

《新视野视听说教程》第三册

Further Listening

Unit 1

Conversation

1. 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. 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. 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 everyday.
4. A. Patient.
B. Satisfied.
C. Indifferent.
D. Disappointed.

New words

grade point average *n.* 平均学分绩点

humanities *a. [pl.]* 人文学科

tutor *vt.* 指导

听力原文:

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?

Key: 1. B 2. C 3. A 4. A

Passage

1. 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. 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. 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.

New words

justifiably	ad. 有理由地
radiate	vi. 散发；流露；焕发
magnet	n. 磁铁；吸铁石
integrity	n. 正直诚实

听力原文:

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?

Key: 1. A 2. A 3. B

Lecture 1

1. 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. A. Challenges and mental health.
B. IQ and academic performance.
C. Factors contributing to success.
D. Mental health and environment.
3. 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.

New words

convinced	<i>a.</i> 确信的；信服的
psychologist	<i>n.</i> 心理学家
embark on	<i>n.</i> 开始，着手（新的或艰难的事情）
stamina	<i>n.</i> 耐力；毅力
sprint	<i>n.</i> 短跑比赛
mindset	<i>n.</i> 思维模式

听力原文:

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?

Key: 1. D 2. C 3. A

Lecture 2

1. 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. 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. 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. 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.

New words

procrastination	<i>n.</i> 拖延; 耽搁
overwhelm	<i>vt.</i> (感情上) 使不知所措
hinder	<i>vt.</i> 阻碍; 妨碍
crucial	<i>a.</i> 至关重要的; 关键性的
notification	<i>n.</i> 通知
cue	<i>n.</i> 提示; 暗示
burnout	<i>n.</i> 精疲力竭; 过度劳累
calendar	<i>n.</i> 日程表
fulfilling	<i>a.</i> 令人满意的

听力原文:

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?

Key: 1. B 2. D 3. A 4. A

Unit 2

Conversation

1. A. It was his father's favorite mountain.
B. It is a good place for hiking and camping.
C. He loves the yellow and blue flowers there.
D. He and his friends had many happy memories there.
2. A. Once or twice.
B. Two or three times.
C. Three or four times.
D. Four or five times.
3. A. He died at the age of 80.
B. He had a very tough life.
C. He died of a heart attack.
D. He enjoyed cooking fish.
4. A. Husband and wife.
B. Boss and employee.
C. Teacher and student.
D. Boyfriend and girlfriend.

New words

Mount Rainier 雷尼尔山（位于美国华盛顿州）

slope *n.* 山坡

bunch *n.* 束；串；扎

听力原文:

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?

Key: 1. A 2. C 3. C 4. B

Passage

1. A. We will become less flexible.
B. We will experience more stress.
C. We will become narrow-minded.
D. We will lose our ability to think critically.
2. A. By dividing the project into smaller parts.
B. By focusing on manageable parts of the project.
C. By tackling the most difficult part of the project first.
D. By taking more time to finish the project step by step.
3. A. It improves our memory.
B. It helps us concentrate better.
C. It promotes faster and better sleep.
D. It helps develop good sleeping habits.
4. A. Tips for enjoying a peaceful life.
B. Tips for developing positive thinking.
C. Tips for reducing stress levels at school.
D. Tips for improving academic performance.

New words

relieve	vt. 减轻; 缓解
notion	n. 观点; 看法
rationally	ad. 理性地
analytically	ad. 条分缕析地

听力原文:

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?

Key: 1. B 2. A 3. C 4. C

Lecture 1

1. A. Cultivating self-esteem.
B. Acknowledging its presence.
C. Focusing on personal growth
D. Stopping making comparisons.
2. A. By building trust with our partner.
B. By figuring out the reasons behind our jealousy.
C. By expressing concerns and listening to our partner.
D. By appreciating our own unique qualities and strengths.
3. A. It leaves us with little time to focus on self-growth.
B. It discourages us from communicating with others.
C. It leads to a constant need for acceptance and recognition.
D. It leads to misguided perceptions and unhealthy comparisons.

