视听说 4-Unit1

【Goal A-Vocabulary】

• 音频

短文填空题

To find out about the things that people value most in life, the Organisation for Economic Co-operation and Development (OECD) asked people in many countries. The OECD's questions asked people to (1) give a score for several criteria, or topics, based on how good they felt about these parts of their lives. The average score for all topics is the overall level of life satisfaction in that country. The criteria were: having access to (2) high quality education; being able to find a balance between (3) work and other parts of life; having good opportunities for a successful career; making a good income and having enough wealth; being able to afford a nice home; feeling safe; (4) having good health and access to high-quality medical care; and living in (5) a clean environment.

【Goal C-Listening】

• 音频：

（短文）

Want a Better Job? Work for a Better Company

Some people love working so much that it doesn't feel like work. They wake up everyday feeling excited about their careers. But most people are not so lucky. They need money to live, so they need a job. However, they don't love their work, and this can create problems. Because these workers are not satisfied with their jobs, they feel unhappy. And because they are unhappy, they may not work hard. Luckily, some people and companies are trying to improve things.

Dan Price is the CEO of a company based in Seattle. In 2015, he decided to pay the workers at his company more money. He raised the salaries of all of his workers to$70,000 a year, which is much higher than the US. average income. To pay for this, he cut his own salary to the same amount. Interestingly, a study was published by Princeton University in 2010 about salaries. According to this research, people who make around $75,000 each year are happier and feel more satisfaction than those who make less or more money. Since Price made his decision, his workers have been happier and his company has been more successful.

Money is one reason why some workers are unhappy with their jobs. Another reason is working too many hours. Perpetual Guardian, a company based in New Zealand, wanted staff to have a better work life balance. The company came up with a plan. Its staff were paid for five days, but they only had to work for four days each week. Not surprisingly, workers were happier and more satisfied with their lives. They also worked harder, so the company was very pleased with the success of its plan.

Many studies about life satisfaction usually show that people who do things are happier than people who buy things. So, for example, going on a road trip or learning to play the guitar is better than buying a car or guitar. The famous company Airbnb wants its staff to have great experiences. Workers get $2,000 each year to stay at Airbnb properties anywhere in the world. In addition, workers have the opportunity to visit or work at offices in other countries. As a result, many people who work at Airbnb love their jobs.

【Goal D-While watching】

·音频：

A Life Lesson from a Volunteer Firefighter

Mark Bezos: Back in New York, I am the head of development for a non-profit called Robin Hood. When I'm not fighting poverty, I'm fighting fires as the assistant captain of a volunteer fire company. Now in our town, where the volunteers supplement a highly skilled career staff, you have to get to the fire scene pretty early to get in on any action.

I remember my first fire. I was the second volunteer on the scene, so there was a pretty good chance I was going to get in. But still it was a real footrace against the other volunteers to get to the captain in charge to find out what our assignments would be. When I found the captain, he was having a very engaging conversation with the homeowner, who was surely having one of the worst days of her life. Here it was, the middle of the night, she was standing outside in the pouring rain, under an umbrella, in her pajamas, barefoot, while her house was in flames.

The other volunteer who had arrived just before me—let's call him Lex Luthor—got to the captain first and was asked to go inside and save the homeowner's dog.

The dog! I was stunned with jealousy. Here was some lawyer or money manager who, for the rest of his life, gets to tell people that he went into a burning building to save a living creature, just because he beat me by five seconds. Well, I was next. The captain waved me over. He said, "Bezos, I need you to go into the house. I need you to go upstairs, past the fire, and I need you to get this woman a pair of shoes." I swear.

So, not exactly what I was hoping for, but off I went—up the stairs, down the hall, past the "real" firefighters, who were pretty much done putting out the fire at this point, into the master bedroom to get a pair of shoes.

Now I know what you're thinking, but I'm no hero. I carried my payload back downstairs where I met my nemesis and the precious dog by the front door. We took our treasures outside to the homeowner, where, not surprisingly, his received much more attention than did mine. A few weeks later, the department received a letter from the homeowner thanking us for the valiant effort displayed in saving her home. The act of kindness she noted above all others: Someone had even gotten her a pair of shoes.

