1. **工作／学习中的积极建议(NEW) （可链接：积极改变）**

**老师或同学给的建议：早睡早起；上课做笔记；晨跑；**

**Part 3**

**1. When should parents encourage their children?**

I think there are various occasions that ...., for example....

1) When children are afraid of doing sth. new;

2) too shy to do sth. ; not confident of themselves;

3) fail in doing sth.; e.g. learn riding a bike;

4) do well in sth. ; encourage them to do better;

**2. Should parents always encourage their children?**

1) Parents should realistically encourage their children.

2) too many encouragements may make the children **overestimate** themselves.

3) Children will be too proud of themselves.

**3. Do you think negative feedback is more important than positive feedback? Why?**

1) can help people know about their shortcomings,

1. can help them avoid mistakes;
2. can help them to work hard;

**4. Why is negative feedback as important as positive feedback at work or in study?**

1) to let us know we are not perfect;

2) to help us know what we are good at and in which part we are not sufficient;

If we know the negative feedback of us, we can take some measures to deal with them, or try to avoid making those possible mistakes. With the help of positive feedback, we can take advantages of something we are good at, in that way, we can improve the study or work efficiency.

**10. 一次非常忙碌的经历(NEW)**

1. I want to talk about a time that I got up really early to travel out. It was in last summer vacation (I remember), after I had a long discussion with my parents, we decided to have a vacation trip to Sanya.

2. Sanya is located in the very south part of China--on the island of Hainan. So we chose to go to there by air. But there is no airport in my city. The nearest airport is in Jinan. It would take us about 2 hours to get there. My parents' holiday was short, and they wanted to fully use every minute, so they booked the early flight-- it was about at 7 I think.

3 & 4. In order to catch the flight and avoid morning traffic jam, my mother set the alarm o'clock at 3:30. When the clock alarmed, I hurriedly got up and rushed to the bathroom, I think I finished the washing only within one minute; My mother hurriedly made breakfast. My father moved the luggage to the trunk, then he urged my mother and me to go quickly. When we arrived at the airport, it took us a while to get a parking space. After that, we waited in a long line when we had the luggage checked. And then, we passed the security check and got to the departure gate. I stupidly put a charge pal/power bank in my luggage. After I took out the charge pal from the luggage, I rushed back to the departure gate on the second floor. I think that was the busiest morning that I've ever had...

**Part 3**

**1. Are you often busy?**

Yes. As a student in China, I'm often busy with study. I just finish the 3-year-long study life in senior high school, that's the busiest time of my study life until now. I guess in the future, I will be also busy with my study in university, if I want to gain more knowledge.

**2. What are the advantages and disadvantages when people keep busy?**

A: work/ study a lot in certain time; a sense of fulfillment;

D: much tension; exhausted; too much pressure, lead to physical and mental problems;

**3. Do you think children should learn through playing games or under pressure?**

I support ..... playing games;

...at the early time of life to know about this world; I think they'd better to learn about new things through a relaxing way, that can make them to more positive towards the world;

They can have a happy and relaxing childhood;

**4. What kind of pressure people may experience at work?**

Pressure from their bosses, supervisors, to achieve some tasks in a certain time, finish the tasks successfully.

From co-workers: be under some work competition; if they want to get promoted or get more salary, they need to work hard.

From family: can't balance work and family life well;

Under the case/situation/occasion of....

**11.帮助小孩(NEW)**

1. last weekend, after dinner, I went out for a walk in my community as usual.

2. a child was riding a bicycle. He rode fast, when he turned around a corner, his bicycle was a little out of control, he fell down. I was walking there. I didn't find any adults with him, so I helped him up. But his bicycle chain was out of the track. I tried to help him to put the chain back, but we didn't make it. Then I searched some helpful videos with my smart phone, with the assistance of the child and the help of videos, we fixed the bicycle finally.

3. Well, for the reason why I helped him. I guess I'm a kind person, to be honest, I just helped him without thinking anything.

4. I felt it's just a common help. If I meet some difficulties, my neighbors will offer me helps as well.

I'm a good neighbor.

**Part 3**

1. **Do you often help kids? How?**

To be honest, I don't often help kids.......

As how I will help them, that should depend on the situation they are in. For example, if a kid get lost, I'll try to send him/her back home, or call the policeman to help him/her. If there are some kids can't get their kites or something from high place, I'll help them if I'm tall enough to reach the place.

