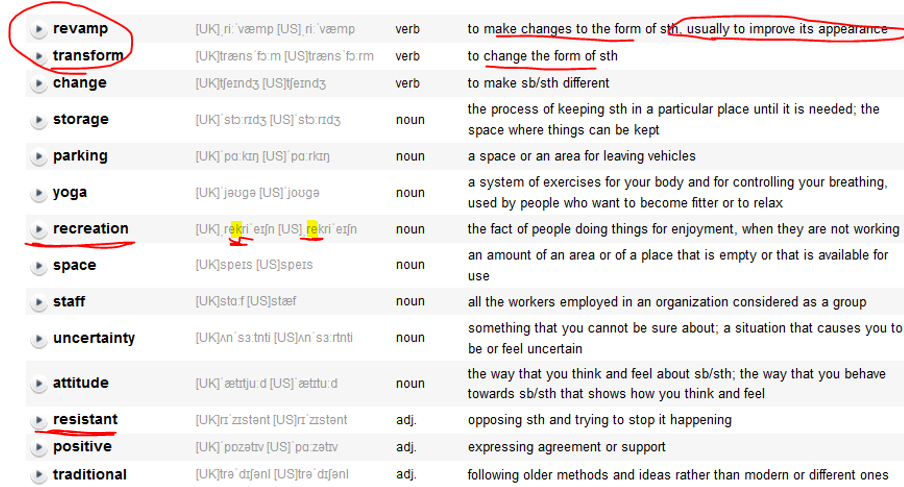
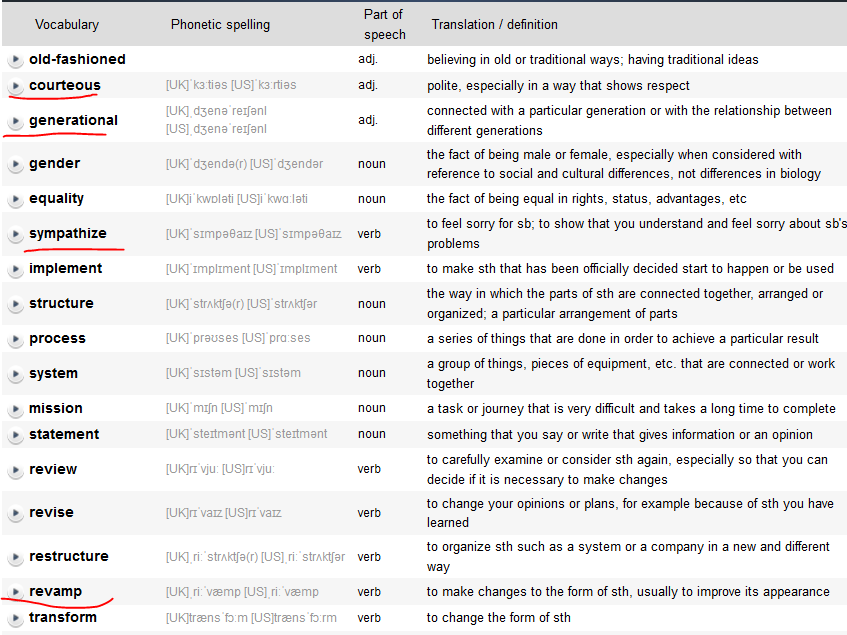
# Unit: Deal with change (mainly take examples of “The sense of value about gender equality is changed in this day and age”)

<https://ec.ef.com.cn/school/studyunit#school/2505ece3-f653-4a2f-9edb-1fc969b4bae8/2505ece3-f653-4a2f-9edb-1fc969b4bae8/7f2d29dc-a681-459d-a8ab-4a80e53c7000/7e2838c4-a49f-431c-8926-aa19d9cf9d0d>