You know, in both my vocation at Robin Hood and my avocation as a volunteer firefighter, I am witness to acts of generosity and kindness on a monumental scale, but I'm also witness to acts of grace and courage on an individual basis. And you know what I've learned? They all matter. So, as I look around this room at people who either have achieved, or are on their way to achieving, remarkable levels of success, I would offer this reminder: Don't wait. Don't wait until you make your first million to make a difference in somebody's life. If you have something to give, give it now. Serve food at a soup kitchen. Clean up a neighborhood park. Be a mentor. Not every day is going to offer us a chance to save somebody's life, but every day offers us an opportunity to affect one. So, get in the game. Save the shoes.

Thank you.

·题目：

（填空题）

Mark Bezos works for a (1) charity called Robin Hood in New York. He is also the assistant captain of a volunteer fire company. Because the professional firefighters are highly (2) skilled, volunteers need to arrive to a fire scene very early if they want to take (3) part in the action. The first time Bezos went to help fight a fire, he was the second volunteer to arrive, so he was hoping to (4) be given something important to do. He ran to see his captain to ask what he could do, and he found him (5) talking to the owner of a burning house. The first volunteer on the scene (6) was asked by the captain to go inside the house and save the homeowner's dog.

(填空题)

Now I know what you're thinking, but (1) I am no hero. I carried (2) my payload back downstairs where I met my nemesis and (3) the precious dog by the front door. We took our (4) treasures outside to the homeowner. A few weeks later, the (5) department received a letter from the homeowner thanking us for the (6) valiant effort displayed in saving her home. The act of (7) kindness she noted above all others: Someone had even gotten her (8) a pair of shoes.

视听说 4-Unit2

【Goal A-Vocabulary】

• 音频

短文填空题

One scientific study suggests that up to two billion different species may be alive now. That's a big number. However, since life began on Earth, scientists think at least five billion kinds of plants and animals have gone extinct. They know this from the discovery of (1) many unknown kinds of fossils: dead plants or animals that have turned to stone. Why did so many species not survive? Some species (2) died out slowly because conditions changed. Others were killed in a huge natural disaster that happened about 66 million years ago. A big rock from space, called (3) a comet, hit Earth. It killed the dinosaurs and caused (4) terrible conditions. If humans had been alive at that time, they would have felt terror. Many species are (5) dying out these days, so some scientists think another mass extinction is happening now. They see a relationship between human activity and these deaths. For example, they think the problem is happening because humans are (6) causing climate change. Is there any way to rescue species that are in danger? Maybe. If a scientist found a way to stop climate change, he or she would be a hero to people who care about the planet.

• 题目：

同音频

【Goal B-Listening】

• 音频：

I'd like you to start by looking at this photo. It's obviously a fossil of some kind, but do you know what species it is? Any ideas? No? Well it's a fossil of a horseshoe crab. This particular horseshoe crab died about450 million years ago. After it died, it lay on the bottom of the ocean. Tiny pieces of sand and mud fell on its body for thousands of years. As the layers of sand and mud got higher, they pushed down on the body and turned it to stone. Millions of years later, humans found it in a layer of rock and put it in a museum.

Some people think all fossils are from species that have gone extinct, but that's not true. For example, there are many fossils of horses, but of course horses are still alive. The earliest fossils date from about 50 million years ago. Those early horses look different from modern horses because horses have changed, evolved, over the years. However, they also look similar to modern horses in a number of ways.

Fossils are interesting, but today, I want to focus on living fossils. In simple terms, these are species with three key... sorry, with two key characteristics. First, they're still alive now. And second, they look almost the same as actual fossils from long ago. They aren't the same, of course. Every species changes over time. However, living fossils look similar to their actual fossils because they have changed less than other species.

The classic example of a living fossil is the horseshoe crab. Yes, the same species we discussed earlier. They live off the Atlantic coast of the United States and in the waters around India, China, Southeast Asia, and Japan and Korea. If you look at a modern horseshoe crab, it looks almost

the same as fossil crabs from hundreds of millions of years ago.

Nowadays, the coelacanth is considered another classic example of a living fossil. About 80 years ago, however, people thought it was extinct. There were fossil coelacanths, but no scientist had seen a living fish.

That changed one day in 1938.

Marjorie Courtenay-Latimer was working at a museum in South Africa. She received a call about something strange that a fisherman had caught. When she saw the fish, she thought it might be scientifically important, and she was right. The fish was a coelacanth. It was dead, of course, but her discovery showed that coelacanths still lived in the oceans. And yes, they look very similar to fossil coelacanths.