New words

inadequacy	n. （人）不够好，不胜任
hostility	n. 敌意；敌对态度
cultivate	vt. 培养，养成（技能、态度或素质）
breeding ground	n. （坏事物的）滋生地，温床
filter	vt. 筛选；过滤
snapshot	n. 快照

听力原文：

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?

Key: 1. B 2. C 3. D

Lecture 2

1. A. They generally fade away slowly.
B. They form a large part of our lives.
C. They are mainly associated with failures.
D. They often mark the path to great achievements.
2. A. It reduces negative emotions temporarily.
B. It prolongs the impact of negative emotions.
C. It diminishes our awareness of negative emotions.
D. It helps us better deal with negative emotions later.
3. A. When we are calm enough.
B. When we recognize their presence.
C. When we can get support from professionals.
D. When we are worrying about unnecessary things.
4. A. Negative emotions are constantly changing.
B. It takes time for negative emotions to fade away.
C. Identifying the causes of negative emotions can be difficult.
D. It takes time to find an appropriate way to manage negative emotions.

New words

endure	vt. 忍耐；忍受
instinct	n. 本能；天性
prolong	vt. 延长；拉长
recede	vi. （水）消退，退去
outlet	n. （强烈情感的）发泄途径（方法）

听力原文:

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?

Key: 1. D 2. B 3. A 4. D

Unit 3

Conversation

1. A. Very considerate and caring.
B. Somewhat reserved and quiet.
C. Pretty easy-going and straightforward.
D. Sociable but also aware of personal space.
2. A. She cares a lot about being neat and tidy.
B. She doesn't care whether her flatmate is tidy or not.
C. She hopes her flatmate will offer to clean up their room.
D. She thinks she should share the cleaning with her flatmate.
3. A. She cannot afford to live alone.
B. Her previous flatmate often delayed payments.
C. She needs the rent to be paid as soon as possible.
D. She thinks reaching a deal regarding rent is difficult.
4. A. Ask them about their work.
B. Ask them how much they earn.
C. Ask them to pay the rent each month on time.
D. Ask them whether they can pay three months' rent in advance.

New words

flatmate	<i>n.</i> 合住公寓套房者；室友
sociable	<i>a.</i> 好交际的；喜欢与人交往的

听力原文:

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?

Key: 1. D 2. A 3. B 4. D

Passage

1. A. By visiting them frequently.
B. By getting to know each other.
C. By organizing parties together.
D. By taking family vacations together.
2. A. Address problems appropriately when they occur.
B. Apologize to our neighbors when problems occur.
C. Take action beforehand to avoid potential problems.
D. Immediately cease activities that may cause problems.
3. A. We should involve the police for help.
B. We should wait patiently for their explanations.
C. We should express our concerns and discuss solutions together.
D. We should involve more family members to address the problem.

New words

trivial	a. 琐碎的；微不足道的
casual	a. 感情不深的
acquaintance	n. 认识的人；泛泛之交
head off	阻止；防止…发生
passive-aggressive	a. 消极对抗的
demonstrate v	t. 表达；表现
resolve	vt. 解决

听力原文:

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?

Key: 1. B 2. C 3. C

Lecture 1

1. A. People who love sandwiches.
B. People who are offered coupons.
C. Local residents living down the street.
D. Office workers living in the community.
2. A. Offering coupons.
B. Distributing free lunches.
C. Handing out free samples.
D. Sponsoring local organizations.
3. A. Creating loyalty programs.
B. Offering more discounts to customers.
C. Choosing several advertising platforms.
D. Working with the most suitable marketing company.

New words

establishment	<i>n.</i> 企业；商店
coupon	<i>n.</i> 优惠券
bond	<i>n.</i> 纽带；关系
solidify	<i>vt.</i> 巩固

听力原文:

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?