# STOP==Lexical-General



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| --- |
| 全职妈妈/爸爸  A stay-home mum/mother; A stay-home dad |
| Let me **show you around** the office/my house/the company. |
| status quo /ˌsteɪtəsˈkwəʊ/  The status quo is the state of affairs that exists at a particular time, especially in contrast to a different possible state of affairs. 现状  **[安于现状: be comfortable with the status quo = stay in the comfort zone; 维持现状: maintain the status quo]**  e.g. By 492 votes to 391, the federation decided to **maintain the status quo**.  决定 维持现状。  e.g. Some people in the company **are comfortable with the status quo**. 安于现状  e.g. I'm not **comfortable with the status quo**. |
| **我认为xxx是不可行的 [I don’t think sth will fly = sth is not going to fly] = I don’t think it’s feasible/viable = unworkable]**  e.g. I don't think a new daycare center will **fly** in our company. / That's not going to **fly**.  //unworkable law/system/plan |
| It's **not the best** idea **I've ever heard**. (in other words, it’s a bad idea) |
| storage space/ˈstɔːrɪdʒ speɪs/ a place to store things that **will not be used for a while, like old clothes or old shoes**, or to help keep things out of the way  e.g. I need **a storage space** for all my old clothes and **worn-out shoes**. //**worn-out: too old or damaged to be used 破旧的；不能再用的**  V.S.  (储存食物的)仓库storehouse /ˈstɔːˌhaʊs/: A storehouse is a building in **which things, usually food, are stored**.  V.S.  仓库; 货栈 warehouse /ˈwɛərhaʊs/: A warehouse is a large building where **raw materials or manufactured goods are stored until they are exported to other countries or distributed to stores to be sold.** |
| **[显著的差别；明显的差别 striking differences = stark differences, e.g. There’are striking differences between A and B.]**  e.g. Do men and women communicate differently? The **linguistic** expert suggests that there are **striking/stark differences** between the way men communicate and women communicate.  V.S. **[和xxx有着显著的/明显的对比: in stark contrast to sth]** |
| Introverted = introver**si**ve; N) introversion   * Introverted/introversive: someone who is introverted is quiet and shy and does not enjoy being with other people, in the words, not good at social 性格内向的，不爱交际的 * introversion /ˌɪntrəˈvɜːʃən/  [N](javascript:;)the directing of interest inwards towards one's own thoughts and feelings rather than towards the external world or making social contacts 内向性   V.S.  extroverted /ˈɛkstrəvɜːtɪd/ = extroversive => N) extroversion   * extroverted/extrover**si**ve: [ADJ](javascript:;)Someone who is extroverted is very active, lively, and friendly. 外向的 e.g.  Some young people who were easy-going and extroverted as children become self-conscious in early adolescence.  一些在孩提时候随和且外向的年轻人在青春期初期变得害羞了 * extroversion: [N](javascript:;)the directing of one's interest outwards, esp towards social contacts 外向性 |
| fret /frɛt/  1. If you **fret about something**, you worry about it. 担心  e.g. I was working all hours and constantly **fretting about** everyone else's problems.  还一直担心着其他人的问题。  e.g. I’m constantly **fretting about** my mum’s health.  e.g.  But congressional staffers **fret that** the project will eventually cost billions more. 工作人员们担心…  2.[N-COUNT](javascript:;)The frets on a musical instrument such as a guitar are the raised lines across its neck. (吉他等弦乐器指板上定音的) 音品 |
| **[wɒtsəʊ'evə] whatsoever丝毫(没有)/ 一点也没有/一点也不/没有任何xxx (用于名词词组之后**，强调否定) **E.g. [ nothing whatsoever; no sympathy whatsoever [wɒtsəʊ'evə] 没得到丝毫同情 ]**  used to emphasize a negative statement; [ADV](javascript:;)You use whatsoever after a noun group in order to emphasize a negative statement.    e.g. My school did nothing **whatsoever** in the way of athletics.  我的学校就体育运动而言 没有任何 作为。  e.g. I have had very little help from doctors and no sympathy **whatsoever [wɒtsəʊ'evə] 没得到丝毫同情.**  e.g. He’s had no luck **whatsoever**. 他 一点也不 走运。 |
| revamp sth /riːˈ**v**æmp/ = changes sth    1. [V-T修改; 改进](javascript:;)If someone revamps something, to change something in order to improve it and make it seem more modern  **[更新/改进公司形象: revamp the company image; 改进体制: revamp the system ]**  e.g. Many older companies are **revamping their images**. 很多老牌公司都在 **更新/改进公司形象**  e.g. All the country's political parties have accepted that it is time to **revamp the system**.  **改进体制** 的时候了。  2.[N-SING](javascript:;)evamp is also a noun. 修改; 改进  e.g. This time, **the system revamp** includes replacing the old navy uniform with a crisp blue and white cotton outfit.   **体制改进** 包括将旧海军制服换成清新的蓝白相间的棉套装 |
| [‚rekri'eɪʃ ə n] recreation, recreational  recreation /ˌr**ɛ**krɪˈeɪʃən/   1. 娱乐，消遣 Recreation consists of things that you do **in your spare time** to relax;  an activity that you do for pleasure or amusement (amusement park:游乐园) **[供儿童玩耍的娱乐区域: recreation ground/recreation area/room**: a recreation area for children to play in ] **[ recreation facilities : 娱乐设施]** e.g. **His only recreations** are drinking beer and watching football. 他唯一的 **消遣** 就是喝啤酒和看足球比赛。 e.g. His husband’s **only recreation** after work工作后唯一的消遣 is playing PC games...contributing **nothing whatsoever** to his kids. //**[wɒtsəʊ'evə] whatsoever丝毫(没有)/ 一点也没有/一点也不/没有任何xxx (用于名词词组之后**，强调否定)  e.g. Saturday afternoon is for recreation and outings.   周六下午是娱乐和外出的时间 2. [N-COUNT](javascript:;)A recreation of something is the process of making it exist or seem to exist again in a different time or place. 重现; 重建 e.g.  They are planning to build a faithful recreation of the original frontier town.  他们正计划建造一座和原来边境城镇一模一样的复制 品。   =>recreational /ˌr**ɛ**krɪˈeɪʃənəl/  **[ recreational activities 娱乐活动]**  [ADJ](javascript:;)Recreational means relating to things people do in their spare time to relax. 娱乐的 |