Incidentally, Courtenay-Latimer is something of a hero of mine. Even today, it can be hard for women to work in science. Back in the1930s, it was even more difficult. So, I admire her because she worked hard to be successful.

Anyway, let's move on to discuss...

• 题目

Horseshoe crabs are living fossils. They have been alive for (1) hundreds of millions of years. They live off the (2) Atlantic coast of the United States. They also live around (3) India, China, Japan, Korea, and other parts of Southeast Asia. They look just like fossil horseshoe crabs. Like horseshoe crabs, coelacanths are living fossils. They are a kind of (4) fish. Scientists believed they were extinct. Then, Marjorie Courtenay-Latimer discovered one in (5) 1938. She was working for a (6) museum in South Africa at the time.

【Goal C-Listening】

• 音频：

（短文）

A Birthday to Remember

When he woke up on the morning of June23rd, 2018, Peerapat Sompiangjai, whose nickname is Night, was excited. It was his seventeenth birthday, and his plans were to practice soccer and then have fun with friends from his team, the Wild Boars. When they fell asleep that night, however, Night and eleven of his friends felt hunger, thirst, and terror.

What happened? To celebrate Night's birthday, the Wild Boars explored the ThamLuang Cave in northern Thailand. Their coach, Ekkapol Chantawong, went with them to keep them safe. Usually, it is OK to explore the cave in June, but heavy summer rains suddenly started. The cave began filling with water and the Wild Boars had to go deeper into the cave to survive. They were trapped! When the boys did not come home that evening, their parents became worried. They found the boys' bicycles, bags, and shoes outside the cave and raised the alarm. Soon, the story became big news around the world. Volunteers from many countries traveled to Thailand to help.

Inside the cave, the situation was not good. They had a little water, but almost no food. They did not know that people were looking for them. They did not even know what day it was or how long they had been trapped.

Coach Chantawong tried to help the boys. He let them eat his share of the food, and he taught them how to meditate so they would feel less worried. He also told them to lie still in order

to use less oxygen.

At last, there was good news on July 2ndwhen three divers found the team alive. Around the world, people were happy to learn of their discovery. Now that divers knew the boys' location, they could bring food, air, and medicine to them. However, the situation was not safe: The cave was full of water, the boys could not swim, and they were far from the cave entrance.

More heavy rains were expected, and the rescuers came up with a dangerous, desperate plan. First, they put diving equipment on the boys. Some divers then tied themselves to the boys and helped them swim to a dry part of the cave. Finally, more than 100 helpers took turns carrying the boys to the cave's entrance.

The plan was very dangerous, and sadly, diver Saman Kunan died while rescuing the boys. However, despite the danger, all of the Wild Boars, including Coach Chantawong, were out of the cave and being checked by doctors by July 10th. At last, after 17 days in the cave, they were all safe.

【Goal D-While watching】

• 音频:

Three Things I Learned While My Plane Crashed

Ric Elias: Imagine a big explosion as you climb through 3,000 feet. Imagine a plane full of smoke. Imagine an engine going clack, clack, clack... It sounds scary.

Well, I had a unique seat that day. I was sitting in 1D. I was the only one who could talk to the flight attendants. So, I looked at them right away, and they said, "No problem. We probably hit some birds." The pilot had already turned the plane around, and we weren't that far. You could see Manhattan. Two minutes later, three things happened at the same time.

The pilot lines up the plane with the Hudson River. That's usually not the route. He turns off the engines. Now, imagine being in a plane with no sound. And then he says three words. The most unemotional three words I've ever heard. He says, "Brace for impact." I didn't have to talk to the flight attendant anymore. I could see in her eyes, it was terror. Life was over.

Now I want to share with you three things I learned about myself that day. I learned that it all changes in an instant. We have this bucket list, we have these things we want to do in life, and I thought about all the people I wanted to reach out to that I didn't, all the fences I wanted to mend, all the experiences I wanted to have and I never did. As I thought about that later on, I came up with a saying, which is, I no longer want to postpone anything in life. And that urgency, that purpose, has really changed my life.

The second thing I learned that day—and this is as we clear the George Washington Bridge, which was by not a lot—I thought about, wow, I really feel one real regret. I've lived a good life. In my own humanity and mistakes, I've tried to get better at everything I tried. But in my humanity, I also allow my ego to get in. And I regretted the time I wasted on things that did not matter with people that matter. And I thought about my relationship with my wife, with my friends, with people. And after, as I reflected on that, I decided to eliminate negative energy from my life. It's not perfect, but it's a lot better. I've not had a fight with my wife in two years. It feels great. I no longer try to be right; I choose to be happy.