Key: 1.C 2.D 3.A

Lecture 2

1. A. They help protect privacy and prevent trespassing.
B. They separate one's property from their neighbors'.
C. They prevent the occurrence of neighborhood disputes.
D. They enhance safety by defining the zones for specific activities.
2. A. They were solid and well-defined.
B. They were more visible and tangible.
C. They were not reliable in terms of safety.
D. They were not harmful to neighborly communication.
3. A. There will be fewer casual interactions.
B. There will be fewer gatherings and parties.
C. There will be fewer free exchanges of ideas.
D. There will be a misleading sense of security.
4. A. By making more efforts to prevent invisible boundaries.
B. By overcoming the challenges posed by invisible boundaries.
C. By striking a balance between invisible and physical boundaries.
D. By removing all forms of boundaries to promote communication.

New words

Robert Frost	罗伯特·弗罗斯特（美国诗人）
trespass	<i>vi.</i> 擅自进入；非法侵入
impede	<i>vt.</i> 妨碍；阻碍
intermingle	<i>vi.</i> 混合
stifle	<i>vt.</i> 抑制；阻止
empathize	<i>vi.</i> 产生共鸣

听力原文:

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?

Key: 1. A 2. D 3. C 4. B

Unit 4

Conversation

1. A. He has difficulty writing personal stories.
B. He thinks the creative writing class is boring.
C. He doesn't know what to write for his fictional writing assignment.
D. He finds it challenging to write three creative stories in two months.
2. A. She goes to the train station.
B. She goes for long walks in nature.
C. She engages in conversations with artists.
D. She observes dramatic goodbyes and romantic reunions.
3. A. It's a useless old trick.
B. It's a pretty good method.
C. It might not work for him.
D. It only works for artists and writers.
4. A. Listen to others' conversations.
B. Sit in the lobby and watch others.
C. Talk with strangers to learn their stories.
D. Share the plot of his story with passers-by.

New words

plot *n.* 故事情节

lobby *n.* 前厅; 大厅

听力原文:

M: Alas! This creative writing class is too much! I have to write a five-page short story by October 8, and I have no idea what to write about.

W: We're already two months into the semester. You must have written stories before this. What did you write about last time?

M: That's just it – we've only had to write true stories so far, funny little things that happened to us or our families. My first three stories were about hunting or fishing with my childhood dog, Brownie, and visiting my grandmother during the summers when I was in high school. This time, it has to be fictional. Hey! You're an artist. How do you get your ideas?

W: Well, I'm not sure painting and writing are exactly the same. When I'm going to start a new painting, I usually go for long walks along the beach or out in the woods. I find most of my inspiration in nature.

M: Hmm ... I don't think that would really work for me. I need characters and a plot.

W: You could try hanging out at the train station. There are always interesting people coming and going, dramatic goodbyes, and romantic reunions. Just sit in the lobby for an hour or two and watch everyone. Try to imagine who they are, where they're going, and why they're in such a hurry.

M: The train station? That's actually a pretty good idea! How did you come up with such a great idea?

W: I'm glad you like it, but I can't take any credit. It's an old trick I learned from many artists and writers. You just need something new and exciting to get those creative ideas flowing.

Questions:

1. What is the man's problem?
2. How does the woman usually find inspiration for her new paintings?
3. What does the man think of the woman's way of finding inspiration?
4. What does the woman advise the man to do at the train station?

Key: 1. C 2. B 3. C 4. B

Passage

1. A. Whether research should be conducted for its immediate benefits.

B. Whether research should continue even without financial support.

C. Whether the government should distribute funds for research equally.

D. Whether the government should support research with less immediate value.
2. A. Such research is also aimed at discovering truths.

B. Much of such research has proven beneficial to society.

C. Such research can have a long-term impact on our society.

D. Failure to support such research hinders the discovery of new knowledge.
3. A. Computer research was given priority even in the face of opposition.