# \*\*Morning stop here\*\*

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| --- | --- |
| You can also use the following phrases to give a positive response to an idea, indicating it’s good idea.  What an **awesome** idea! What such an **awesome** idea! 这个主意太牛逼了   * **Sth is the way to go. = Having sth is a good idea**  E.g. A new recreation room in our office **is the way to go** (in other words, having **a new recreation room** in our office is really a good idea😊)**.** * **The best option is to do sth = Doing sth is a good idea** e.g. The best option is to offer free childcare in our company (in other words, having **a daycare center** in our office is really a good idea😊). * **Sth would go over really well with everyone = Having sth is a good idea**   e.g. **Staff showers** **would** **go over really well with** everyone (in other words, having **staff showers** in our office is really a good idea😊) . | |
| You can also use the following phrases to give a negative response to an idea, indicating it’s bad idea.   * That'll **never work. = That’s not going to fly = not feasible/viable, unworkable** * **[I don’t think (that idea) will fly = I don’t think it’s a feasible/viable idea = unworkable idea] e.g. I don't think** a new daycare center **will** **fly.** / That's not going to fly. * It's **not the best** idea **I've ever heard**. (which means it’s a bad idea) | |
| rhetorical question: a question that you ask as a way of making a statement, without expecting an answer 修辞性疑问句，反问句; a rhetorical question, with falling intonation at the end  A: Whose idea was this?  B: Who knows? | |
| maintain/preserve/defend the status quo (=not make any changes) 维持/保持现状  e.g. Change can be a scary thing. Big changes– for example, having to move or having to find a new job – can mean big stress. Your **status quo** is interrupted, and you are **pushed out of your comfort zone.**  e.g. I'm not **comfortable with the status quo** 我不安于现状and I always **push myself out of my comfort zone.**  e.g. I am **in a rut**千篇一律/一成不变in my personal life. In other words, I’m not open to changes and just wanna **maintain the status quo**安于现状 and **stay in my comfort zone**. **Simply put**, I’m **resistant to** any change.  e.g. When you hear about a change, your first thought is that you don't want to change and you want to **maintain the status quo维持现状**. There is uncertainty and doubt about the future. What is more, you don’t have enough courage/guts胆量 to meet with the potential difficulties and obstacles in the road further.  e.g. Will the West use its influence to **maintain the status quo** and not disrupt the flow of oil? 西方会利用其影响来维持现状，而不切断石油运输吗？ | |
| **[ sb’s comfort zone] e..g push sb. out of one’s comfort zone**  e.g. Change can be a scary thing. Big changes– for example, having to move or having to find a new job – can mean big stress. Your **status quo** is interrupted, and you are **pushed out of your comfort zone.**  e.g. I'm not **comfortable with the status quo** 我不安于现状and I always **push myself out of my comfort zone.**  e.g. I am **in a rut**千篇一律/一成不变in my personal life. In other words, I’m not open to changes and just wanna **maintain the status quo**安于现状 and **stay in my comfort zone**. **Simply put**, I’m **resistant to** any change. | |
| **[ 抗拒/抵制xxx: be resistant to sth ]**  Resistant: opposed to something and want to prevent it from happening抵制的，反抗的，抗拒的  e.g. Many managers **are resistant to change**. 很多经理抵制变革。  e.g. Tom **is very resistant to** change. He likes things to stay the same and **maintains the status quo**.  e.g. I **was resistant to** the change at first.  e.g. I am **in a rut**千篇一律/一成不变in my personal life. In other words, I’m not open to changes and just wanna **maintain the status quo**安于现状 and **stay in my comfort zone**. **Simply put**, I’m **resistant to** any change. | |
| **[in a rut [rʌt] ]**  e.g. I am **in a rut**千篇一律/一成不变in my personal life. In other words, I’m not open to changes and just wanna **maintain the status quo**安于现状 and **stay in my comfort zone**. **Simply put**, I’m **resistant to** any change. | |
| **[ go with the flow/with the change]**  e.g. He's very easy-going. He always **goes with the flow** (go with the change, be open to the change ).  e.g. The second stage is **going with the flow/with the change**.  In this stage, you go with the change, and do what you have to do to survive. You accept the change, but you aren't excited about it. Even sometimes you may feel torturous in a span of **gruelling time**折磨的时间. | |
| A: How do you feel about moving?  B: Well, **I'm stresse[d o]ut 连读 about** it first and resistant to it, but that's to be expected later. | |
| confront /kənˈfrʌnt/    1. [ sb. be confronted with xxx ]  [V-T](javascript:;)If you are confronted with a problem, task, or difficulty, you have to deal with it. 面临 (问题、任务、困难等)  •  She was confronted with severe money problems.  她面临严重的资金问题。  2. [V-T](javascript:;)If you confront a difficult situation or issue, you accept the fact that it exists and try to deal with it. 正视 (困难局面或问题)  •  We are learning how to confront death.   我们在学习如何正视死亡。  3.  [V-T](javascript:;)If you are confronted by something that you find threatening or difficult to deal with, it is there in front of you. 面对 (有威胁或难处理的事物)  •  I was confronted with an array of knobs, levers, and switches.   我面对着一排旋钮、控制杆和开关。  4.  [V-T](javascript:;)If you confront someone, you stand or sit in front of them, especially when you are going to fight, argue, or compete with them. 与 (某人) 对峙 (尤指准备打斗、争论或竞争)  •  She pushed her way through the mob and confronted him face to face.   她从那群暴民中挤出来，与他当面对峙。  •  They don't hesitate to open fire when confronted by police.   他们一旦遭遇警察就毫不犹豫地开火。  5.  [V-T](javascript:;)If you confront someone with something, you present facts or evidence to them in order to accuse them of something or force them to deal with a situation. (以某事物) 与 (某人) 对质  •  She had decided to confront Kathryn with the truth.   她已决定用事实与凯瑟琳对质。  •  I could not bring myself to confront him about it.   我不能就此事让自己与他对质。 | |
| #巩固练习# A: Excuse me. Is there any Starbucks **close by/nearby**? 打扰一下，附近有“星巴克”吗？ B: Yes. Go straight and turn left at the second crossing/**take the second left.** You will see the Starbucks on your right side, just next to a theater. **You won’t miss it.** 在第二个路口左拐，右边就是“星巴克”。 A: Thank you very much. 非常感谢。 B: You are welcome. 不客气。  #巩固练习# A：咱们 去喝杯咖啡吧? How about **grabbing a coffee?** **//grab a cab; grab a taxi: 打的** B：OK. How about Starbucks? 好啊，“星巴克”怎么样？ A: Great. ….**It’s my treat** this time. BWT, which flavour would you like to order, <c**appuccino/caramel latte/macchiato [‚mæki'ɑːtəʊ]**> ?  B: Thank you. Can I have the **caramel macchiato please**. //caramel /ˈkærəməl, ˈkɑːməl/ Caramel is burnt sugar used for colouring and flavouring food. (调色、调味用的) 焦糖  #实用对话# Wife: Honey. You have been driving for three hours. Are you tired/**weary**? 你已经开了三个小时了，你累吗？ Husband: Yeah, a little. Let's **stop fo**r a <cappuccino/latte/macchiato [‚mæki'ɑːtəʊ]> 我们 **停下喝杯<卡布奇诺咖啡>**吧。 Wife: OK. Look, there is a Starbucks. 好的，你看，那边有家“星巴克”。 Husband: Great. 太好了 | |
| courtesy /ˈkɜːtɪsɪ/, =>courteous /ˈkɜːtɪəs/ , courteously   1.[N-UNCOUNT](javascript:;)Courtesy is politeness, respect, and consideration for others. 彬彬有礼 •  ...a gentleman who behaves **with the utmost courtesy** towards ladies.  …一位对女士极为彬彬有礼的绅士。  2.[N-SING](javascript:;)If you refer to the courtesy of doing something, you are referring to a polite action. 彬彬有礼的举止  •  By extending the courtesy of a phone call to my clients, I was building a personal relationship with them.  通过给客户打电话这样有礼的行为，我渐渐和他们建立起私交。  3. [ADJ](javascript:;)Courtesy is used to describe services that are provided **free of charge** by an organization to its customers, or to the general public. 免费的  •  A **courtesy** shuttle bus免费运送班车 operates between the hotel and the town.  4.[ADJ](javascript:;)A courtesy call or a courtesy visit is a formal visit that you pay someone as a way of showing them politeness or respect. 出于礼节的  •  The president paid **a courtesy call** on Emperor Akihito.   总统礼节性地拜访了明仁天皇。  5.[PHRASE](javascript:;)If something is provided courtesy of someone or by courtesy of someone, they provide it. You often use this expression in order to thank them. 蒙…的好意  •  The waitress brings over some congratulatory glasses of champagne, courtesy of the restaurant.   蒙饭店的好意，女侍者们送过来几杯表示祝贺的香槟酒。  =>courteous /ˈkɜːtɪəs/ , courteously  1.[ADJ](javascript:;)Someone who is **courteous** is polite and respectful to other people. 彬彬有礼的 •  He was a kind and **courteous** man.   他善良且彬彬有礼。  e.g. The children were very **courteous** with their grandparents.  e.g.  e.g. It's important to be courteous to others.  2.[ADV](javascript:;)彬彬有礼地  •  Then he nodded **courteously** to me and walked off to perform his unpleasant duty.   他彬彬有礼地向我点点头，然后就走开去执行他令人讨厌的任务。 |
| Generation, generational /ˌdʒɛnəˈ**reɪʃənəl**/  [ADJ](javascript:;)Generational means relating to a particular generation, or to the relationship between particular generations. 一代的; 两代之间的 [**gene’rational** **difference**]  e.g. People's lifestyles are usually fixed by generational habits and fashions.  人们的生活方式通常取决于那一代的生活习惯和流行时尚。  e.g.  There is a big **gene’rational** **difference** in the use of technology.  e.g. |
| **[a wake-up call] a timely及时的reminder that reminds you to pay attention to sth.**  e.g. That’s a wake-up call for me and I’ve got to learn some new technologies.  **//a timely reminder** |
| [ɪ'nevɪtəbəl,ɪ'nevətəbəl]  inevitable  1.certain to happen and impossible to avoid/evade/dodge必然发生的，不可避免的  e.g. Change is inevitable, you know.  e.g. A further escalation of the crisis now seems inevitable. 危机的进一步升级现在看来已不可避免。  **[It is inevitable (that)-]**  e.g. It’s inevitable that doctors will make the occasional mistake. 医生偶尔犯错是难免的。  inevitable consequence/result  e.g. Disease was an inevitable consequence of poor living conditions. 恶劣的生活条件必然诱发疾病。  2.the inevitable: a situation that is certain to happen 不可避免的事情  e.g. One day **the inevitable** happened and I got **a speeding ticket**. 不可避免的事情发生了: 我收到了一张**超速罚款单**。 |