The third thing I learned—and this is as your mental clock starts going, "15, 14, 13." You can see the water coming. I'm saying, "Please blow up." I don't want this thing to break in 20 pieces like you've seen in those documentaries. And as we're coming down, I had a sense of, wow, dying

is not scary. It's almost like we've been preparing for it our whole lives. But it was very sad. I didn't want to go; I love my life. And that sadness really framed in one thought, which is, I only wish for one thing. I only wish I could see my kids grow up.

About a month later, I was at a performance by my daughter—first-grader, not much artistic talent... Yet! And I'm bawling, I'm crying, like a little kid. And it made all the sense in the world to me. I realized at that point, by connecting those two dots, that the only thing that matters in my life is being a great dad. Above all, above all, the only goal I have in life is to be a good dad.

I was given the gift of a miracle, of not dying that day. I was given another gift, which was to be able to see into the future and come back and live differently. I challenge you guys that are flying today, imagine the same thing happens on your plane—and please don't—but imagine, and how would you change? What would you get done that you're waiting to get done because you think you'll be here forever? How would you change your relationships and the negative energy in them? And more than anything, are you being the best parent you can?

Thank you.

视听说 4-Unit3

【Goal C-Listening】

·音频:

The Future of "Travel"?

Most of us travel each day. We commute to work, visit friends, or go shopping. This kind of travel may be necessary, but it is not always fun. As a result, most of us also look forward to traveling somewhere for a relaxing vacation. In theory, traveling is a wonderful experience. In practice, however, there can be problems with taking a trip.

Cost is one issue. Vacations can be expensive, especially for people with children. Another problem is time. In the modern world, many of us are too busy to take a relaxing trip away. And vacations can also be surprisingly stressful. We might have to deal with lost luggage, unfamiliar food, large crowds, noisy hotel rooms, or uncomfortable aircraft seats. And to top it all off, long-distance flights are bad for the environment because aircraft burn a lot of fuel.

Because of these problems, staycations have become more popular. These are vacations in which you stay at home. During a staycation, people will often visit nearby tourist attractions. They may also do other fun things such as eat at restaurants more than usual, visit shopping malls, or go to local festivals. And because people do not have to fly to a distant destination or stay in a hotel, staycations cost less than vacations.

However, staycations are not a perfect solution. For one thing, visiting tourist sites and eating out is not cheap. Some people overcome this problem by choosing to be "armchair travelers". They take a staycation, but instead of spending money to visit nearby attractions or restaurants, they read books or watch documentaries about other places. The cost is very low, of course. Still, for many people, reading or watching a show about a place is a poor alternative to going there.

Virtual reality may offer a high-tech way for us to "see" the world. A "traveler" puts on a VR headset and runs special software. The software takes her on a "journey" to another place, such as the mountains of Chile. The VR traveler feels she is really in that place. By turning her head, for instance, she will see mountains behind or in front. The software may also let her "interact" with things. For example, she may be able to "pick up" something to look at it more closely.

VR travel is not a perfect solution, either. The VR experience may be enjoyable and realistic in some ways, but it is not the same as being there. And psychology studies show that having real experiences is important for our happiness. Still, one major hotel chain already gives its guests the chance to enjoy VR travel in their rooms. And the technology will get better. Perhaps in the near future, VR will give us the chance to "explore" the moon or Mars

填空题:

We travel for different purposes. Some of the travels are (1) necessary, but not (2) fun. We love (3) relaxing vacations. Traveling is wonderful, but there are a lot of problems, too. One issue is (4) cost, as traveling can be (5) expensive. Another one is (6) time. Vacations can also be very (7) stressful. Maybe that's why staycations have become more (8) popular. But staycations are not (9) perfect, because visiting nearby (10) tourist sites and (11) eating out is not cheap. Therefore, some people choose to be (12) armchair travelers. They just (13) read books or (14) watch documentaries about other places. VR travel makes the traveler feel that she is (15) really in that place and she can also (16) interact with things. VR travel is not perfect, either, because the experience may be (17) enjoyable and (18) realistic, but it is not the same (19) as being there.

