

Task7

家庭作业：

材料：剑雅16真题第一套

1. 【必修】剑雅16真题，三篇阅读文章，只看题型。请总结考的是什么题型，尝试总结考察的抽象能力sub-skills是什么？
 2. 【必修】精读第一篇文章 why we need to protect polar bears
 - 1) 千万别做题
 - 2) 标记全文语法+生词+习惯用法（是否造句自选）
 3. 【必修】无需跟读，但反复阅读50遍+做题（查看正确率）
 4. 【选修】阅读“Meditation for Dummies”一书中“Following Your Breath”一文理解如何提升听力走神的问题，以及提升备考学习注意力，增加有效学习时间。可以查阅冥想的好处，bing，咕咕咕。写作&口语内容准备task0.5。
- 注意：**【必修】材料找不到随时联系Leo，【选修】材料找不到优先联系群里其他学员。但依旧可以联系Leo

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：？

...

解决问题优先级如下：

1. 自己尝试解决，请勿做伸手党。
2. 解决不了尝试群里请教。
3. 期待下次直播课程我会课上解决。
4. 直播课程会预留答疑解惑时间，可以问。
5. 直接私信我。（您无需走完前4步才找我，但我强烈建议经过前四步）

“Following Your Breath” 见下一页

Following Your Breath

Drawn from the mindfulness tradition of Buddhism, this basic meditation practice develops concentration and uses the breath to teach you how to stay present from moment to moment, no matter where you are or what you may be doing.



PLAY THIS For more-complete instructions (and more about mindfulness), see [Chapter 7](#). Or you can also listen to Track 4.

1. Begin by finding a comfortable sitting position that you can hold for 10 or 15 minutes.

Take a few deep breaths and exhale slowly. Without trying to control your breath in any way, allow it to find its own natural depth and rhythm. Always breathe through your nose (unless you can't for some reason).

2. Allow your attention to focus either on the sensation of your breath coming and going through your nostrils or on the rising and falling of your belly as you breathe.

Although you're welcome to alternate your focus from one session to the next, sticking with a single focus for the entire meditation is best. Eventually, you're better off using the same focus each time you meditate.

3. Give your full attention to the coming and going of your breath.

Pay attention to your breath the way a mother tracks the movements of her young child: lovingly yet persistently, softly yet precisely, and with relaxed yet focused awareness.

4. When you realize that your mind has wandered off and you're engrossed in planning, thinking, or daydreaming, gently but firmly bring your mind back to your breath.



REMEMBER Thoughts and images will almost certainly continue to skitter and swirl through your mind as you meditate, but don't worry. Just patiently and persistently keep coming back to your breath. If you find it virtually impossible to follow your breath, you may want to begin with counting your breaths (see [Chapter 7](#)).

5. Continue this simple (but not easy!) exercise for the duration of your meditation.

With repeated practice, you may find that your mind settles down more quickly and that you're more present and focused in other areas of your life as well.