness scores are in Latin America.



iExplore 2: Viewing and speaking

Viewing and understanding



2

Watch the video clip again and complete the following flow chart with what you hear.

Are you an extrovert or an introvert?

Extroverts

- love to be in 1) busy social situations
- respond to 2) external environment

Introverts

- get more satisfaction from 3) reading a book
- are stimulated internally – by reflection, thinking about 4) ideas and analyzing an interesting train of 5) thought

Step
1

Step
2

Do you sense or intuit?

Sense

- rely mainly on the information 6) at hand
- look for the facts, specific 7) details and data

Intuit

- look for 8) connections between ideas
- are more interested in the 9) bigger picture

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iExplore 2: Viewing and speaking

Viewing and understanding



2 Watch the video clip again and complete the following flow chart with what you hear.

Would you consider yourself more of a thinker or a feeler?

Thinkers

- analyze all the 10) data at hand
- write out a pros and cons list
- think 11) logically through a problem

Feelers

- go with your 12) emotions

Step
3

Step
4

Are you perceiving or judging?

Judging

- plan your work far 13) in advance
- manage to get everything done 14) on time

Perceiving

- see deadlines as more of a 15) suggestion
- change your work up until the very last 16) second



iExplore 2: Viewing and speaking

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Sometimes, it seems like tests control your life. Almost every big decision seems to involve a test. “Will I be able to drive?” or “Will I be taking the bus?” “Will my scores get me into an Ivy League school?” or “Will I be heading to an ordinary school?” Today, we’re going to tell you about a test that will help you far more than great driving skills or good grades. It won’t change your life, but it will help you understand yourself and others better.

We’re going to look at the Myers-Briggs Type Indicator, a personality test that actually started as a way to get women into the labor market. Now it’s taken by 2.5 million American men, women and children each year. We’ll show you how this test can help you become more aware of your personality

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features, and then teach you how to use this awareness to get more out of yourself at work and at school. Ready?

The Myers-Briggs test was first developed in the 1940s by Katharine Cook Briggs and her daughter Isabel Myers. After the end of WWII, many American women entered the labor market for the first time. Myers saw a very specific need in the market for a personality test to help women figure out what sort of jobs they were suitable for. Thus, the Myers-Briggs Personality Test was born. Today's exercise will give you an introduction into the different personality types. So you can start to think about which categories you fall into.

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Step 1: Are you an extrovert or an introvert? This category deals with what stimulates people. Are you the kind of person that loves to be in busy social situations? Or do you get more satisfaction reading a book? Extroverts respond to their external environment, being in a large group of people for example, while introverts are stimulated internally – by reflection, thinking about ideas and analyzing an interesting train of thought.

Step 2: Do you sense or intuit? This category deals with how you gather information and learn. Some people rely mainly on the information at hand. They look for the facts, specific details, and data. They are mainly focused on details, and want to get to the

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bottom of things quickly. Others prefer to look for connections between ideas rather than finding out facts. They are more interested in the bigger picture than the details. These fall under the intuition category.

Step 3: Would you consider yourself more of a thinker or a feeler? How do you make decisions? Do you analyze all the data at hand comprehensively, write out a pros and cons list, (and) think logically through a problem? Or do you go with your emotions?

Step 4: Are you perceiving or judging? An easy way to look at this one is to ask yourself “How do you respond to deadlines?” If you plan your work far in advance and manage to get everything done

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on time, you're probably judging. On the other hand, if you see deadlines as more of a suggestion than a hard and fast rule, and you're continuously changing your work up until the very last second, you're a perceiver.

So what did you come up with? ESFP? Or INTJ?



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A note written by Albert Einstein which contains advice on happy living has sold for \$1.56 million.

Soon after he knew that he had won the Nobel Prize, Einstein took a trip to Japan. One day, a messenger came to his hotel room in Tokyo. It happened that Einstein did not have a tip available. So he gave the messenger two notes, saying they could become more valuable in the future. One of the notes was written on the official paper of the hotel. This is what Einstein wrote on the note: "A calm and modest life brings more happiness than the pursuit of success combined with constant restlessness."

The note was expected to sell for between \$5,000 and \$8,000. Instead, a bidding war lasted about 25 minutes, and ended in a sale of \$1.56 million.



Further listening

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People always say time is money. It's also believed that money can't buy happiness. However, a team of researchers from Harvard Business School recently found that using money to buy time could bring people greater satisfaction and happiness than simply buying more stuff.

The researchers asked more than 6,000 people from the US, Canada, Denmark, and the Netherlands to rate their overall satisfaction with life. They then asked them to estimate how much money they spend each month paying for daily tasks they do not enjoy. They found that buying services to free themselves from these tasks and get extra free time makes people happier.



Further listening

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The researchers conducted another smaller experiment. They gave several people 40 dollars to buy a little something for themselves. The same people got another 40 dollars that they were told to spend on something that would save them time. And again, buying time was more likely to make people feel happy and ease their anxiety.

“Even in a sample of 850 millionaires, less than half spent money buying themselves time,” one researcher said. “It suggests that we do not always spend money in ways that promote happiness.”



