

Task5 家庭作业：精听+精读

所用素材：剑雅16 第一套真题听力第四题

1. 听文章（一定不要先阅读听力脚本），答题，记录对错
 2. 认真阅读听力脚本，标注所有生词（文中含义），语法（参考新概念英语及三本语法书），摘抄习惯用法（并造句）
 3. 跟读文章edge ✕ 50遍
 4. 模拟考试，听文章，答题，记录对错。
 5. 继续跟读 50遍 (task5+直播课程6结束后)
 6. 模仿第4步。找到拿听力满分的理论信心
- 注意：请务必按照上面顺序走（5&6两步请直播课程6结束后进行）

写出您在完成这个作业过程中产生的疑惑，然后带着这个疑惑去听课。 问题一:?

问题二:?

问题三:?

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PART 4 Questions 31–40

Complete the notes below.

Write **ONE WORD ONLY** for each answer.

Stoicism

Stoicism is still relevant today because of its 31 appeal.

Ancient Stoics

- Stoicism was founded over 2,000 years ago in Greece.
- The Stoics' ideas are surprisingly well known, despite not being intended for 32

Stoic principles

- Happiness could be achieved by leading a virtuous life.
- Controlling emotions was essential.
- Epictetus said that external events cannot be controlled but the 33 people make in response can be controlled.
- A Stoic is someone who has a different view on experiences which others would consider as 34

The influence of Stoicism

- George Washington organised a 35 about Cato to motivate his men.
- The French artist Delacroix was a Stoic.
- Adam Smith's ideas on 36 were influenced by Stoicism.
- Some of today's political leaders are inspired by the Stoics.
- Cognitive Behaviour Therapy (CBT)
 - the treatment for 37 is based on ideas from Stoicism
 - people learn to base their thinking on 38
- In business, people benefit from Stoicism by identifying obstacles as 39

Relevance of Stoicism

- It requires a lot of 40 but Stoicism can help people to lead a good life.
- It teaches people that having a strong character is more important than anything else.

PART 4

Ancient philosophy is not just about talking or lecturing, or even reading long, dense books. In fact, it is something people have used throughout history – to solve their problems and to achieve their greatest triumphs.

Specifically, I am referring to Stoicism, which, in my opinion, is the most practical of all philosophies and therefore the most appealing. Stoicism was founded in Ancient Greece by Zeno of Citium in the early 3rd century BC, but was practised by the likes of Epictetus, Cato,

Q31

Seneca and Marcus Aurelius. Amazingly, we still have access to these ideas, despite the fact that the most famous Stoics never wrote anything down for publication. Cato definitely didn't. Marcus Aurelius never intended his *Meditations* to be anything but personal. Seneca's letters were, well, letters and Epictetus' thoughts come to us by way of a note-taking student.

Q32

Stoic principles were based on the idea that its followers could have an unshakable happiness in this life and the key to achieving this was virtue. The road to virtue, in turn, lay in understanding that destructive emotions, like anger and jealousy, are under our conscious control – they don't have to control us, because we can learn to control them. In the words of Epictetus: "external events I cannot control, but the choices I make with regard to them, I do control".

Q33

The modern day philosopher and writer Nassim Nicholas Taleb defines a Stoic as someone who has a different perspective on experiences which most of us would see as wholly negative; a Stoic "transforms fear into caution, pain into transformation, mistakes into initiation and desire into undertaking". Using this definition as a model, we can see that throughout the centuries Stoicism has been practised in more recent history by kings, presidents, artists, writers and entrepreneurs.

Q34

The founding fathers of the United States were inspired by the philosophy. George Washington was introduced to Stoicism by his neighbours at age seventeen, and later, put on a play based on the life of Cato to inspire his men. Thomas Jefferson kept a copy of Seneca beside his bed.

Q35

Writers and artists have also been inspired by the stoics. Eugène Delacroix, the renowned French Romantic artist (known best for his painting *Liberty Leading the People*) was an ardent Stoic, referring to it as his "consoling religion".

The economist Adam Smith's theories on capitalism were significantly influenced by the Stoicism that he studied as a schoolboy, under a teacher who had translated Marcus Aurelius' works.

Q36

Today's political leaders are no different, with many finding their inspiration from the ancient texts. Former US president Bill Clinton rereads Marcus Aurelius every single year, and many have compared former President Obama's calm leadership style to that of Cato. Wen Jiabao, the former prime minister of China, claims that *Meditations* is one of two books he travels with and that he has read it more than one hundred times over the course of his life.

Stoicism had a profound influence on Albert Ellis, who invented Cognitive Behaviour Therapy, which is used to help people manage their problems by changing the way that they think and behave. It's most commonly used to treat depression. The idea is that we can take control of our lives by challenging the irrational beliefs that create our faulty thinking, symptoms and behaviours by using logic instead. Q37 Q38

Stoicism has also become popular in the world of business. Stoic principles can build the resilience and state of mind required to overcome setbacks because Stoics teach turning obstacles into opportunity. A lesson every business entrepreneur needs to learn. Q39

I would argue that studying Stoicism is as relevant today as it was 2,000 years ago, thanks to its brilliant insights into how to lead a good life. At the very root of the thinking, there is a very Q40

simple way of living – control what you can and accept what you can't. This is not as easy as it sounds and will require considerable practice – it can take a lifetime to master. The Stoics also believed the most important foundation for a good and happy life is not money, fame, power or pleasure, but having a disciplined and principled character – something which seems to resonate with many people today.