# Lexical\_Speculate/Guess(ShowPossibility)

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| 猜测 , 揣测 | speculate /ˈspɛkjʊˌleɪt/  1. V-T/V-I If you **speculate on/about something**, you make guesses about its nature or identity, or about what might happen. 猜测 e.g. Critics of the project **speculate about** how many hospitals could be built instead. 该项目的批评者们则 猜想 这相当于可以建多少家医院。e.g. The doctors speculate/guess that he died of a cerebral haemorrhage['heməridʒ] 脑溢血 caused by a blow on the head. 医生们猜测他死于脑溢血。 2. N-VAR 猜测 speculation = conjecture = guess; speculation is a conclusion, an opinion, or a theory reached by conjecture 通过推测推论得到的结论、观点或理论 e.g. Your speculations are all quite close to the truth. 你的揣测都很接近于事实。 e.g. The president has gone out of his way to dismiss speculation/guess/conjecture over the future of the sluggish economy. 总统努力消除对未来 萧条的经济 的悲观 猜测/估测.  3. V-I **[Finance]** If someone speculates financially, they buy property, stocks, or shares, in the hope of being able to sell them again at a higher price and make a profit. [ speculate in sth financially ] 做<xxx领域做> 投机买卖 e.g. The banks made too many risky loans which now can't be repaid, and they speculated in property whose value has now dropped. 在<房地产业>做了投机买卖 N) speculation: Engagement in risky business transactions or financial investment on the chance of quick attaining considerable profit. 投机买卖(从事冒险性商业交易或金融交易以期获得快速或大量的利润) e.g. A commercial or financial transaction involving speculation. [ buy sth. as a speculation 投机购买某物; engage in speculation; 从事投机, 做投机生意 ] eg Speculation is a dangerous way of trying to make fortune. 做投机买卖是一种很危险的谋财之道 |
| conjecture | conjecture /kənˈdʒɛktʃə/ N/V V.S. traffic **congestion** 1. N-VAR A conjecture is a conclusion that is based on information that is not certain or complete. 推测 e.g. That was a conjecture/inference, not a fact. 那是个推测，不是事实。 There are several conjectures/inferences. 有几种 推测。 eg The commentators made various conjectures/inferences about the outcome of the next election. 时事评论家对下一次选举结果做了许多推论 2. V-T/V-I When you conjecture, you form an opinion or reach a conclusion on the basis of information that is not certain or complete. 推测, conjecture = infer, inference. e.g. He conjectured that some individuals may be able to detect major calamities. 他推测有些人也许能察觉到重大灾难 |
| **(基于已经有的信息进行的)** 推断 | infer /ɪnˈfɜː/ 1. V-T If you infer that something is the case, you decide that it is true on the basis of information that you already have. (基于已经有的信息进行的)推断 e.g. I inferred from what she said that you have not been well. 我从她的话里推断出你身体一直不大好。=> N-COUNT inference /ˈɪnfərəns/ 1. An inference is a conclusion that you draw about something by using information that you already have about it. (基于已经有的信息得出的)推论/推断 e.g. There were two inferences to be drawn from her letter. 从她的来信可以得到 两种推论。 2. N-UNCOUNT Inference is the act of drawing conclusions about something on the basis of information that you already have.(基于已经有的信息得出的)推论/推断 e.g. It had an extremely tiny head and, by inference, a tiny brain. 可以根据推断得出，大脑也小 |