1. **Why is it necessary to do volunteer services?**

1) First I think the government departments can't cover every kinds of needs of public, the volunteer services can do that part.

2) Besides, volunteer services are good ways to pass people's love and care to others.

3) To do volunteer services can help some people achieve their values.

4) .... to know about the society more.

**3. What can schools do to develop students' awareness of volunteering?**

1) can hold some lectures; invite those people who often do volunteering works to ....;

2) organize volunteering activities;

announce; brucher propagandize

**4. Who benefit more from the volunteer services, the volunteers or the people helped?**

To be honest, it's really hard to compare who can benefit more.

Volunteers: achieve their values; can rescue themselves in some aspects;

People: can get help directly; and also can get hope and encouragement in their mind;

**12.交通拥堵(NEW)**

OK, I want to talk about an experience that I had early in last month.

May 1st is the Labor Day. People in my country usually can have a week for holiday. (For most people who don't work in schools or universities, this holiday is probably the longest holiday for them. So people won't let the holiday go easily.) But this year, due to the pandemic of COVID, we only had 3 days off. Traveling is the most popular option for most citizens.

Considering the pandemic, my family decided to have a drive-tour to a nearby city, which is about 40km from my city. As we know, China is never short of people. We had imagined there would be some traffic jams on the way. However, the situation was totally out of our imagination. The highway was like a huge parking lot. We were stuck in a traffic jam only after we drove out for 10 minutes.

The cars moved very slowly, and I saw some traffic policemen were busy working there. We had thought there might be a car accident ahead. After waiting for 20 minutes, my father was a little impatient, he asked a policeman for the reason of the traffic jam. The police officer said due to the pandemic, every driver should swipe a place code to show up whether he/she had been to the high risk area of pandemic in the last 2 weeks and whether he/she had got vaccinated. That would take some time. So there was the traffic jam.

Generally speaking, I thought the it was OK to wait in that traffic jam because of the pandemic. But if possible, I wish there weren't traffic jams.

**Part 3**

1. **How can we solve the traffic jam problem?**

1) to complete transportation system

2) to implement staggered shifting on traffic system;

3) to encourage people to take public transportation;

**2. Do you think developing public transport can solve traffic jam problems?**

Yes, I think so. Private cars occupy much more space on the road than public transportation to transport the same amount of people. And some private cars sometimes pull over casually, to some extent, that can increase traffic jam problems.

**3. Do you think the high ways will help reduce traffic jams?**

I think so. That mainly because there are many traffic lights to stop cars, that will reduce traffic jams more or less. Drivers can't pull over casually on the high ways. What's more, there aren't pedestrians on the high ways, that can also lower down the amount of traffic jams.

**4. What are good ways to manage traffic?**

1) to part the pavements from the drive lanes and bicycle lanes;

2) to set more traffic lights;

3) to make more traffic signs;

4) to improve public transportation system;

5) to encourage people to take public transportation more;

**13.用手机做重要事情(NEW)**

\*\*\*laptop was broken, needed to use mobile phone to continue a presentation;

**Part 3**

1. What do you usually do with a cellphone?

A lot of things. To kill time, like to watch videos, to play phone games, to chat with friends. To have online class, to search information, etc. To shop online with Taobao, Jingdong, etc.

2. What are the differences between young people and old people when using a cellphone?

Young: use more functions; like to shop; socialize; book ticket; search information;

Old: make video call with others; some old people may shop online;

3. Which one is more important, using a cellphone to make phone calls or to read messages?

to make phone calls, ....can pass messages more instant.; formal;

receiver may miss the message when he/she is busy with something.

4. Do you think there should be a law to stop people from making phone calls in public?

I think to make a law is too much. It's a kind of public manner for people to stop making phone calls in public. We should improve people's self-disciplines to change that point.

***Object & Activity(24)***

**1. 希望养成的习惯**

China has a really long history of growing tea. Many people in my country have the habit of drinking tea. One of my friends has keeping the habit of drinking tea nearly 10 years. She knows a lot about it, for example, she can name out nearly 20 kinds of different types of tea.

I first noticed her habit in my high school. The time of high school is the busiest time for students in China. We have to stay up late and get up early to cram for good results. I usually felt sleepy at that time, sometimes, I even could fall asleep in the class. I tried to drink coffee to keep me refreshed. But I guess coffee might be too strong for me, sometimes after drinking it, my hands would shake, my heart might beat fast or I would be too excited to sit there for a long time.