Further listening

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Emma: How do people in your country express happiness?

Jeff: In Greece, we express happiness through food. When something good happens, we usually “make the table.” For special occasions, and also for community celebrations, food is accompanied with music and traditional folk dancing. What about you?

Emma: We Egyptian women usually make a special sound by shaking our tongues to express our happiness. My mom used to do it when I was a kid as she wanted to entertain me.

Jeff: I also heard that people in Upper Egypt often express happiness by firing non-stop bullets to the sky. The more bullets they shoot, the happier they get. It's so dangerous!

Emma: Yes. Sometimes it causes terrible results.

Jeff: It's amazing that people in different countries express the same emotions in so many different ways.



Further listening

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Emma: Yes, and what's more interesting is that many of them are actually nonverbal.

Jeff: Exactly. Just think about the most common sight of happiness: a broad smile, a loud laugh, or a big hug – all nonverbal.

Emma: And I also read a news report yesterday, which says that new research suggests there may be a less obvious way to pick up on another person's happiness: smell.

Jeff: But how?

Emma: According to the researchers, happiness may generate chemicals that are released in sweat, and those around us can smell those sweat signals. The experiments also suggest that when we breathe in the happy emotions of others, we actually become happier ourselves.

Jeff: Wow, that's so interesting!



Further listening

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Many people say that being happy and satisfied with life is their ultimate goal, but others stay away from such feelings. Various cultures react differently to feelings of well-being and satisfaction. In some cultures, the traditional belief is that happiness causes bad things to happen. So, if you grow up in a culture that does not value happiness, you may back away from such feelings.

In American culture, it is almost taken for granted that happiness is one of the most important values in life. Western cultures are more driven by a strong desire to increase happiness and reduce sadness. If you appear unhappy, it often causes concern.



Further listening

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In some cultures, in contrast, happiness is an emotion less valued. Their ideals of harmony often disagree with the pursuit of personal happiness. For example, East Asians are more likely than Westerners to think that it is not appropriate to express happiness in many social situations. Japanese, for instance, tend to enjoy positive emotions less than Americans.

In cultures that avoid happiness, people believe that extreme happiness leads to negative results that outweigh the benefits of positive feelings. Some people avoid happiness because they believe that being happy makes them a worse person and that others may see them as selfish, boring or shallow. Some people in non-Western cultures even worry that some religious god might be angry about their happiness and make them suffer a number of serious results.



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The saying that “money can’t buy happiness” is quite wrong, with even quite small lottery wins or inheritances able to produce lasting contentment, new research published in Britain has shown. Professors Andrew Oswald and Jonathan Gardner of the University of Warwick in central England tracked 9,000 families over the past decade to study whether there was a link between cash windfalls and contentment. “We find a very strong link between cash falling on you and higher contentment and better mental health in the following year,” said Oswald. “We have found effects from even tiny



Additional listening

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windfalls of 1,000 pounds. And the more you get, the better you feel." A windfall of a million pounds, the research showed, would be enough to transform even the most miserable person into a picture of joy. But Oswald stressed that the research looked at the average person, and could not account for everyone. *The Sun* newspaper, for example, carried a story about a tramp who won nearly two million pounds on Britain's National Lottery two years ago but ended up drinking himself to death.



Additional listening

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As the competition in the modern world is more and more fierce, the pressure from education, career, or family is more and more severe, so it is essential to keep a good mood to confront all kinds of circumstances.

Nowadays depression can lead to death. That is no longer a piece of news. A bad mood can cause psychological disease, affect the health of the human body, and influence the process of studying and working; or even worse, the sufferer cannot lead a normal life like other people.



Additional listening

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While a good mood often brings health, it is more important because it guarantees high efficiency at work. What's more, if you are in a good mood, your humor and enthusiasm will have an effect on the people around you, thus a harmonious, pleasant atmosphere is established, and the efficiency of the group is also enhanced. It is important and necessary for us to keep a good mood and make full use of the merits of good moods.



Additional listening

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W: How do you think people get their personalities?

M: I think it's mainly from the environment a person lives in.

W: Don't you think people get their personalities from their parents?

M: No, but parents control a lot of the environment that kids grow up in, so they certainly influence their personalities a lot.

W: So why do you think many kids have personalities that are so different from their parents?

M: Maybe when they become teenagers, they want to be completely different from their parents.



Additional listening

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W: You might be right. I guess most parents want their kids to be like them, but kids today grow up in a different environment. You know, they know much more about the world from the Internet, newspapers and TV.

M: Do you think that teenagers get a lot of their bad behaviour from TV and movies?

W: Maybe some of it. I think a lot of people blame TV and movies when the real problem is that the parents aren't bringing their children up correctly.

M: Parenting is a difficult job. They have to bring up their children and usually have to work in the meantime.



Additional listening

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W: Yes, that's true. Your son is doing well at school, isn't he?

M: Yes, he is. He is very hard-working when he's at school. Then he comes home from school and does his homework before dinner. After dinner, he goes out with his friends.

W: So, he's not a bookworm? It's good that he has an outgoing personality. Some kids are very quiet and introverted. You may wonder how they'll survive in the real world without their parents' support.