视听说 4-Unit4

【Goal A-Vocabulary】

·音频:

（短文填空题）

The sports industry is one of the (1) largest industries in the world. (2) Billions of people enjoy it. For example, they might like (3) playing tennis, or (4) going skiing, or (5) doing yoga. They buy equipment to do these activities in order to (6) become fit and develop (7) strong muscles.

However, the big money comes from (8) professional sports. All over the world, people pay to watch (9) sporting events like the Olympics. Part of the reason why sports are popular is because of the (10) drama. In order for a competitor or team to win a (11) game or a championship, another person or team must lose. Winning brings happiness, but failure brings disappointment.

Because sports are such big business, TV companies pay a lot of money to show them. In the U.S., for instance, the National Football League receives around (12) $7.5 billion each year for TV rights. And in some sports, such as soccer, companies pay millions to put their (13) name and logo on a team's uniform. (14) Individual athletes get huge money, too. The very best players—the ones who conquer everyone else to become champions—can make many (15) millions of dollars a year. Unfortunately, few people have the (16) talent or skills to play at this level.

【Goal C-Listening】

When Losing Means Winning

In sports, we expect that athletes and teams will play to win. In most cases, this is true. In unusual cases, however, trying to lose may be better. Take the soccer World Cup in 2018. England had to play Belgium. The team that won would stay in the competition, but would play great teams like Brazil or France in future games. The team that lost would also stay in the competition, but would play less famous teams like Denmark or Sweden. In other words, the losing team would have easier games and so have more chances to win the whole competition. In the end, Belgium won the game. But for England, losing did not feel like failure: The team easily reached the semi-final, the country's best result in almost 30 years.

In some North American sports leagues, losing can also mean winning. However, unlike the example of England and Belgium, in these leagues, a team must lose many games in some years in order to win in future years. The reason for this strange situation is something called a draft. Each year, every team gets a chance to add the best young players from around the country. Teams with very bad records get the first chances to pick players, and teams with good records get the last chances. So, losing a lot gives a team a good chance to draft a great young player.

Why is drafting players important? Well, a team that can add several top players can improve a lot very quickly. The team might even become good enough to win a championship. That sounds surprising, but it has happened many times. In baseball, for example, the Chicago Cubs and Houston Astros were bad teams for years. They lost game after game. Losing let both teams draft many young players. These new players were very good. They were so good, in fact, that the Cubs won the baseball World Series in 2016. Then just one year later, the Astros won it.

When a team tries to lose often in order to draft great players, it is called tanking. This is sometimes unpopular with fans, but it is not against the rules. Still, how do teams actually do it? Trading players is a common way. A tanking

team can trade its best players to other teams. In return, it can get extra draft picks. This has two benefits. First, the tanking team is more likely to lose because it no longer has its best players. Second, when the draft happens, the team can use the extra picks to get even more great young players. In this way, a tanking team can go from worst to first in just a few years

【Goal D-While watching】

·音频:

What I Learned When I Conquered the World's Toughest Triathlon

Minda Dentler: It was October 13, 2012, a day that I will never forget. I was on my bike, pushing up what seemed like a never-ending barren hill. And it wasn't just any hill: It was a 15-mile climb up to a town called Hawi on the Big Island of Hawaii. And it wasn't just any ride: It was at the Ironman World Championship. I can still feel my muscles burning. I was struggling, tired and dehydrated, as I could feel the heat emanating from the asphalt, measuring almost 98 degrees. I was near the halfway point of the bike portion of one of the most prestigious, longest, single-day endurance race events in the world.

At age 28, I was introduced to the sport of hand-cycling, and then triathlon, and by luck, I met Jason Fowler, an Ironman World Champion, at a camp for athletes with disabilities. And like me, he competed in a wheelchair. And with his encouragement, at age 34, I decided to go after Kona. The Kona, or Hawaii Ironman is the oldest Iron-distance race in the sport, and if you're not familiar, it's like the Super Bowl of triathlon. And the Ironman, for a wheelchair athlete like me, consists of a 2.4-mile open-water swim in the Pacific Ocean, a 112-mile hand cycle ride in lava fields—now, that sounds exotic, but it's not as scenic as it sounds, and it's pretty desolate—and then you top it off with a marathon, or a 26.2-mile run in 90-degree heat using a racing wheelchair. That's right, it's a total distance of 140.6 miles using just your arms in less than 17 hours. No female wheelchair athlete had ever completed the race because of the strict, seemingly impossible cutoff times. And so there I was, putting it all out on the line. And when I finally reached the top of that 15-mile climb, I was discouraged. There was no way I was going to make that swim/bike time limit of 10 and a half hours, because I was almost two hours off pace. I had to make the agonizing decision to quit. I removed my timing chip, and I handed it over to a race official. My day was done.