My friend suggested me to drink tea. I took her advice. The tea water tasted very mild. The smell of tea keeps me refreshed. After I had tried several times, I realized that tea was a perfect drink for me. It's not strong; it keeps refreshed, but not very excited; I think it's suitable for Asian people; So I want to develop this habit.

(Actually, tea is more than a drink. I know it was ever the most important products on Silk Roads. It conveys Chinese history and civilization.)

**Part 3**

1. What habits should children have?

....should shape some good habits when they are young; ensure they with good health/ good development;

to get up early; to do reading; to put away toys; to be punctual/on time; to do some preparation before doing sth.; to keep their promises; punctuality

2. What should parents do to teach their children good habits?

parents: tell them why should people develop good habits;

keep good habits firstly; set good examples;

be strict to help children to form some good habits

3. What influences do children with bad habits have on other children?

...will learn from each other; but by comparison, bad habits are easy to form/shape;

with the influences of those children with bad habits, other children may no long obey regulations/manners/rules;

Some bad habits can have influences on other children's attitude towards study, health, value and so on.

4. Why do some habits change when people get older?

physical energy/ health: don't have good energy to stay up late; give up smoking or drinking because of health problem;

realize the importance of health: do exercise; eat healthy food;

have more responsibilities of work, family or life;

**2. 困难的决定**

1. When I was in the first year of high school, I met my first difficult decision in my school life, it was to choose to study arts or sciences;
2. It will related to my future major in university and future job option;

Before made the decision: compared the 9 subjects I was studying;

I was not good at physics and politics; politics is a main subject of arts; physics belongs to science; that made the decision more difficult to make;

I didn't have obvious preference on arts or science, so I used the ranking of arts and sciences to decide my subject.

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People probably have changed their plans for various reasons. Recently, I changed my future study plan. To be honest, it was a big change for me.

In the three days, from 6th to 9th in June, I attended the university entrance exam. The result was not as good as I had expected, but still not bad. Then I applied my ideal university and I was enrolled.

In China, the university admission policies are different from most of other countries. Students who have passed the enrollment cut-off score/line still have few options to apply the majors that they are interested in.

Actually, I was enrolled by a major called International Trade which I totally knew nothing about. So I didn't think I could have motivation to go further study in that filed. After discussing with my parents, I decided to study abroad.

I felt changing my study plan was a good decision. Coz I wanted to follow my heart. And also, I felt so grateful for my parents' support. You know, the oversea university tuition fee is a burden for a family. So I'll try my hard to start an independent life. Well, homesickness is another thing I should concern.

Part 3

1. What decisions do people usually make in their daily lives?

daily routines;

to get up early or late; to dress what; to eat what; on what time to go out;

2. Which is easier, making a decision by yourself or making a decision after group discussion?

That should depend on how big the responsibility I should take after making the decision. For example, the decision about a project or a work, ...

Private stuff: like to make decision by myself; make me to be confident;

I prefer to make a decision by myself. Because, having a group discussion with others, they may come up with different ideas; it will be hard for me to choose;

I like to to make a decision after a group discussion. Because I can't consider overall; not confident enough to make a decision; not decisive;

3. Why are many young people unwilling to follow their parents' advice?

1) They are grown-up; they are mature and capable enough to make decisions by themselves; have their own ideas

2) parents control them too much

3) generation gap: parents may old-fashioned; can't catch up with the trend;

4) young people are eager to have chance to make decision;

4. Why would middle-aged people tend to second-guess their own decisions?

middle-aged: have to take the responsibility of nurturing their young children and take care of old generation as well; so they have much pressure and burden from life; make them cautious to make decisions; sometimes, they may can't take the bad consequence; so... second-guess....

not decisive;

have experienced many things: can foresee something;

**3. 自行车／摩托车／汽车旅行**

例1: I like travelling. Being to different places bring me back a lot of good memories. And I think my horizon is also widened.

And recently, I have been planning to have a car trip to Inner Mongolia. If my parents can have their annual leaves for a week, I'd like to go with them. You know, travelling with parents would be good family time; and being out with them, I can save much money on travelling.

I've browsed some travel websites. They all said that the best time to go to Inner Mongolia is at the end of its summer. At late July or early August, the grass is tall and green, the sky is blue with good sunshine, the weather is moderate, and so it's the best time to ride a horse to experience the beautiful natural scenes of the **prairie**.