B. Computer research was not well-received at first but has proven beneficial.

C. People have always been aware of the practical benefits of computer research.

D. The progress of computer research was slow at first due to insufficient funding.

New words

reluctance *n.* 不情愿; 勉强

aviation *n.* 航空学; 飞行术

听力原文:

Scientific research is intended to improve the overall quality of our lives. The government should provide financial and policy support for research that is likely to produce significant benefits for the public. However, opinions vary regarding government support for scientific research that lacks immediate practical uses. Nevertheless, many believe that the government should allocate sufficient funds for all scientific research aimed at improving public welfare, regardless of its short-term practical uses.

Certain scientific research, whose social benefits are immediate, predictable, and profound, should continue to receive support. For example, biotechnology research has provided new methods for disease treatment and prevention; studies in information technology have made education more accessible; and research in communication technology has facilitated exchanges among people.

However, this does not imply that research with less clear or immediate benefits should be given a lower priority. It is difficult to predict which research will ultimately contribute most to society. A reluctance to fund such research could hinder the exploration of new knowledge. This has been notably true in the field of computer science. For instance, some people initially opposed heavy investment in computer research due to its seemingly unknown applications. However, computers have transformed the way we live and proven to be of great benefit in the long run across diverse fields including medicine, aviation, and education.

Therefore, we should never dismiss any scientific research with unknown outcomes as unworthy. After all, the primary objective of any research is to discover truths, whatever they might be.

Questions:

1. What do people disagree about regarding scientific research?
2. Why should we value research with unknown benefits?
3. What does the speaker say about computer research?

Key: 1. D 2. D 3. B

Lecture 1

1. A. People often get lost in daydreams.
B. Too many people indulge in daydreaming.
C. Daydreaming indicates a lack of productivity.
D. People are taught that focus is the key to success.
2. A. It makes our brains more active.
B. It helps us generate original ideas.
C. It creates endless possibilities for success.
D. It helps us understand the people around us.
3. A. Daydreaming can waste time if it occurs too frequently.
B. Daydreaming may lead to a loss of one's self-awareness.
C. Daydreaming can distract one's attention from the current task.
D. Daydreaming may foster a constant desire to escape from the present.

New words

insanity	n. 极端愚蠢的行为
chaotic	a. 混乱的；杂乱的
indulge	vi. 沉迷于；沉溺于
ironically	ad. 具有讽刺意味的是
introspection	n. 内省；反省
ignite	vt. 点燃；使燃烧

听力原文：

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?

Key: 1. D 2. B 3.C

Lecture 2

1. A. It involves developing skills and talents.
B. It is the ability to think outside the box.
C. It is about doing something that's unknown to others.
D. It means creating for specific listeners, viewers, or users.
2. A. It involves the development of new ideas.
B. It involves self-reflection or self-expression.
C. It is about turning imaginative ideas into reality.
D. It is about employing artistic skills to create something.
3. A. It is more of an imaginative process than a productive one.
B. It represents a spontaneous departure from the mainstream.
C. It often leads to outcomes that can be seen in various forms.
D. It is about creating something new that can bring value to others.
4. A. Innovation is a process; creativity is the final product.
B. Creativity helps generate ideas; innovation applies them.
C. Innovation is linked to science; creativity is linked to art.
D. Creativity is inward-focused; innovation is outward-focused.

New words

evoke	vt. 引起，唤起（强烈的感情）
conventional	a. 传统的；常规的
envision	vt. 想象；展望
ideation	n. 构思过程；思维过程

听力原文：

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?

Key: 1. A 2. A 3.D 4. B

Unit 5

Conversation

1. A. He is going to visit a friend.
B. He is going on a working holiday.
C. He is going on a business trip to France.
D. He has accepted a full-time job on a farm.
2. A. Doing housework.
B. Doing building work.
C. Working in the fields.
D. Working in the garden.
3. A. Stay in the local town.
B. Do extra work on the farm.
C. Go to Paris every weekend.
D. Visit a few places in France.
4. A. Find a place that interests her.
B. Advise the man to give up his plan.
C. Join the man for the unique experience.
D. Search the Internet for travel information.