My best friend Shannon and my husband Shawn were waiting at the top of Hawi to drive me back to town. And on my way back to town, I began to cry. I had failed. My dream of completing the Ironman World Championship was crushed. I was embarrassed. I felt like I'd messed up. I worried about what my friends, my family and people at work would think of me. What was I going to put on Facebook? How was I going to explain to everyone that things didn't go the way I had assumed or planned?

A few weeks later I was talking to Shannon about the Kona "disaster", and she said this to me: "Minda, big dreams and goals can only be realized when you're ready to fail." I knew I had to put that failure behind me in order to move forward, and it wouldn't be the first time that I had faced insurmountable odds.

I was born in Bombay, India, and just before my first birthday, I contracted polio, which left me paralyzed from the hips down. Unable to care for me, my birth mother left me at an orphanage. Fortunately, I was adopted by an American family, and I moved to Spokane, Washington just shortly after my third birthday. Over the next few years, I underwent a series of surgeries on my hips, my legs, and my back that allowed me to walk with leg braces and crutches.

As a child, I struggled with my disability. I felt like I didn't fit in. People stared at me all the time, and I was embarrassed about wearing a back brace and leg braces, and I always hid my chicken legs under my pants. As a young girl, I thought thick, heavy braces on my legs did not look pretty or feminine. Among my generation, I am one of the very few individuals in the U.S. who are living with paralysis by polio today. Many people who contract polio in developing countries do not have access to the same medical care, education, or opportunities like I have had in America. Many do not even live to reach adulthood. I have the humbling knowledge that, had I not been adopted, I most certainly wouldn't be in front of you today. I may not even be alive.

All of us, in our own lives, may face seemingly insurmountable goals. I want to share with you what I learned when I tried again.

One year after my first attempt, on a sunny Saturday morning, my husband Shawn dumped me into the ocean at the Kona Pier and, with 2,500 of my closest friends and competitors, we started swimming as that cannon went off promptly at 7 a.m. I focused on one stroke at a time, staying in between bodies, counting my strokes—one, two, three, four—and lifting my head to sight every so often just so I wouldn't get too off track. And when I finally reached the shoreline, Shawn picked me up, and he carried me out of the water. I was so stunned and thrilled when Shawn had told me I had managed a one-hour-and-43-minute swim time.

On to the bike segment. I had eight hours and 45 minutes to complete the 112-mile bike course. I broke up the course in seven- to 10-mile segments in my mind just to reduce the enormity of the race. The first 40 miles, they clipped by as we benefited from a little tail wind. By 4 p.m., I had made it to mile 94, and I did the math and I realized I was in serious time jeopardy because I had 18 miles to go and less than 90 minutes, and that included a few sizable hill climbs. I was stressed out, and I was scared that I wasn't going to make that time cutoff again.

At this point, I pushed my internal voice aside that said, "This hurts. Quit." And I told myself, "Minda, you better focus. Focus on what you can control, and that is your attitude and your effort." I resolved to be OK being uncomfortable, and I told myself, "Push harder, forget about the pain, and keep that laser focus." For the next 90 minutes, I cranked as though my life depended on it. And when I rolled into town, I heard on the loudspeaker, "Minda Dentler is one of the last competitors to make the bike cutoff." I did it! By only three minutes.

It was 5:27 p.m., and I had been racing for 10-anda-half hours. The first 10 miles of the run went pretty quickly, as I was so excited to finally pass people with my three wheels to their two feet. The sun quickly went down, and I found myself pulling up to the bottom of Palani hill, looking straight into a half mile hill that looked like Mount Qomolangma at mile 124 of the race. My friends and family were ready at their stations to talk me up that hill. I was struggling, tired, desperately gripping those rims just so I wouldn't tip backwards. When I finally reached the top of that hill, I turned left onto a very lonely 15-mile stretch onto the Queen K Highway, totally exhausted. I pressed on, focusing on one push at

a time. By 9:30 p.m., I made that final right-hand turn onto Ali'i Drive. I heard the crowd's roar, and I was overcome with emotion.