Inner Mongolia has very low population density. The public transportation is not very good in some (rural) places, but those places have the best natural sites, so it's better to go there by private car. That's one of the reasons why I'd like have a car trip there. Besides, I plan to have some camping there; so we need to take more belongings like camping tents, picnic tables and so on. That's the other reason why...

Carnivore; carnival; drive license;

**Part 3**

**1. Which form of vehicle is more popular in your country, bikes, cars or motorcycles?**

cars: public transportation is not good/complete; have to wait for really a long time; the buses/subway are usually crowded;

Bus: the most convenient and economic transportation; government encourage publicans to take; bus transportation system can cover most rural areas

**2. Do you think air pollution comes mostly from mobile vehicles?**

To be honest, I'm not sure whether mobile vehicles cause mostly. I've heard many reports about air pollution. Mobile vehicles, industrial factories, forest fires and some other human activities can cause the air pollution. But no evidence can prove mobile vehicles, industrial factories is the

**3. Do you think people need to change the way of transportation drastically to protect the environment?**

I think we should control that situation in a certain degree, and also should seek new ways of environmental protection transportation; to get balance with the environment protection;

1. **How are the transportation systems in urban areas and rural areas different?**

Urban areas: more complete/convenient; more forms of transportation; bus/subway/taxi/train/airplane; sharing bike;

Rural areas: fewer forms of transportation system; in some undeveloped rural areas there was no public transportation

**4. 想学的一项有趣的技能**

1. There is a skill that I want to learn more, it's ice skating;
2. When I was young in primary school, my friend took me to an ice-skating center at a weekend; he was good at it; I could roller skate, so I thought ice-skating wasn't difficult for me; but the ice was much more **slippery** than the ground; I fell down several times. The last time when I fell down, I broke my nose heavily. When I stood up, my nose couldn't stop **bleeding(流血)**. Then I was sent to a hospital and had an operation on my nose. After that, my parents didn't allow me to skate again.
3. I want to continue learn it, coz I think skating is interesting. I can't run fast, so I very enjoy the **speed** that the skating brings to me.
4. I plan to ask 2 or 3 friends who are good at skating to help me to learn. You know, last time, when I first did ice-skating, I hurt my nose. I think one friend maybe not enough to help me.And I'll go to a skating center with my friends to learn it. That's how I would like to learn.

I want to develop a kind of defensive skill -- called Aikido. I first knew about it when I was about 10 years old in my primary school. My father thought I needed to learn a kind of sporty skill to develop my braveness. One day, he took me to an aikido studio. I saw several people were there in a circle. The coach was in the middle. When the people attacked the coach, he used some skillful techniques pulling down all of them in a minute. My father told me that the coach needn't use much strength, he only borrowed the power from the attackers. To be honest, the skill was really cool. But I had some difficulties to communicate with strangers or new people at that time, I even refused to stay with my classmates after class. Sometimes, when guests came to my home, I would stay in my room until they left. I had one aikido class, the time in that new environment with strangers made me really uncomfortable. Although I was interested in aikido, I still refused to learn it continuously.

Now, I'm outgoing, and I think it's necessary for girls to learn some defensive skills to protect ourselves. And aikido doesn't require much on strength, it's suitable for girls. If I have this skill, it will be....

**Part3**

1. **Who prefer new skills, young people or old people?**

I think young people prefer new skills more.

Young people always have curiosities(好奇心) and energy; they like to experience new things; many young people think by learning new skills can enrich their life;

Old people: like to stay in their comfortable zone; have health problems; they don't have energy and motivation to learn new things any more;

**2. Do you think people in their 80s can learn new skills? And do you think it is necessary for them to learn skills?**

Of course they can learn new skills. If their memory and physical health are good enough they can learn new skills to make their life more interesting. There is a Chinese saying: One is never too old to learn. (学到老活到老)

It's not necessary for them to learn. But I think it's useful for them. To learn skills or not should depend on what kind of life the old want. Some old people like to learn new skills to make their life more meaningful. Some old people like to keep their old habits and traditions, they don't like to learn new skills.

No matter how old they are, only they have a mind to learn something new, they can learn. Maybe they learn new skills slowly, or they may fail in learning at last. But the process of learning will make them happy.

**3. Do you think it's better for people to have one or two skills or have many skills?**

many skills: competitive; good jobs require more; adaptability; modern society needs well-rounded developed people;

one skill: can concentrate on one thing; have more possibility to make the one skill excellent enough