New words

board and lodging *n.* 食宿

听力原文:

W: Hi, Steve.

M: Hi, Penny. Good to see you.

W: Are you all packed now?

M: Yeah, I'm ready to go. I just hope I haven't forgotten anything.

W: When are you off?

M: The taxi's picking me up at 7 tomorrow.

W: You're going to France, right?

M: Yeah, for a holiday. I'll be working on a farm there.

W: Work? That's not my idea of a holiday!

M: I don't think it'll be too hard. They want me to work in the garden, not in the fields. They've got a big garden, and they need someone to look after it.

W: I didn't know you were interested in gardening.

M: Not really, but there might be some building work in the garden. That's more my type of thing.

W: It still sounds like hard work. I wouldn't call it a holiday.

M: Well, I only have to work five hours a day, and in exchange, I get free board and lodging. So, it's like a free holiday. Well, almost free.

W: Sounds great. Where exactly are you going?

M: It's in the center of France. Hold on a minute. I've got a photo on my phone. Here, take a look.

W: Nice location!

M: Yeah, and this is the local town.

W: So, it's not all work?

M: No. I have lots of time off. I'm planning to visit a few places on weekends, and I'm going to spend a weekend in Paris.

W: You know, looking at these photos, I'm changing my mind. How did you find out about this?

M: On the Internet – there are lots of sites. Why not come with me? It'll be an unforgettable experience.

W: Yes, let's do it!

Questions:

1. Why has the man packed up?
2. What is the man interested in?
3. What does the man plan to do on weekends while in France?
4. What does the woman decide to do, according to the conversation?

Key: 1.B 2.B 3.D 4.C

Passage

1. A. She no longer felt passionate.
B. There was no salary increase.
C. She felt there was no flexibility.
D. Her boss was not understanding.
2. A. Starting our own businesses.
B. Creating something from scratch.
C. Turning hobbies into professional pursuits.
D. Pursuing anything that reflects our passion.
3. A. A business owner.
B. An online teacher.
C. A freelance writer.
D. An investment advisor.

New words

blend	vi. 混合；交融
from scratch	从头开始；从零开始
quest	n. 探索；追求
freelance	a. 从事自由职业的

听力原文:

Once, I had a wonderful job at a marvelous company. I enjoyed flexible working hours, an understanding boss, and a high salary. I loved my job. However, after six years of trying out various professional roles, I felt that I had outgrown my passion for the fixed positions available at the company.

I must admit, having a lot of money is nice. Money can buy you things, nice things. Yet, the popular saying is true – money cannot buy you happiness, and having a lot of money doesn't make you a successful person. After several years, I realized that the more money I made, the less satisfied I became. Time flew by, and my days started to blend together. I found myself deeply longing for something more meaningful.

Upon realizing that I was trading my time for money, I began to explore other sources of income. I've started and ended businesses, turned hobbies into professional pursuits, and tested out different investment strategies.

In the end, I've learned that it doesn't matter what you are doing. As long as you do something that reflects your passion, you will feel great and achieve a sense of fulfillment. I've also learned that starting something from scratch and watching it grow is deeply satisfying.

Through my quest for passion, I've finally discovered that working online as a freelance writer is just my cup of tea. It enables me to share ideas and lessons learned, which gives me a sense of accomplishment. For the first time in my life, I feel like I am truly living my life's purpose.

Questions:

1. Why did the speaker become dissatisfied with her job at the company?
2. What can help us achieve a sense of fulfillment, according to the speaker?
3. What job does the speaker find most suitable for herself now?