I crossed that finish line. And my final time was 14 hours and 39 minutes. For the first time in the 35-year history, a female wheelchair athlete completed the Ironman World Championship.

And it wasn't just any female athlete. It was me. A paralyzed orphan from India. Against all odds, I achieved my dream, and through this very personal commitment to myself, I slowly realized that completing the Ironman was about more than conquering Kona. It was about conquering polio and other disabling but preventable diseases, not only for myself, but for the millions of children who have been and still will be afflicted by vaccine-preventable diseases. Today, we are closer than ever to eliminating one of those diseases everywhere in the world.

In the mid-1980s, polio once paralyzed more than 350,000 children a year in more than 125 countries. That amounted to a staggering 40 cases an hour. By contrast, so far this year, the last endemic countries have reported a total of only 12 cases. Since 1988, more than 2.5 billion children have been immunized against polio, and an estimated 16 million children, who otherwise would have been paralyzed like me, are walking. Despite this incredible progress, we know that until it's eradicated, polio remains a very real threat, especially to children in the poorest communities of the world. It can reemerge in some of the most remote and dangerous places, and from there, it can spread.

And so, this is my new Ironman: to end polio. And I am reminded every day, when I look at my two-and-a-half-year-old daughter Maya. She is able to climb a ladder in the park, push her scooter or kick a ball across the grass. Almost everything that I see her do at her age reminds me of what I could not do at that age. And when she was two months old, I took her to get her first polio vaccine. And when the doctor came in the room to prepare the shot, I asked him if I could take a picture to document the moment. When we left the room, I could feel my eyes welling up with tears. I cried the entire way home.

It was in that moment that I realized that my daughter's life would be very different from mine. She will never be faced with the crippling disability of polio, because a vaccine was available, and I chose to get her immunized. She can do anything she wants, as can each of you.

Now I'd like to leave you all with one question: What is your Ironman?

·题目

填空题

In the mid-1980s, polio once (1) paralyzed more than 350,000 children a year in more than 125 countries. That (2) amounted to a staggering 40 cases an hour. By contrast, so far this year, (3) the last endemic countries have reported a total of only 12 cases. Since 1988, more than 2.5 billion children have been (4) immunized against polio, and (5) an estimated 16 million children, who otherwise would have been paralyzed like me, are walking. Despite (6) this incredible progress, we know that (7) until it's eradicated, polio (8) remains a very real threat, especially to children (9) in the poorest communities of

the world. It can (10) reemerge in some of the most (11) remote and dangerous places, and from there, (12) it can spread.

视听说 4-Unit5

【Goal A-Vocabulary】

·音频:

(短文填空题)

A phobia is a (1) strong fear of something, even if that thing is not likely to (2) cause harm. As the definition suggests, people with specific phobias fear a particular thing. For example, a person with claustrophobia is scared of (3) being in small spaces. In contrast, those with social phobias worry about the (4) reaction of other people in certain situations. Glossophobia, the fear of (5) speaking in public, is a common example.

The cause of social phobias is not clear, but scientists think there are several reasons for specific phobias. In some cases, they develop because of (6) a real danger. For instance, if a child has an allergy to bee stings, she might develop a phobia of bees. This happens because she knows they are a risk to her safety. In other cases, (7) bad past experiences can cause phobias. A man who has an illness after eating mushrooms might develop fungophobia, for example. Finally, a child who hates injections might develop a phobia of (8) sharp objects that can (9) cause injury. Specific phobias are (10) rarely a serious problem. A person with a snake phobia may have (11) a small accident running away from a cobra, but may never be actually bitten by one. In contrast, social phobias can be more serious. In the worst cases, people (12) avoid most social situations and hardly ever go out.

·音频:

(短文填空题)

We didn't even (1)think about it. I mean, we knew (2)it was dangerous, but I guess what happened was that (3)the danger made us feel very close—we had (4)very strong connections. It (5)wasn't like any other job, where you (6)just meet the other workers at the office or the factory and then go home. We knew we (7)depended on each other for our safety. Someone (8)taking an unnecessary risk could get everybody killed, just as someone thinking very fast could save lives. So, you knew everybody, and you made sure (10)everybody trusted you. And every day, when we came out, we didn't really think about it, but (11)deep inside we knew we had (12)survived another day.

【Goal C-Listening】

·音频:

(短文)

Is Too Much Safety a Risk?