# Lexical\_SympathyEmpathy

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| questionable /ˈkwɛstʃ**ə**nəbəl/  [ADJ](javascript:;)If you say that something is questionable, you mean that it is not completely honest, reasonable, or acceptable. 可疑的; 不合理的; 不能接受的  •  He has been dogged by allegations of questionable business practices.   他一直被有可疑商业行为的传言困扰着。 |
| [ the incoming CEO V.S. the outgoing CEO] |
| [ 正确地看待/客观地看待: put sth in perspective; put it in perspective; put things in perspective ]   * **正确地看待/客观地看待xxx: Let's put things in perspective. You haven't lost your job**. * **正确地看待/客观地看待 You need to get some perspective on this.** It isn't the end of the world. * But to **put this in perspective要正确/客观地看待这个问题**, he pointed out that if someone on a typical Japanese diet drank this milk for a whole year, the accumulated radiation would equal that from a single CT scan. |
| sympathy /ˈsɪmpəθɪ/  1. If you **[have sympathy for sb/sth]** who is in a bad situation, you are sorry for them, and show this in the way you behave toward them. 同情  e.g. We expressed our **sympathy for** her loss.  我们对她的损失表示了同情。  e.g. I have had very little help from doctors and **no sympathy whatsoever [wɒtsəʊ'evə] 没得到丝毫同情**  //whatsoever [wɒt**səʊ**'evə]: You use whatsoever after a noun group in order to emphasize a negative statement. 丝毫(没有)/ 一点也没有/一点也不〔用于强调否定句〕(用于名词词组之后，强调否定陈述)  2. If you **[have sympathy with sb's ideas or opinions],** you agree with them. 赞同/支持(某人的观点)  e.g. I **have some sympathy with** this point of view.  我对这一观点有些赞同。  3. [N-UNCOUNT](javascript:;)If you [take some action**[in sympathy with sb. else],** you do it in order to show that you support them. 对sb. 的支持  e.g.  Several hundred workers struck **in sympathy with** their colleagues.  罢工以示对其工友们的支持。  =>/ˌsɪmpəˈθɛtɪk/ sympathetic， **sympathetically[,simpə'θetikli] 怜悯地；富有同理心地／感同身受的**  1.[ADJ](javascript:;)If you **are sympathetic to someone** who is in a bad situation, you are kind to them and show that you understand their feelings. 同情的 e.g. She was very sympathetic to the problems of adult students.  她对成年学生的问题很同情。  2.[ADV](javascript:;)同情地 e.g. She nodded sympathetically.  她同情地点了点头。  3.[ADJ](javascript:;)If you **are sympathetic with** a proposal or action, you approve of it and are willing to support it. 赞同的  e.g. Many of these early visitors were sympathetic **with** the Chinese socialist experiment.  都赞同中国的社会主义实验。  4.[ADV](javascript:;)赞同地 e.g. After a year we will sympathetically consider an application for reinstatement. 一年以后我们会考虑赞同复职申请。  => V ['sɪmpəθaɪz]  sympathize with sb./sth  1. If you **sympathize with someone** who is in a bad situation, you show that you are sorry for them because you understand their problems 同情 **[ sympathize with sb]**  e.g. I sympathize, but I don’t know how to help. 我很同情，但不知道如何帮忙。  e.g. I can **sympathize with** those who have lost loved ones. 我同情那些失去至爱的人。  e.g. I must tell you how much I **sympathize with you** for your loss, Professor. 我必须告诉您我对您所受的损失深表同情。  2.[V-I](javascript:;)If you **sympathize with someone's feelings**, you understand them and are not critical of them. 理解  e.g. Some Europeans sympathize with the Americans over the issue.  欧洲人在这个问题上对美国人表示理解。  3. [V-I](javascript:;)If you **sympathize with a proposal or action**, you approve of it and are willing to support it. 支持  e.g.  Most of the people living there sympathized **with** the guerrillas. 大部分人 支持 这些游击队员。  e.g. The public **sympathized with** the miners’ strike. 公众 支持 矿工罢工。 |
| empathy /ˈɛmpəθɪ/ ; empathetic  [N-UNCOUNT](javascript:;)Empathy is the ability to share another person's feelings and emotions as if you were them. 感同身受的能力; 有同理心的能力 **[对sb.怀有深深的同感/同理心: have empathy with sb; have great empathy with sb.]**  e.g. Having begun my life in an orphanage, I **have great empathy with** the little ones. 对<这些小孩们>怀有深深的同感。  e.g. She **had great empathy with** people. 她对人 **充满/怀有深深的同感/同理心**  =>empathetic /ˌɛmpəˈθɛtɪk/  感同身受的; 有同理心的 **[ be empathetic with sb. ]**  [ADJ](javascript:;)Someone who is empathetic has the ability to share another person's feelings or emotions as if they were their own. 有同理心的, 体恤别人感受的; 感同身受的  e.g. Clinton's skills as **an empathetic listener**.  ...克林顿作为一位 感同身受倾听者 的本领。  e.g. Research shows that training employees to **be empathetic with** customers has surprising positive effects.  e.g. If we do an experiment and we induce you to **feel empathetic with**somebody, we get you to feel what they're feeling, you're more likely to be nice to them. |
| My father is very **old-fashioned/with traditional manners.** He always opens the door for my mother.  e.g. My aunt dresses in **old-fashioned** clothes. |

# Lexical\_Gender(femismSexism)

|  |  |
| --- | --- |
| n) 女权主义 | n) 女权主义: feminism ['femɪnɪz(ə)m] ; Feminism is the belief and aim that women should have the same rights, power, importance, social status, and opportunities as men regardless where they are, in family, in company, in society. Basically, women and men should be treated equally in all aspects. There should not be any gender discrimination.  E.g. ...Barbara Johnson, that champion of radical feminism. …芭芭拉·约翰逊，激进女权主义的拥护者 |
| n. 女权主义者/男女平等主义者 adj. 主张女权的 | n. 女权主义者/男女平等主义者 adj. 主张女权的 feminist ['femənɪst]; A feminist is a person who believes in, advocates, and supports feminism(女权主义).  e.g. Only 16 percent of young women in a 1990 survey considered themselves feminists. 只有16%的年轻女性在1990年的一次调查中认为自己是女权主义者。 adj) [ ['femənɪst] a feminist group, a feminist idea, a feminist activity ] Feminist groups, ideas, and activities are involved in feminism. 女权主义的 e.g. The radical feminist group ['femənɪst] claimed responsibility for this attacks.  e. .g Well, I'm a feminist, so I think in a household一个家庭, the couple should share the **housework/household chores/mundane chores /tʃɔː/**平凡/日常家务琐事家务。 |
| 性别歧视者；男性至上主义者 adj. 性别歧视者的 | 性别歧视者；〔尤指〕大男子主义者: sexist; 性别歧视: sexism [ 性别歧视的态度 sexist attitudes ]  1.If you describe people or their behaviour as **sexist**, you mean that they are influenced by the **superstitious封建的 belief** that the members of one sex, usually women, are less intelligent or less capable than those of the other sex and need not be treated equally. (尤指对女性) 性别歧视的;  **[['ʃəʊv(ɪ)nɪst] chauvinist = sexist ；〔尤指〕大男子主义者]**    e.g. Old-fashioned sexist attitudes are still common in CHINA. 老套的性别歧视的态度仍然很普遍。  2. A **sexist** is someone with sexist views or behaviour. 性别歧视者；〔尤指〕大男子主义者  e.g. It's got nothing to do with sexism. You know I'm not a sexist. 这与性别歧视毫无关系. 我不是个性别歧视者 |
| 1. (沙文主义的)盲目爱国的; 2. 大男子主义的 | ['ʃəʊv(ɪ)nɪst] chauvinist  1.someone, especially a man, who believes that their own sex is better or more important than the other sex **[ chauvinist = sexist ]** 本性别至上主义者；〔尤指〕大男子主义者  •He’s a bit of a male chauvinist . 他有点大男子主义。  •a male chauvinist pig (= an insulting name for a male chauvinist ) 大男子主义蠢猪  2.someone who believes that their own country or race is better or more important than any other  沙文主义者，本国[本民族]至上主义者；盲目的爱国者  chauvinistic [‚ʃəʊvɪ'nɪstɪk] 1. If you describe a man or his behaviour as chauvinistic, you disapprove of him for believing that men are naturally better, more important, more intelligent, and more capable than women. Basically they treat men and women unequally[ʌn'ikwəli], with gender discrimination. 大男子主义的表不满   e.g. My ex-boyfriend was very chauvinistic. 我的前男友非常之大男子主义。  2. If you describe someone as chauvinistic, you believe that they think their own country is more important and morally better than any other. (沙文主义的)盲目爱国的,表不满  e.g. ...national narrow-mindedness and chauvinistic arrogance. ...民族主义的狭隘和大国沙文主义的傲慢 |
| 男女平等 | * gender equality [ɪ'kwɒlɪtɪ]   e.g. I respect gender equality and am always **advocating** that.  e.g. **Gender equality** can be an issue in the workplace. |

