**Unit 1**

**Q1：**Talk about my pride of achievements.The first comes to my mind is learning to ride the bicycle.In the process of learning riding, I have fell down.I have been wet in the rain and caught a cold.I have been laughed at by strangers.I have lots of predicaments.Even I have thought of giving up. That a low mood influenced me for a long time.When these setbacks was about to crash me,one greatest man talked to me, after the tough storm, I will see the rainbow. That`s my father.Then, I persevered.Even if the process is very tough , Finally,I learned it by myself after countless falls. That`s a really achievement for me making me proud forever. Not only did it enable me to acquire a skill, but it also let me experience the joy of success in my own efforts.

**\*Discussion.**

**Guo:...**

**Me:**Can confidence alone make her successful? I don't think confidence is everything.Not only self-confidence can make some things successful. Take Einstein, for example, who devoted himself to the study of celestial mathematics and finally achieved great success. There is no denying that confidence really occupies a small part, but it is more his unremitting efforts and his innovative spirit, which I think are more important than confidence. What do you think?

**Cui:... Guo:...**

**Me:**But have you ever thought that some people are not naturally confident in some aspects of themselves? For example, zhang xiaolong doesn't like interpersonal communication, but he still achieves success.

**Guo:... Cui:...**

**Me:**Well, you have a good point there.I agree that confidence is important to success.So how can we improve our confidence?What do you have in mind?

**Guo:... Cui:...**

**Me:**Well, I agree. Guo's height advantage has made him more confident. But let's think about it. Is there anything else that makes us confident besides our genes?I think learning is a factor.Studying hard and getting good grades can also make people confident. I have an example.When I was in high school, my grades were not good and I could not integrate into the class. Therefore, I studied hard and got good grades, which won the praise of my classmates, which made me more confident.You say, are there any other factors?

**Cui:...**

**Me:**Let's hear it.

**Cui:... Guo:...**

**Me:**Well, I agree, there are a lot of stars who hurt their confidence because of their words, so they do painful things, so face all kinds of words positively, keep their original heart, so that confidence will belong to us.

**Guo:... Cui:...**

**Me:**Well, that makes sense. We all have to face the unknown future with confidence.

**Unit 2**

**Q3：**In our daily life,it is unavoidable for us to be misunderstood by others,strangers,our friends or sometimes our parents.It is really common and has become one part of our life lessons.So,I wouldn`t fight against them with anger,which only can make things worse and uncontrollable.In that case, I will treat different people in different ways.For strangers,if it`s on purpose,I will explain it once ,because they don`t learn about me,it`s useless to say more words.For my friends and my parents,first I will give my own point and explain to them detailedly until they change their orignal view or just a little.Because they are familiar with me,and I would not only prove myself ,but also keep the close bond between us towards the best direction.That `s more necessary. Therefore, if our friends and parents misunderstood us, don`t fight back,don`t keep silence,the best thing we must do is communication.

**\*Discussion.**

**Me:**Do you think people are getting more emotional now? People seem to get angry more easily than ever before.

**Cui:... Guo:...**

**Me:**Well, have you noticed that we all have less time to laugh and more time to be angry? Now we just entered the university , is adjusting to the university life, but then a big wave of things makes us busy breathless and very agitated. Sometimes others just do a little thing making me unhappy, I am very angry, even want to fight him.

**Me:**So why have we become so irritable? What do you think of this?

**Cui:...**

**Me:**What do you think, guo weile?

**Guo:...**

**Me**:I think there is another factor besides the accelerated pace of time.That's the review. Nowadays, people's communication has become more and more convenient, and the communication platform has become more and more diversified.For example, zhihu, xiaohongshu, blog and so on, while being convenient, also bring a problem, that is, different people's views are different, so people express their own views, want to defend their own views. At first, it was ok, but gradually, people lost their minds. As soon as they heard different opinions, they started to spray on the Internet, which finally made people angry.So it comes into our lives, and we become more and more emotional, and we become more and more irritated by different points of view.

**Guo:... Cui:....**

**Me:**Cui's data really shocked me.This is so bad, you think we're getting more and more irritable, how can we get less and less irritable.

**Guo:...**

**Me:**Well, I think it's a good way to think about the consequences of anger.Cui, what do you think?

**Cui:...**

**Me:**Your point is logical. Well, let's think about it. It's a good idea to think about the consequences of anger, but we usually think about the consequences after we get angry.So how do we get help from others?