Key: 1. A 2. D 3. C

Lecture 1

1. A. He had a crucial role in the conference.
B. He was praised by the author for his good work.
C. He appreciated the audience's reactions to his work.
D. He accurately interpreted the author's ideas and works.
2. A. Interpreters are on a never-ending journey to different places.
B. Interpreters play different roles in various events and conferences.
C. Interpreters can meet people from diverse backgrounds and cultures.
D. Interpreters can acquire world views distinct from those of other people.
3. A. They help organize many high-level conferences.
B. They help make critical decisions in important negotiations.
C. They often have the best seats at many high-level conferences.
D. They enable effective communication during conferences and negotiations.
4. A. It makes one understand others better.
B. It helps one manage emotions effectively.
C. It helps one develop various speaking styles.
D. It helps one maintain composure under pressure.

New words

thrilled	<i>a.</i> 非常激动的；兴奋的
acquisition	<i>n.</i> （知识、技能等的）获得，得到
indispensable	<i>a.</i> 必需的；不可或缺的
terminology	<i>n.</i> 术语；专门用语
subtlety	<i>n.</i> 微妙之处
composure	<i>n.</i> 冷静；镇定

听力原文:

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?

Key: 1. C 2. C 3. D 4. D

Lecture 2

1. A. It leads to increased levels of stress.
B. It provides time for detachment and recovery.
C. It blurs the boundaries between work and home life.
D. It encourages greater mental engagement and productivity.
2. A. Focusing on the road map.
B. Getting off at the wrong bus stop.
C. Taking a longer commute every day.
D. Dwelling on the negatives of the workday.
3. A. Spending less time on the road.
B. Engaging in conversations with friends.
C. Watching the changing scenery along the way.
D. Choosing comfortable means of transportation.

New words

blurred	a. 难以区分的；模棱两可的
detach	vt. 摆脱；离开
undermine	vt. 逐渐削弱（损害）
dwell on	总是想着
route	n. 路线；路途

听力原文:

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?

Key: 1. B 2. D 3.B

Unit 6

Conversation

1. A. He is struggling with a test.
B. He hasn't finished reading his textbooks.
C. He has trouble writing psychology essays.
D. He thinks there are too many concepts in the textbook.
2. A. He is afraid of Dr. Smith.
B. He is too shy and nervous.
C. He failed Dr. Smith's class once before.
D. He is often called on by Dr. Smith in class.
3. A. She is a great lecturer.
B. She has office hours on Wednesdays.
C. She is good at making complex concepts easy.
D. She is known for being willing to help students.
4. A. Post his difficulties online for suggestions.
B. Do some research to prepare for the meeting with Dr. Smith.
C. Talk to some professors who have posted video lectures online.
D. Speak with the teaching assistant and watch some online lectures.

New words

get a handle on 弄懂；理解

Maggie 玛吉（人名）

call on 请（学生）回答问题

听力原文:

M: Megan? Um ... Can you help me out? I'm really worried about my Intro to Psychology class.

W: What's wrong, Tim? I thought you loved that class. Are you having trouble with the essays?

M: No, the essays are fine; it's the test I'm really struggling with. I read the textbook over and over, but I just can't get a handle on some of the concepts. I understand the words, but I can't understand how the concepts fit together.

W: Have you tried talking to Dr. Smith? He is really helpful. Maggie told me she would have failed the class if she hadn't met with Dr. Smith every week on Wednesday during his office hours.

M: No, no! I'm way too shy. Every time he calls on me in class, I'm so nervous that I can't speak.

W: Then how about talking to Jane, the teaching assistant? She is known for making the complex concepts of psychology easy to understand, and she's a great listener. Maybe she can help! Jane's office hours are on Thursdays at 1 p.m.

M: OK, Thursdays at 1 p.m. Any other ideas?

W: Yeah. Don't forget about the Internet. Try doing some research online. Many professors post video lectures that are free to watch. For a class like Intro to Psychology, I bet you can find some great lectures online, and that will be a big help.

M: Thanks, Megan! That's really helpful.