# Lexical\_SpacesInOffice

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|  | meeting space /ˈmiːtɪŋ speɪs/ rooms or open spaces for meetings or presentations  e.g. I've scheduled the meeting at the second floor meeting space. |
|  | daycare center /deɪ ˈker ˈsen-tər/: a place where young children are cared for during the day away from home, usually for working parents  e.g. A daycare center is provided by the company she works for. |
|  | bicycle parking/ˈbaɪsɪkl ˈpɑːrkɪŋ/ an area where people can park and store their bicycles  e.g. It's cool that my company has **bicycle parking**.  e.g. Do you have **bicycle parking** in your school? |
|  | staff showers /stæf ˈʃaʊər**z**/: shower facilities at an office for employees to use.  e.g. I use **the staff showers** in the morning before work.  e.g. Let me **show you around** the office. It’s pretty cool that we have **staff showers** on the 2nd floor in our office; and **a recreation room娱乐休闲场地** on the 3rd floor.  e.g. Staff showers **would go over really well with everyone** (in other words, having staff showers in our office is really a good idea😊) . |
|  | recreation room /ˌrekriˈeɪʃn ruːm /: a room where people can go for leisure activities and games. V.S.  **[ recreation ground (for children especially) ]**  e.g. The company recreation room has board games and pool! |
|  | storage space/ˈstɔːrɪdʒ speɪs/ a place to store things that **will not be used, like the old clothes, old shoes**, or to help keep things out of the way  e.g. I need **a storage space** for all my old clothes and **worn-out shoes**. //worn-out: too old or damaged to be used 破旧的；不能再用的  V.S.  (储存食物的)仓库storehouse /ˈstɔːˌhaʊs/: A storehouse is a building in which things, usually **food, are stored**.  V.S.  warehouse /ˈwɛərhaʊs/: [N-COUNT](javascript:;)A warehouse is a large building **where raw materials or manufactured goods are stored until they are exported to other countries or distributed to stores to be sold. 仓库; 货栈** |

# Part 1) Put change in perspective

## STOP==Making inferences

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| Making inferences is a key reading skill. If you can't infer what a writer means, you may have an incomplete understanding of a text. Here are some tips on how to draw inferences. | | |
| **1. Use graphics.** | | |
| The text you will read is accompanied by an image of a 1950s American housewife. Looking at the image, these are among the inferences you might make: | | |
|  | * what it was like to be a 1950s housewife. |
|  | * gender relationships in the 1950s. |
|  | * the changes in gender relationships between the 1950s and now. |
| **2. Go from parts to the whole.** | | |
| Start off by forming an understanding of the main idea of each sentence, then combine these ideas to infer the main idea of the paragraph. Finally, combine the main ideas of each paragraph to form a broader understanding of the text. | | |

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| **3. Use topic sentences and transitions as clues.** | |
| In the text you will read, the topic sentence of one paragraph is, **'Times have changed – or have they?'** From this, you might infer that the writer is: | |
|  | * going to compare past and present. |
|  | * not convinced that things have changed as much as we think. |
| **4. Look for key idiomatic expressions.** | |
| In the text, you will find the expression, **'He was the king of the house.'** From this, you can guess the writer is referring to attitudes about husbands in the 1950s. | |
| **5. Beware of illogical inferences.** | |
| Do not infer the writer's overall opinion from one sentence – read the rest of the text before you do so. For example, the question **'Is this the death of feminism?'** might suggest the writer thinks feminism is dead. But if you read on, you'll find the writer's opinion is more complex. | |

## Perspective **changes** about gender roles in 1950s America.

The sense of value about **gender issue** is changed in this day and age😊

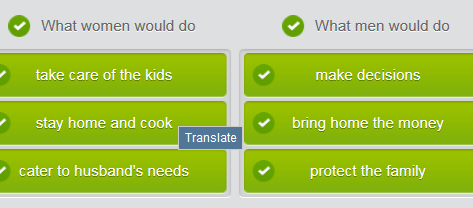
It was 1950s America, and wives were expected to stay home and take care of the children. The traditional role: clean house, cook dinner, wash and iron the family's clothes. Most important, the wife was expected to cater to her husband's every need.

He was the king of the house. He knew how to make all the right decisions. He was strong, protecting the woman and children. He worked hard and was supposed to bring home a big salary to support his family.

Times have changed – or have they? Recent research suggests that more men and women these days appreciate traditional values. For example, some women still want a man who brings home plenty of money, whereas men don't always care if a woman is financially independent. Most women aren't interested in a husband who stays at home and takes care of the children, but many men do appreciate a woman who can cook and is a great mother.

Is this the death of feminism? Or perhaps this is simply the 'new' feminism, where a woman can be a mother, wife and have a career but still expects her husband to earn good money and do his fair share.

Group the items depending on whether, according to the text, they were traditionally done by men or women.



## “Gender equality” (value changes from the traditional sense of gender)

See [Lexical\_Gender(femismSexism)](#_Lexical_Gender(femismSexism))

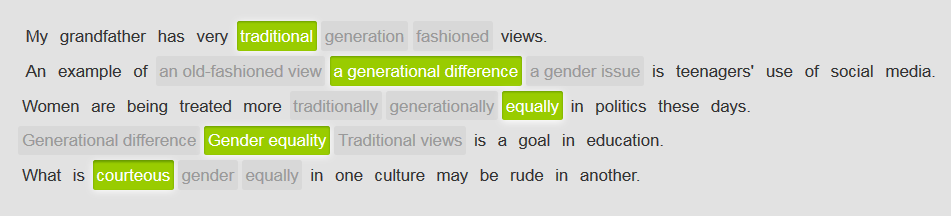
## The changing values of our modern world

## Traditional values传统的价值观

* My father is very **old-fashioned**. He always opens the door for my mother.
* My brother has a very **traditional** view of women.
* The children were very **courteous** with their grandparents.
* There is a big **gene’rational** **difference** in the use of technology.

Here are some words and expressions to talk about the changing values of our modern world

* Most women want more **gender equality** in the workplace.
* Women want to be **treated equally** both at home and at work.



## Show sympathy and empathy

See [Lexical\_SympathyEmpathy](#_Lexical_SympathyEmpathy).