**Cui:... Guo:... Cui:...**

**Me:**You just talked about individual solutions.Let me talk about the bigger picture.I think in terms of comments, we should speak rationally. We should tolerate different comments. Even if there are bad comments, why should we fight back with anger? We can reply with rational words, or we can turn a blind eye, so we are not angry in the comments, in reality, we can also maintain a rational attitude to view different points of view, different issues. I think that's a good solution.

**Cui:...**

**Unit 3**

**Q2：**No one wants to live in a dangerous and messy living environment.So,we must do our best to promote our neighborhood. For me,an individual, I will start with myself in order to play an leading role. For safer neighborhood,I will first install anti-theft equipment in my own home.After that,propagandize widely.For more beautiful neighborhood, in daily life,I`ll clean my backyard everyday and decorate it for the holidays. While making myself comfortable,I can also invite my neighbors.In that case, we can communicate more deeply and know each other better. Therefore, I can not only bring neighbors together to decorate their homes,but also promote the relationship between us.It`s a win-win situation.So,in a word, to improve our neighborhood, don`t just ask others to obey our arrangements,we must take action first.

**\*Discussion.**

**Cui:... Guo:... Cui:...**

**Me:**In addition, online communication can also record what we say, and also what other people say, so that we can review the useful communication information later, which is impossible for us to complete in normal communication.

**Guo:...**

**Me:**Well, it's true that it's extremely time-efficient and time-efficient, and that's what the Internet does for us.

**Cui:...**

**Me:**Well,your views are comprehensive, but come to think of it, some crimes will also through the way of online communication fraud, we are not short of such examples. I think we should not only enjoy the convenience of online communication, but also consider the hidden dangers of online communication.

**Cui:...**

**Me:**In addition to fraud, actually the network communication has other harm.

**Guo:... Cui:... Guo:....**

**Me:**Well, it is true that we should distinguish reality while communicating online.I also think that the unpredictability of online communication can lead to some undesirable consequences.Online dating, for example, is also conducted through online communication, but sometimes the results are unsatisfactory and even life-threatening. Because you don't know who you're talking to, communicating in these unknowns creates a huge conflict with reality that can lead to deception.So we communicate on the Internet is to find out the real identity of the people we communicate with, do not easily provide personal information.

**Guo:...**

**Me:**I agree. If you do, do it in real life, not online.

**Cui:...**

**Unit 4**

**Q1：**Talk about the worst inventions.The first comes to my mind is the plastic bags.As it is relatively cheap, it is convenient for mass production. However, its harm to the environment is very great, especially the ocean, a lot of plastic products are discarded, by the river into the ocean, causing great harm to ocean environment ,fishing resources and ocean life.Also, unlike paper products,plastic bags can't degrade easily,which will take thousands of years to degrade thoroughly . So,in these days,we all advocate not using plastic bags but using paper bags.In that case,plastic bags can be completely replaced, which can reduce pollution in a large degree.From my perspective,plastic bags were invented just to cut costs. Therefore,I think It`s the worst invention.

**\*Discussion.**

**Me:**You know Edison, he invented a lot of things, electric light, movies, generators and so on, I think he was a great inventor.Now let's start our imagination. If we were a great inventor, what would you like to invent?

**Cui:...**

**Me:**Well, that kind of equipment can make athletes perform better. It's really sad when an athlete gets injured.

**Guo:... Cui:...**

**Me:**That`s for sure.I want to invent a floating umbrella.It is an umbrella that floats in the air and can automatically follow people around, adjusting the direction of the umbrella according to the wind direction and speed. At this time people can free hands, people provide great convenience.Because sometimes it is very inconvenient to hold an umbrella, if we have this, it will make us very efficient.

**Cui:... Guo:...**

**Me:**I couldn't agree more.

**Guo:... Cui:...**

**Me:**Wow, that's great.But I have a question,do we need the doctor in that case?

**Guo:... Cui:...**

**Me:**Well, that's true.So we all have these novel ideas, haha.What would the future look like if each of us could realize our ideas? That's a great feeling, don't you think?