Questions:

1. What is the man's problem?
2. Why doesn't the man want to ask Dr. Smith for help?
3. What can we learn about the teaching assistant from the conversation?
4. What will the man probably do, according to the conversation?

Key: 1. A 2. B 3. C 4. D

Passage

1. A. It helps us agree with other people's points.
B. It helps us be better understood by other people.
C. It helps us understand the backgrounds of other people.
D. It helps us understand the reasons behind other people's points.
2. A. We don't respect other people's decisions.
B. We get upset with other people's misbehavior.
C. We expect other people to behave in a certain way.
D. We blame other people for their mistakes and limitations.
3. A. By looking for things that are left unsaid.
B. By bringing up old conflicts and solving them.
C. By talking frankly and honestly to earn each other's trust.
D. By focusing on positive issues and seeking common ground.
4. A. Different types of conflicts in our relationships.
B. Suggestions on dealing with conflicts in our relationships.
C. Suggestions on how to avoid conflicts in our relationships.
D. Reasons behind various types of conflicts in our relationships.

New words

empathy *n.* 同感; 共鸣

inadvisable *a.* 不可取的

听力原文:

Every relationship in our lives, from friendships to romantic relationships, can potentially be destroyed by conflicts. The solution, however, is not to ignore conflicts or keep searching for perfect people. Resolving conflicts in relationships is one of the most important life skills we should develop. So, how can we effectively resolve conflicts?

First, when faced with a difficult problem, we should consider the problem from other people's perspectives. This does not mean we have to agree with their points; rather, we should try to understand the issue from different angles. Such empathy can help us understand why others hold their particular attitudes or beliefs. If we only look at things from our own perspective, conflicts are much more likely to occur.

Second, we need to be tolerant. A major cause of conflicts in relationships is our expectations of how people should behave. The problem with this is that we become upset when others fail to meet our expectations. Thus, we need to be tolerant of other people's mistakes and respect their choices and decisions.

Third, we should engage in open communication. When tense situations arise, communication is often the most effective way to deal with them. We should try to focus on positive issues and look for things we can work on together. Some things are best left unsaid, and it is inadvisable to bring up old conflicts unless necessary.

No conflict is unsolvable. If we are willing to change our attitudes, we can resolve conflicts in our relationships and lead a more harmonious and peaceful life.

Questions:

1. Why is it important to consider problems from other people's perspectives?
2. What is a major cause of conflicts in relationships, according to the passage?
3. How should we solve problems through communication?
4. What is the passage mainly about?

Key: 1. D 2. C 3. D 4. B

Lecture 1

1. A. It ends up as litter.
B. It is impossible to degrade.
C. It is slow to degrade and hard to recycle.
D. Its manufacturing process is harmful to the environment.
2. A. They were encouraged by their immediate success.
B. They were doubtful about the method of their experiment.
C. They were discouraged by the numerous failures they faced.
D. They were relieved as they found the process easier than expected.
3. A. Heating it to make it vaporize.
B. Creating activated carbon from it.
C. Using several methods to recycle it.
D. Finding a use for it in manufacturing other products.

New words

styrofoam	n. 聚苯乙烯泡沫塑料
insulating	a. 起隔热（或隔音、绝缘）作用的
convert	vt. 使转变；使转化
component	n. 成分
vaporize	vi. 蒸发；汽化
persist	vi. 坚持不懈
purification	n. 净化

听力原文:

So, this project started when a few of my teammates visited Central America and saw beaches littered with styrofoam. When they came back and told us about this, we began to think about the ways we use styrofoam. It's a material we encounter every day, whether in disposable utensils, takeout containers, or kids' toys.

Where do all these items go after their one-time use? Regrettably, there are no effective solutions for dealing with used styrofoam, so most of it ends up in landfills, oceans, and beaches, where it takes over 500 years to degrade.

So, we asked ourselves: What if we could find a new use for styrofoam, one that takes advantage of its low-cost, lightweight, and insulating properties, but does not harm the environment? What if we could transform it into something else that is actually useful?