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| **Tips for listening sympathetically[,simpə'θetikli] 怜悯地；富有同理心地／感同身受的** | | |
| When a friend explains a problem, you can show you are listening by repeating part of what they say. | | |
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|  | A: My sister says that I'm too old-fashioned. |  |
| B: **Too old-fashioned?** |  |
| A: Yeah. I want men to be very traditional. |  |
| You can listen **sympathetically** by commiserating. | | |
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|  | I hear you.  e.g. I hear you. You're in a tough position. | . |
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|  | My parents do the same thing. |  |
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|  | I know/see what you mean.  e.g. I know what you mean. That's a tricky situation. (to show sympathy and empathy to that person) |  |
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|  | I **sympathize with** you (I have great empathy with you). It's tough. |  |

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| You can also show sympathy by showing the person that you understand the nature of their situation and how that you **feel empathetic with him/her　有同理心得／感同身受的** | | |
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|  | I see/know what you mean.  e.g. I see/know what you mean. It's really tough. |  |
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|  | I can understand why you are concerned. |  |
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|  | You're in a tough position. |  |
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## “Put things in perspective”正确地看待/客观地看待

When someone **worries about/fret about** a situation, it can be helpful to refocus the conversation. Then you can ask a question or make a point.

* **Let's take a step back.** Why do you think she said like that?
* **Let's look at the bigger picture.** Getting married is a big change and you can envision a happy marriage in future
* **正确地看待/客观地看待xxx:** Let's **put things in perspective.** You haven't lost your job.
* **正确地看待/客观地看待 You need to get some perspective on this.** It isn't the end of the world.

You can also comment from a less personal perspective.

* The change will give you new opportunities.
* Life is full of surprises, isn't it? (rhetorical question)
* Change is inevitable[ɪn'evɪtəb(ə)l], you know.

# Part 2)**Speculate about**/Guess change

## Differences in gender communication

Gender Talk

Do men and women communicate differently? Professor John believes so. Research by the Georgetown University language expert suggests that there are **striking/stark differences显著的差别** between the way men communicate and the way women communicate.

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| https://cns2.ef-cdn.com/Juno/14/02/74/v/140274/GE_10.2.2.4.2_chat.jpg | Women **use language** to build and maintain better relationships**. In other words**, communication is a way for a woman to offer support to someone else. And it's a way for women to find agreement. |
| https://cns2.ef-cdn.com/Juno/14/02/75/v/140275/GE_10.2.2.4.2_meeting.jpg | **On the other hand**, men **mainly** use conversation to report information. **Whereas(express the opposite opinion from previous)** women try to find agreement, men use language to become 'king of the conversation,' or to 'win the conversation.', which means ‘dominate the world1. |

John also found that, when it comes to communication, many people think that women talk too much. Yet Tannen says that real conversations show:

Table: Comparison with the Venn Diagram

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| --- | --- |
| Women | Men |
| may talk more **in private**, especially with their **bosom friends/bestie/confidant** | may talk more in public |
| sometimes speak at the same time | sometimes interrupt |
| get fewer public opportunities to talk | get more public opportunities to talk |
| often offer understanding, in other words, show **sympathy and empathy** with someone (see [Show sympathy and empathy](#_Show_sympathy_and)). | often offer advice and insightful suggestion |
| Often relatively more **introversive**, so not as active as men most of time. | Often more **extrovertive** and active (show off sometimes) |

Of course, **it's questionable['kwestʃ(ə)nəb(ə)l]** to say all women and men always communicate in these ways, esp considering the different culture. However, it may be helpful for people to know about these perceived gender differences. That way, men and women might be able to avoid some misunderstandings.

## Describe changes (e.g. position change in a company; JD change, etc)

Listen to a company leader make a presentation to the staff of a company.

EMPLOYEE: Can you give us an indication of what kind of changes to expect?

CEO: Yes, just a little. One big change is that I'll be revamping our mission statement. I'll also be reviewing and revising our processes and policies, as well as introducing new business systems and bringing in a new management structure. I believe in working efficiently and delivering great products fast. I promise you: These changes will transform the way our company works.

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| **New processes** | | |
| Let's look at various ways to describe change in a company. Notice these phrases are often verb + noun structures. Here are some ways to describe new ideas or processes. | |  |
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|  | **introduce** a new **mission statement** |  |
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|  | **implement** a new **company structure** eg. She plans on implementing new processes. |  |
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|  | **bring in** new **processes** |  |
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|  | **phase in** new **systems V.S. phase out the obsoleted systems and tools** e.g. We will phase in new systems gradually. |  |

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| **Changes to existing processes** | | |
| Here are some ways to talk about changes made to existing processes. Notice the **re-** prefix, which suggests something done again. | |  |
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|  | **review** and **revise** our policies e.g. The company will review and revise its policies. e.g. We need to review and revise the mission statement. |  |
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|  | **restructure** our teams e.g. I'm bringing in a consultant to restructure our teams. |  |
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|  | **Revamp(change to make it better)** our products  e.g. To compete, we have to revamp our products.  We think a female CEO would **transform** the company. |  |

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| **Exaggerated claims** | | |
| Sometimes the person or group responsible for the changes will talk of them in exaggerated or hyperbolic terms. | |  |
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|  | Our new processes **will transform** **the way we work**. |  |
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|  | These new policies **will completely change the way we do business**. |  |
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# MP3 done hereinafter:

## Speculate on/about sth猜测

//speculate: [I,T] to guess/conjecture about the possible causes or effects of something, without knowing all the facts or details 猜测，推测 **speculate on/about (why/what etc)**

**## To speculate about猜测 “What's possible”?**

It **could** be new systems, or it **might** be new processes.

**Maybe** she's going to implement new policies.

**##** Now let's look at some other ways. You can wonder or ask **speculative ['spekjʊlətɪv] questions** about what might happen.

