1. Major

I’d like to study law in the future. Nowadays, our country pays its attention to establish a legal system. And laws become more and more important to our country and our people. Different from before, people now often turn to laws when they have trouble in China. So if I can learn law well, it will be helpful to me. I plan to study law in my leisure time by myself. But maybe sometimes I would attend some classes in universities. I think I can study at well. Maybe next time you see me. I’ve already become a lawyer. If I study law well and become a lawyer. I can help many people resolve their problems, make the law more practical, and make some contribution to our society.

Why would more and more people want to go aboard?

Because they want to learn more advance knowledge aboard. And also it’s a good chance to improve their oral English.

What major is popular in China?

Many people choose computer science, technology, marketing, business administration etcetera.

What the difference between the majors popular in the past and now?

Now majors about high technology become more and more popular. While in the past, majors that could give people a steady career were more popular, like teacher training and accounting.

How can people learn a major well?

One must have strong interest in it and contribute as much time as possible to it.

How can a person choose his major wisely?

Before he chooses his major, he must know very clearly about his own interest and dislikes.

 Leisure time: that is free from duties or responsibilities

Last 11-13 minutes overall

Don’t fill the silence with more answer.

Answer with full sentence.

Stop with confidence.

Don’t keep talking.

What’s your favorite color?

My favorite color, because it’s the color of the sky on a nice day.

Do you like games?

Yes, I like games. Because playing games is a good way to relieve stress.

Do you like walking?

Yes, I like walking. Because I very much enjoy listening to the music with earphone when I am walking.

Do you like garden?

Yes, I like gardens, because they are nice places to relax. I like nature. I like being surrounded by plants and flowers.

Do you like flowers?

Yes, I like flowers. Because they are beautiful and I very much enjoy smelling the scent of different flowers. I like the scent of blossoms of orange tree in the spring and Wintersweet shrubs.

Ornamental plant

Do you like dancing?

No, I don’t like dancing. Dancing is a great way of to keep your body and mind healthy, but I like playing soccer. Fierce competition of soccer match could let me forget my duties and responsibilities, and relieve my work stree.

Dancing is as just helpful for losing weight and increasing aerobic power as cycling and jogging.

I consider it important to **instill** a pride in the players.

我认为使运动员逐步感到自豪是很重要的.

2.

Ask the child to sniff after you **instill** the drops.

你滴入药物后让小儿把药物吸入鼻内.

3.

They tried to **instill** such new ideas into students' minds.

他们努力将这些新观念灌输到学生的头脑中去.

These days, people love to watch other people dance. Competitive dance shows like *So You Think You Can Dance* and *Dancing With the Stars* are dominating the world of reality television. What you may not realize, however, is that if you get off the couch and dance yourself, it’s a great way to keep your body and mind healthy. Studies show that dancing can help you lose [**weight**](https://www.everydayhealth.com/weight/weight-articles.aspx), stay flexible, reduce stress, make friends, and more.

Dance not only instills grace, but it also helps you age gracefully. According to a study in *The New England Journal of Medicine*, dancing may boost your [**memory**](https://www.everydayhealth.com/fitness-pictures/health-benefits-of-dance.aspx) and prevent you from developing dementia as you get older. Science reveals that aerobic exercise can reverse volume loss in the hippocampus, the part of the brain that controls memory. The hippocampus naturally shrinks during late adulthood, which often leads to impaired memory and sometimes dementia.

Those plies and arabesques that ballet dancers practice aren’t just for aesthetics — they also increase flexibility and reduce stiffness. You can skip the ballet slippers and still reap the benefits of ballet by practicing some simple stretches at home. Increasing your [**flexibility**](https://www.everydayhealth.com/fitness/workouts/flex-time.aspx) will help ease joint pain and post-exercise soreness

If you’re feeling tense or stressed out, you might want to grab a partner, turn up the music, and tango! In a controlled study in the *Journal of Applied Gerontology*, researchers found that partner dance and musical accompaniment can help bring about [**stress relief**](https://www.everydayhealth.com/longevity/journal-for-stress-relief.aspx).

Dancing really does lift your spirits, according to a study in that tested the effects of dancing on people with [depression](https://www.everydayhealth.com/depression/guide/). Patients who participated in an upbeat group dance showed the fewest depression symptoms and the most vitality. Got the blues? Grab a friend and go out dancing tonight.

Dance is a great activity for those at risk for [**cardiovascular disease**](https://www.everydayhealth.com/heart-health/). People with heart failure who took up waltzing improved their heart health, breathing, and quality of life significantly compared to those who biked or walked on a treadmill for exercise, noted an Italian study.

Bored with your bicycle? A study in the *Journal of Physiological Anthropology* found that an exercise program of aerobic [**dance training**](https://www.everydayhealth.com/columns/american-council-on-exercise/dancing-to-lose-weight/) is just as helpful for losing weight and increasing aerobic power as cycling and jogging.

Can’t seem to find your get-up-and-go? Taking a dance class might help. Research published in *The Scholarly Publishing and Academic Resources Coalition* found that a weekly dance program could improve physical performance and [**increase energy levels**](https://www.everydayhealth.com/fitness/workouts/boost-your-energy-level-with-exercise.aspx) among adults.

A dance class is the perfect setting to make new friends and branch out socially. Maintaining positive relationships may just rank up there with healthy eating and [**exercise**](https://www.everydayhealth.com/fitness-pictures/exercises-you-can-do-anywhere-anytime.aspx). Being socially engaged leads to increased happiness, reduced stress, and a stronger immune system.

Some bloom in the summer, while others bloom very early in the spring, even before the leaves begin to uncurl. Some flowering trees even bloom in late winter, depending on the climate. Early spring flowering trees are some of the most beautiful and popular trees in America.

I like to **listen to the music** and to play piano and occasionally to go swimming.

我喜欢听音乐、弹钢琴,有时候去游泳.

I want you to **get into** a whole new state of mind.

我想让你有一个全新的心态。

2.

Whenever I **get into** a relationship, I always fall madly in love.

我每次谈恋爱都深陷其中，无法自拔。

3.

Try to **get into** the habit of saving your work regularly.

要努力养成经常将工作内容存盘的习惯。

Do you work or are you a student?

I am a project manager of a invest firm, but at the moment I am studying English.

Do you enjoy your job or studies?

I enjoy studying English but I am not enjoy my current job so much.

Would you like to get a different job in the future?

Yes. I am not really happy with the current job I chose. So now I am studying the new technics needed for the new job and preparing for the interview.