

How to Deal with Nervousness

Everyone has experienced being nervous at one point in their lives. Being nervous is a normal emotional reaction to stressful, unknown, or intimidating circumstances. One may feel Nervous before an upcoming job interview, the first date, and even a doctor's appointment.

For some people, nervousness becomes a problem that interferes with normal life. Shaky and sweaty hands, stammering speech and blank mind may spoil things. However, nervousness can be managed if treated properly.

First of all, it is important to remember that no treatment can make a person instantly calm down and forget about his nervousness. The secret to achieving true calm, without tranquilizers (镇静药), is in practice. The more you practise, putting yourself in situations that may make you nervous and taking action, the more confident you become. This way you eventually feel more and more comfortable and less nervous. If you are getting ready for an important interview or a presentation at work, practise your speech so that you can do it automatically. That way, your lips and body will know what to do even if your mind gets blocked somehow. During the speech you need to concentrate on breathing slowly and deeply to avoid short quick breaths that are common for nervous people.

When people talk slowly, they keep a nice steady supply of oxygen flowing through their bloodstream. In many cases, nervous people spend time visualizing as to what may go wrong in a future situation. This can, of course, create a lot of nervousness. It can also give you the results you imagined, or feared. If you convince yourself that you will fail, then most probably you do fail. Much more helpful is to have pleasant thoughts and try to imagine only good outcome of a situation. If you visualize things in an optimistic way, what actually happens can change a lot about how you behave, how you present it, how convincing you sound, and generally how you feel in the situation. It always has a great effect on how the things actually go.

Sometimes fears occur for a good reason. It is quite understandable that people might be afraid of jumping with a parachute (降落伞), for instance, but what about speaking in public? It is absolutely irrational. Try to compare these two types of fear and maybe then it will be easier to understand that nervousness does not really make that much sense. So, ask yourself a few simple questions. For example, "What is the worst that could happen to me?" Questions of this kind can put things into a healthier perspective and calm yourself down.

With sufficient practice, positive self-image and rational thinking, you'll be able to build up self-assurance bit by bit and behave confidently whether in workplace or in social life. Apply these strategies and don't let nervousness stand in the way to your success.

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I Introduction (para.1-2)

A. Nervousness is a common problem in life.

B. Thesis: Nervousness can be managed if can be treated properly.

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II There are several strategies to deal with nervousness. (para.3-5)

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III Conclusion:

Apply these strategies and don't let nervousness stand in the way to your success.

With sufficient practice, positive self-image and rational thinking, you'll be able to build up self-assurance bit by bit and behave confidently whether in workplace or in social life. Apply these strategies and don't let nervousness stand in the way to your success.

Sentence Outline

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- 1. Advanced communication technologies**
- 2. Essence of media companies (seek maximum profits)**
- 3. Intense/fierce/keen competition**
- 4. The pursuit (n.) of freedom (pursue vt. his goal/dream)**
- 5. booming population**
- 6. environmental pollution/contamination**
- 7. industrialization (release/discharge the harmful gases/pollutants into)**
- 8. a waste of water resources (raw materials)**
- 9. globalization**
- 10. fast-paced life and work style**

causes

Styles of Dress as Reflections of Social Conditions

Something that becomes very apparent when we study the topic of fashion is that clothes and style are related to so much more than merely an individual's appearance. For thousands of years, fashion and style have been primary indicators about a person's social status, sexuality, wealth, individuality, and overall personality attributes.

In the 20th century alone, each decade has been marked by distinctly different manners for dress for both men and women. Our Halloween tradition exemplifies this very clearly with “costumes” such as a 1920's “flapper girl” and the 1960's “hippie.” With deeper consideration, however, these differing fashion styles can be viewed as representative of the related social conditions occurring at the time.

As stated by Pasacoe, “The fashion of the 1920's reflected the Jazz Age perfectly. It was made for fast automobiles and Charleston dance. For the first time in western fashion the knee was socially acceptable.” Although there are many theories regarding what causes fashion to change, the fact that social climate is reflected in styles of dress has a great deal of support. Perhaps the reason why so much change occurred in women's dress in the early decades of the century is that so many changes occurred regarding women's roles and fights within that same time frame.

Another decade in which fashion was strongly indicative of the underlying social conditions is the turbulent 1960's. One of the most noted developments accredited to this decade is the introduction of the miniskirt. Many social historians relate the introduction of the miniskirt to the introduction of the birth control pill. Women became sexually liberated and the “free love” era began. These miniskirts came to symbolize the new liberation for women and the social climate of the decade. As stated in Vogue at the end of the decade, “The length of your skirt is how you feel this moment.”

Towards the end of the 1960's, younger generations were rejecting the establishment and rejecting the idea of high fashion along with it. Students wore long hair, faded denim jeans, and flamboyant patterns. Many wore combat jackets and surplus shirts to anti-war rallies. As Hoeymaker stated, “By the end of the decade, cheap, flamboyant clothes became expensive designer labels. The hippie style became high fashion; in fact ‘anti-fashion’ became the biggest fashion of all.” In this case, clothes became a form of protest.