**Guo:... Cui:...**

**Unit 5**

**Q3：**In my future,maybe I will face a hard choice between big company and small company. After careful consideration,I give up the big and turn into the arms of small company. According to my learning about them,I am accustomed to a looser environment which can make me relaxed.In that case,I will be caught up in my work naturally, rather than working under great pressure in a serious big company environment.Second,In small company,I can feel the intimate relationship between people more than colleagues.Maybe,I will gain a lot of close friends.Finally, in small company, I can easily voice my own opinion and make effective improvements through discussion more efficiently than big company. This kind of quick communication ,I think,is vital ,which the big company can`t launch.In a word, the small company can reach my full potential and match my character. I won't regret my choice.

**\*Discussion.**

**Me:**We are all freshmen now, it may be too early to talk about looking for a job, but we will certainly face the situation of looking for a job in the future.What kind of job are you looking for?Programmers?

**Guo:...**

**Me:**I don't have any plans for my future work. Cui, do you have any plans for your future work? Want to be professional to oneself, still be interested to oneself.

**Cui:...**

**Me:**Well, I might be interested in a job someday.It seems that we all want to find jobs related to or interested in our major.But if someone later offered us a high-paying job that wasn't relevant to our major or that we weren't interested in, would you go?

**Guo:.. Cui:...**

**Me:**I probably won't.Why do you choose? I don't quite understand.

**Guo:... Cui:...**

**Me:**However, I think my major in computer science is not so bad. I may have turned down this offer, and I may have found a better and more interested one. Wouldn't I be very happy to work in this way?Do we work just for paycheck?

**Cui:... Guo:...**

**Me:**Indeed, what you said is very reasonable, if we get the material guarantee, then we hope to be able to do some of their dreams.

**Guo:...**

**Me:**I think we should also enjoy the happiness brought by work after we pursue the salary, and learn to deal with people's concerns in work. This is the deeper things that work brings to us, and I think these are more important than salary.

**Cui:... Guo:...**

**Me:**That's right. So, let's not forget our original intention. We must consider the material aspect, but we also need to seek for spiritual prosperity in work.

**Cui:... Guo:...**

**Unit 6**

**Q3：**Since the past,our country has been thriving step by step.In my opinion, Reform and opening up is the propeller of China's development.Before this policy was released, our country was in a slow stage of development, our country was poor and people lived in poverty.My grandfather telled me, that time was very tough. However, After Deng Xiaoping published the Reform and opening up policy, Gone are the days of poverty.Our country and people ushered a whole new era. Initially, Deng Xiaoping was committed to developing China's economy. That`s the most important reform which thoroughly changed China's economy and brought benefit to us today.If there were no the policy, We probably wouldn't have the life we have today. Deng Xiaoping and the Reform and opening up policy dramatically change the course of China`s history.

**\*Discussion.**

**Guo:...**

**Me:**As far as I know, ancient people first used oracle bone inscriptions to record information, then silk, bamboo slips, and then invented paper. But how to preserve these cultural relics, I feel a little confused, most of them should be broken.

**Cui:...**

**Me:**Wow, I see.So people use preserved artifacts to get credible historical information.

**Cui:... Guo:...**

**Me:**Historians pay so much for our cultural relics, let's think about,what cultural relics do we remember ?

**Guo:... Cui:...**

**Me:**I also think the Qingmingshanghetu is really a treasure.Ah, speaking of ancient relics, I like ancient books.Dream of red mansions, romance of The Three Kingdoms. Some literary works, I don't like to read official history.

**Cui:...**

**Me:**How about you, Guo? Do you like to read historically accurate books or fiction?

**Guo:...**

**Cui:... Guo:...**

**Me:**Can we stop reading and accurate books? I feel that so boring.

**Guo:... Cui:...**

**Me:**Is it important that we read past history now?After all has become the history, our vision should look toward the future, right? And we may have read accurate history books that don't help us much in my opinion, rather than interesting wild history.Therefore, I think it is not very important to read historically accurate books.

**Guo:...**

**Me:**Ah, that's right. Any examples?

**Cui:...**

**Me:**In this way, it is important to read accurate history books.If we don't read it, we risk distorting history.What is happening around us now is Hong Kong's waste youth,it is understood that they have not spent an accurate history book.And that led to the wrong idea, and led to this tragedy.

**Guo:..**

**Me**:Therefore, we should read accurate history books, keep in mind the history of the past, take history as a mirror to know the new.

**Cui:...**