My team supposed that we could convert styrofoam into activated carbon, a key component of water filters. We conducted numerous heating tests but encountered a series of failures. Our samples either vaporized or exploded, leaving behind a sticky mess. Despite feeling discouraged at first, we persisted because we believed that this could have a positive impact on the environment.

We continued to experiment, facing more setbacks along the way. Our determination finally paid off when we achieved the desired result – successfully creating activated carbon from styrofoam waste. We not only managed to produce activated carbon for water purification but also contributed to reducing styrofoam waste, solving two problems with one solution.

This breakthrough showed us that what had seemed impossible could actually be achievable, and failure is simply an integral part of the journey to success. This has inspired us to take our project even further by conducting more tests to make it more effective and evaluate it in real-world situations.

Questions:

1. Why is styrofoam an environmental problem?
2. How did the team feel at the beginning of the experiment?
3. What is the team's solution for the problem of used styrofoam?

Key: 1. C 2.C 3.B

Lecture 2

1. A. They focus on the relationships between objects.
B. They are good at making well-informed choices.
C. They place a high value on empathy and creativity.
D. They focus on individual objects and their characteristics.
2. A. Finance.
B. Science.
C. Psychology.
D. Engineering.
3. A. Logical reasoning.
B. Harmony and balance.
C. The acceptance of changes.
D. The adaptability of thinking patterns.
4. A. People are born either analytic or holistic thinkers.
B. People acquire their thinking styles from the environment.
C. People's thinking styles can be influenced by personal preferences.
D. People develop their thinking styles by learning from their experiences.

New words

attribute *n.* 属性；特性

Socrates 苏格拉底（古希腊哲学家）

Aristotle 亚里士多德（古希腊哲学家）

dominant *a.* 首要的；占支配地位的

fusion *n.* （特质、思想等的）融合

听力原文:

Today, we'll explore the fascinating concepts of analytic and holistic thinking styles. Understanding these two thinking styles can help us foster mutual understanding and make well-informed choices.

Let's start by looking at the differences between the two. Analytic thinkers tend to focus on individual objects and their characteristics, whereas holistic thinkers consider the broader context and pay attention to the relationships between objects. For instance, if asked to describe a dining table, an analytic thinker may concentrate on its physical attributes, such as its size and material. In contrast, a holistic thinker might emphasize the table's role as a space for family and friends to share meals and experiences.

Both thinking styles are valuable. Analytic thinkers are good at separating important details from irrelevant or distracting ones. This skill is particularly useful in areas such as finance, engineering, and science, where precise calculations and logical reasoning are critical. Holistic thinkers often excel at seeing the big picture, identifying connections between seemingly unrelated pieces of information. This ability is crucial in fields such as the arts, psychology, and social sciences, where empathy and creativity are highly valued.

But where do these thinking styles come from? Analytic thinking originated in ancient Greece, where philosophers such as Socrates and Aristotle sought to understand the world through logical reasoning. On the other hand, holistic thinking emerged in ancient China. Famous Chinese philosophers like Confucius, Mencius, and Laozi emphasized harmony and balance. However, as people migrate across regions and interact with individuals from different cultural backgrounds, these thinking patterns have been shared and blended.

It should be noted that no one is born an analytic or holistic thinker. We acquire these thinking styles from our environment. Usually, one way of thinking becomes dominant through our interactions with others and is further reinforced by cultural influences.

In short, each thinking style has its own value, and cultural exchanges have led to a fusion of them. By recognizing and appreciating the distinctive qualities of both analytic and holistic thinking, we can embrace diverse perspectives and better interpret the complexities of daily life.

Questions:

1. What can we learn about analytic thinkers from the lecture?
2. In which of the following fields does holistic thinking play an important role?
3. Which of the following is emphasized by ancient Greek philosophers?
4. What can we learn about the development of thinking styles from the lecture?

Key: 1. D 2. C 3. A 4. B