Overall, there are countless examples of how fashion is influenced by the social climate of the times. Over the past thousands of years, the socially “appropriate” styles of dress for men and women have varied tremendously. Regardless of what exactly constituted “stylish” fashion during any given time period, one thing that remains constant is that fashion has always been a significant aspect of one's life and the time in which they lived.

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I Introduction (para.1-2)

A. Fashion and style indicate various aspects of a person

B. Thesis: Different fashion styles represent different social conditions of a particular time period.

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Towards the end of the 1960's, younger generations were rejecting the establishment and rejecting the idea of high fashion along with it. Students wore long hair, faded denim jeans, and flamboyant patterns. Many wore combat jackets and surplus shirts to anti-war rallies. As Hoeymaker stated, “By the end of the decade, cheap, flamboyant clothes became expensive designer labels. The hippie style became high fashion; in fact ‘anti-fashion’ became the biggest fashion of all.” In this case, clothes became a form of protest.

II Fashion reflected social conditions in different ages in the 20th century (Paras. 3-5)

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II Fashion reflected social conditions in different ages in the 20th century (Paras. 3-5)

A. The change in dress style of the 1920s reflected the changes in women's roles and rights.

B. The miniskirt of the 1960's symbolized the new liberation for women

C. The hippie style towards the end of the 1960's indicated. the younger generation's rebellious spirit.

Overall, there are countless examples of how fashion is influenced by the social climate of the times. Over the past thousands of years, the socially “appropriate” styles of dress for men and women have varied tremendously. Regardless of what exactly constituted “stylish” fashion during any given time period, one thing that remains constant is that fashion has always been a significant aspect of one's life and the time in which they lived.

III Conclusion: Fashion is influenced by the social climate of the times. (Para. 6)

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III Conclusion:

Smart Ravens

A flock of ravens ravaging a dead body may technically be called an unkindness. People hate them, but ravens are not terrifying. Do they have sharp, curved beaks(鸟喙)that they use to tear dead animals to pieces? Yes. Are their calls close to a horrifying and mysterious laugh? Most definitely. But that doesn't make them evil. Rather, they are masterminds, good at making awesome plans for the future.

The latest findings of ravens come from two Swedish scientists who literally put ravens to test. Up until now, we know that ravens have some ability to plan ahead for their own food needs because they hide food to dig up later. Then again, squirrels store food in the ground for later and they're, well, not the smartest. They forget about 75 percent of their nuts, accidentally planting millions of trees in the process. And if "stupid" squirrels can be biologically programmed to store food for later maybe ravens aren't as smart as we thought. Except obviously they are.

Ravens, as it turns out, will often choose to give up a tasty nut now in favor of getting a better treat later. Faced with a piece of food and a tool that they know can open a box containing more delicious food, they will generally choose the tool- even if they don't have the box yet. They've learned that when researchers present them with the box in 15 minutes' time, they can use that tool to unlock their prize. That's great vision right there. Even small children often choose to eat one ice-cream immediately rather than wait a few minutes for more.

This shouldn't come as such a shock Ravens also steal from each other by watching competitors hide food, noting the location, and returning later to dig it up. And because they get stolen from, some ravens will actually pretend to hide food to mislead thieves. What's more, they can tell other ravens where to find a juicy, rotting animal body and team up to scare off their competitors. That ability-to communicate information about a distant location -is shared only by ants, bees and humans. Besides deceiving one another to keep a food source a secret, they can also take advantage of other animals. For example, they would call wolves over to a dead body that hasn't broken down enough yet so that the wolves can rip it apart, leaving more convenient scraps for the ravens to eat.

If all that doesn't make you love and embrace our raven lords, nothing will. These birds are geniuses in their own right--so what if their look is a little weird? Their intelligence isn't to be feared; it's to be revered.

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I Introduction:

A: people hate ravens.

B: Thesis: Ravens are masterminds, good at making awesome plans for the future.

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II The findings to indicate ravens are smart.

A. Ravens have some ability to plan ahead for their own food needs.

B. Ravens are wise enough to make a better choice.

C. Ravens can communicate information about a distant location.

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III Conclusion: Ravens' wisdom should be revered.

How to Make Friends

What are friends for? This isn't a rhetorical question, but of essential concern for everybody. We might find friends extremely valuable in difficult situations. The truth is that friendship is always one of life's most important features, and one too often taken for granted. As a matter of fact, making friends requires time and effort, sometimes involving strategy.

The human desire for companionship may be boundless, but research suggests that our social capital is finite--we can handle only so many relationships at one time. Social scientists have used a number of ingenious approaches to gauge the size of people's social networks; these have returned estimates ranging from about 250 to about 5,500 people, though a Stanford thesis focusing exclusively on Franklin D. Roosevelt, a friendly guy with an especially social job, suggested that he might have had as many as 22,500 acquaintances. Looking more specifically at friendship, a study using the exchange of Christmas cards as an indicator for closeness put the average person's friend group at about 121 people.