* **I wonder what** they're planning.
* **I wonder if/whether** they're restructuring the department.
* **What if** they're bringing in new people? **(what would you do if sth happen)**

**##** You can guess about the chances几率 of something happening:

**My guess is that** it's a new office.

**There's a chance** it could be a new product.

**I'm guessing** that they'll bring in a new operating system.

## If you're fairly/quiet sure that something will happen, you can use expressions like these:

**[ I wouldn’t be surprised if sb did sth (use the subjunctive mood虚拟语气)**

**e.g. I wouldn't be surprised** **if** he implement**ed** new policies.

**I imagine** they're going to introduce new hardware

# Part 3)

## **Show you around** the office

See [Lexical\_SpacesInOffice](#_Lexical_SpacesInOffice)

## Evaluable ideas (good or bad)

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| **Giving opinions on ideas** | | |
| You've probably seen simple ways to give your opinion using: **That's a(n) +** adjective **+ idea**. | | |
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|  | That's a good idea. That’s not a good idea |  |
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| A stronger way to do this is with an **exclamation**, using: **What a(n) +** adjective **+ idea!** | | |
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|  | Good idea: 这个主意太牛逼了What an **awesome** idea! What such an awesome idea! |  |
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|  | Bad idea: What a **terrible** idea! What such an **awful** idea! |  |

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| **## Positive evaluations (indicates a good idea)**  You can also use the following phrases to give a positive response to an idea, indicating it’s good idea.   * **What** an **awesome** idea! What such an **awesome** idea! 这个主意太牛逼了 * **Sth is the way to go. = Having sth is a good idea**  E.g. A new **recreation room** in our office **is the way to go** (in other words, having **a new recreation room** in our office is really a good idea😊)**.** * **The best option is to do sth = Doing sth is a good idea** e.g. The best option is to offer free childcare in our company (in other words, having **a daycare center** in our office is really a good idea😊). * **Sth would go over really well with everyone = Having sth is a good idea** e.g. **Staff showers** **would** **go over really well with** everyone (in other words, having **staff showers** in our office is really a good idea😊) . |
| **## Negative evaluations (indicates a bad idea)**  You can also use the following phrases to give a negative response to an idea, indicating it’s bad idea.   * That'll **never work. = That’s not going to fly = not feasible/viable, unworkable** * **[I don’t think (that idea) will fly = I don’t think it’s a feasible/viable idea = unworkable idea] e.g. I don't think** a new daycare center **will** **fly.** / That's not going to fly. * It's **not the best** idea **I've ever heard**. (which means it’s a bad idea) |

## Using rhetorical [rɪ'tɒrɪk(ə)l] questions(with falling intonation at the end)

A rhetorical question: a question that you ask as a way of making a statement, without expecting an answer 修辞性疑问句，反问句. Rhetorical questions are usually delivered in a flat tone, with falling intonation at the end.

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| One way to react to an idea or suggestion is to use **a rhetorical question – that is, a question that does not require an answer**. Notice, in this example, that both speakers sound unimpressed. | | |
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|  | A: Whose idea was this? |  |
|  | B: Who knows? ( a rhetorical question, with falling intonation at the end) |  |
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Who thought this was a good idea?

Whose idea was this? It's awful.

What were they thinking? That'll never work/That’s not going to **fly**.

Why would they consider that? That's not going to **fly**. **= not feasible/viable, unworkable**

# Part 4) Changes V.S. Status quo**现状**

## **Stages of adjusting to change**

Change can be a scary thing. Big changes– for example, having to move or having to find a new job – can mean big stress. Your **status quo** is interrupted, and you are **pushed out of your comfort zone**. **// The status quo**is the state of affairs that exists at a particular time, especially in contrast to a different possible state of affairs. 现状

## Big basic stages of changes

There are three basic stages we go through when **faced with** significant change. The difference is how long you stay at each stage.

* The first stage is resistance.   
  When you hear about a change, your first thought is that you don't want to change and you want to **maintain the status quo维持现状**, in other words, you’re resistant to change.There is uncertainty and doubt about the future. What is more, you don’t have enough courage/guts胆量 to meet with the potential difficulties and obstacles in the road further.
* The second stage is **going with the flow/with the change**.   
  In this stage, you go with the change, and do what you have to do to survive. You accept the change, but you aren't excited about it. Even sometimes you may feel torturous in a span of **gruelling time**折磨的时间.
* The third stage is openness.   
  This means having an open mind about the possibilities the change might bring, pro**[s a]**nd cons; benefits and drawbacks. Even if it's a change you might don't like, you start thinking of your strategy for dealing with it. You accept the change and begin to develop your own plan for the future.

**Simply put**/speaking, the more quickly you can reach stage three, the more quickly you can **adjust to a change**.

## **React to change(e.g.**

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| Here are some useful words and phrases when talking about big changes in our home and work life.  Some people in the company **are comfortable with the status quo. 安于现状**  I'm not **comfortable with the status quo** and I always **push myself out of my comfort zone.**  My new job **pushes me outside my comfort zone.** | | |
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|  | Recent graduates **face a lot of uncertainty** about the future.  Change always brings **uncertainty**. | . |
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|  | Raul **has doubts about** the new advertising plan. |  |
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|  | Anna **has an open mind about** her move to a new city.  An open mind shows a positive attitude. |  |
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|  | Sarah has a positive attitude about moving. |  |
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|  | Tom **is very resistant to** change. He likes things to stay the same and **maintains the status quo**.  I **was resistant to** the change at first.  I'm trying to **stay positive about** my new manager.  You need to **be open to new possibilities, pros or cons, benefits or drawbacks.**  I am **in a rut**千篇一律；一成不变in my personal life. In other words, I’m not open to changes and just wanna **maintain the status quo保持现状** and **stay in my comfort zone**.  He's very easy-going. He always **goes with the flow (go with the change, be open to the change).** |  |
| When you listen to people talking about a change, you can ask questions to help them think about it. | | |
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|  | A: How do you feel about moving? |  |
|  | B: Well, **I'm stresse[d o]ut 连读 about** it, but that's to be expected. |  |
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|  | A: What are your options? |  |
|  | B: Well, one option is to get more training. |  |
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|  | A: How are you dealing with it? |  |
|  | B: I was really upset and **resistant to it** at first, but now I have an open mind. |  |

## Express regret

Use these expressions to ask about regrets.

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| Remember that the word **regret** can be a noun or a verb.  N) have regrets about sth/doing sth  V) regret doing sth | **Do you have any regrets about** leaving the company?  **Do you regret** turning down/rejecting the job?  **She regrets that she didn't** accept the position. |
| 我真希望我当时做了xxx（其实没有做, 表示后悔了) I wish **I’d done** sth (**had done)**  => which means actually I didn’t do that thing | **e.g. I wish I had accepted** the job offered by Alibaba. (which implies that I turned down the offer from Ali and now I have regrets about my decision) |
| 如果我当时做了xxx，现在应该xxx (其实没有做, 表示后悔了)  \* Should **have done** sth  => which means actually didn’t do that thing表示后悔了  \* should **have done** sth if **I had (I’d) done** sth | **e.g. We should have hired** the other candidate rather than Travis. (which implies that we regret hiring Travis, but should choose to hire the other candidate)  e.g. I should **have obtained** SH Hukou If **I’d (had) gained** a master in Canada. |
| **做都已经做了，就接受现实吧 What's done is done.** | Use the expression What's done is done. to accept the reality of the current situation. |