However vast our networks may be, our inner circle tends to be much smaller. The average American trusts only 10 to 20 people. Moreover, that number may be shrinking: From 1985 to 2004, the average number of bosom friends that people reported decreased from three to two. This is both sad and consequential, because people who have strong social relationships tend to live longer than those who don't.

So what should you do if your social life is lacking? Here, research findings can be instructive.

Generally speaking, people tend to dismiss the humble acquaintance. However, building deeper friendship from acquaintance may be largely a matter of putting in time. A recent study found that it takes about 50 hours of socializing to go from an acquaintance to a casual friend, a an additional 40 hours to become a "real" friend, and a total of 200 hours to become a close friend.

If that sounds like too much effort, reviving dormant social ties can be especially rewarding. Reconnected friends can quickly recapture much of the trust they previously built, while offering each other a dash of novelty drawn from whatever they've been up to in the meantime.

And if both fail, you could start randomly confiding in people you don't know that well in hopes of letting the tail wag the relational dog. Sharing personal stories makes us more likable, and as a bonus, we are more inclined to like those to whom we have bared our soul.

The academic literature is clear: Longing for closeness and connection is pervasive, which suggests that most of us are stumbling through the world yearning for companionship that could be easily provided by the lonesome people all around us. So set aside this article, turn to someone nearby, and try to make a friend.

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II. Research findings about people's social networks (Paragraphs 2-3)

- A. Size of people's social ties

- B. Limited number of close friends

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III. Ways to make friends (Paragraphs 4-7)

- A. Investing time to deepen friendships

- B. Renewing long-forgotten friendships

- C. Developing friendships by sharing personal stories

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IV. Conclusion: Building potential friendships with people nearby (Paragraph 8)

I. Introduction (Paragraph 1)

- A. Friendship as an essential part of life

- B. Thesis: Making friends requires time and effort, sometimes involving strategy.

II. Research findings about people's social networks (Paragraphs 2-3)

- A. Size of people's social ties

- B. Limited number of close friends

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Living Trash Free

Three years ago, I heard on the radio the tale of a British couple who lived trash-free. Walking home from my laboratory, I told my roommate that I could also do that and I'd start soon."No, "he said. "If you care about this, you start today. "Just like that, I began an experiment of a trash-free life in the face of large environmental problems.

The average American produces about four pounds of trash per day, about 1, 500 pounds per year. In my first year of living trash-free, I produced less than eight pounds of waste. In year two, I made it down six pounds--about 0.4 percent of the American average. That was an accomplishment of my experiment.

To get there, I need to change the way I lived. I collected my waste, such as concert tickets, packaging and glass, and didn't throw it away. I knew my experiment wouldn't make much difference, but I felt I should do it. Since unnecessary consumption existed everywhere, I had to get creative. When a restaurant furnished a napkin-wrapped fork and knife, I asked the waiter to give me a set without the napkin. I carried a fork, a spoon, a plate and a bowl wherever I went, just in case the food was served only with plastic to eat with. Sometimes it was awkward.

The hardest part was figuring out the best way to talk about what I was doing. It is important to speak to people in a language they understand from their background. Also, big issues such as trash and recycling are tied to other big issues such as economic growth and climate change. So, as I wrote about the experiment on reducing trash, I had to discuss economy, peace, poverty, and so on. It was much harder to explain all that than simply announcing myself as a vegetarian, for instance.

Sometimes I failed, as some people didn't see the need of my experiment. More often, though, people gave me their support. The experiment inspired others to do similar experiments on their own. A couple of friends in Ann Arbor are doing it for a year. Their efforts have paid off. Ann Arbor has become one of the most environmentally conscious cities in America. When I visit that city now, I can get nearly all of my food unpackaged. There are several great secondhand stores I can go to, if really need something. I can get shoes and tools that don't come in paper or plastic boxes.

Humans have caused terrible problems: The polar ice caps are melting, and the oceans are full of trash. My project did not reshape those trends. But my views on consumption and social change had an impact. My experiment of trash-free life allowed me to answer the question of how we stand up in the face of large environmental problems. I am convinced each individual can help to create examples and communities of change.

I. Introduction: (Paragraph 1)

A. Start of my trash-free life

B. Thesis: I experimented with a trash-free life to promote environmental protection.

II. Experimenting with a trash-free life (Paragraph 2-3)

A. Results: reducing a considerable amount of waste

B. Means: changing the way of living

III. Influencing others with my efforts (Paragraph 4-5)

A. Communicating my idea to others with some difficulties

B. Inspiring others to act with positive outcomes

IV. Conclusion: Positive effects of the experiment and my reflection (Paragraph 6)