For most people, life today is safer than it was 1,000, 100, or even 10 years ago. However, the world still has some dangers, so most parents spend time and money keeping their children as safe as possible. They buy them helmets to wear when riding a bike. They keep them away from things that could cause injury. They avoid letting their children be in any kind of harm. These actions seem good, but some people argue that too much safety may actually be bad.

These people say that children cannot learn how to stay safe if they are never in dangerous situations. They think children will not know how to deal with dangers or problems because they do not have experience doing these things. They also argue that children learn when they do dangerous things. For example, they learn to take responsibility for themselves and their actions. They also learn to control things and be independent. And as children often have little control or independence, those can be powerful feelings.

According to the "hygiene theory", keeping children too safe may also cause health issues. These days, more and more children have allergies to foods like nuts or eggs. A possible reason is that people are protecting their children too much. They do not let their children play with other children who have an illness, or they stop their children from playing outside. As a result, their children's bodies are not used to germs or dirt. And when these children eat a food that is normal, their bodies may have a dangerously strong reaction.

So, what should parents do? Some people choose to be "free range" parents who give their children freedom to do things on their own. For example, they may let their children walk to a park and play there alone. They feel that this kind of freedom will teach their children important skills. But some parents worry that "free range" parenting is too much. For these parents, there are books and websites that suggest some dangerous activities children can do with an adult to help them. One of the most famous books is by Gever Tulley. His book is called *50 Dangerous Things (You Should Let Your Children Do)*. Examples of these dangerous things include letting children drive a car or walk home from school alone.

So, is it true that too much safety can be dangerous? Perhaps the answer comes from Aristotle, the famous Greek writer. He wrote that doing "everything in moderation" leads to the best life.

视听说 4-Unit6

【Goal A-Vocabulary】

·音频:

(短文填空题)

The universe is huge. The number of stars in the universe is uncertain, but scientists think (1) there may be as many as 400 billion in the part of the universe where Earth is located. Many of those stars may have planets, and many people believe that (2) life may exist on at least some of them. So, some people wonder, "Where is everybody?" Many people have (3) speculated about this mystery. They have come up with many theories to explain (4) why we have not yet found any alien life. Here are three of them:

• One possibility is that (5) life is very rare and that Earth is incredibly special; in other words, perhaps (6) humans are alone in the universe.

• The universe is very ancient, so (7) life could have existed on other worlds in the past but then died out before we could meet it.

• Another suggestion is that (8) we do not have enough knowledge to recognize other life; (9) aliens might have tried to contact us, but (10) our technology was too basic to notice.

We have not discovered other life in our universe yet, but we continue to look for it. Perhaps (11) we will get a message from another civilization soon. If that happens, (12) there is no doubt it will have a very big impact on all of our lives.

【Goal B-Extended Listening】

·音频:

(短文)

Welcome to our new episode of Unsolved Mysteries from Lincoln High. I'm Terry Santos, and today I'm going to tell you about the world's biggest unsolved art theft: The Isabella Stewart Gardner Museum heist.

The museum was opened in Boston in 1903 to house the large art collection that Isabella Stewart Gardner had bought over the years. She thought art should be accessible to everybody and not locked away in private houses, and she wanted her collection to be on display for the general public forever. So, she bought some land, she built the museum in the style of an Italian palace, personally arranged the rooms and the artworks, and left instructions and money for the museum to carry on her vision after her death.

Somebody, however, disagreed with her ideas, and on March 18th, 1990, the museum was robbed. At around one o'clock in the morning, two policemen arrived and said they had received orders to investigate strange noises coming from the courtyard inside the museum. Although the rules did not allow strangers to be let in when the museum was closed, one of the security guards on

duty thought that the police should be allowed in and opened the door. In reality, however, the men who came in were not policemen, but thieves dressed as policemen, and before the two security guards could raise the alarm, the thieves tied them up and took them to the basement. Then the two fake policemen went into the museum rooms, and during the following 81 minutes, took 13 works of art worth a total value of $500 million.

The museum had a security system that detected movement, and it recorded where the thieves went and for how long. You can see an example of these records if you visit the museum's website. However, there were no security cameras, so the only description of the thieves was given to the police by the two guards. This was an additional problem: The fact that one of the security guards had broken the rules made the police think it was an inside job and the security guard was part of the gang that robbed the museum. They also thought that both security guards were accomplices. Either way, the value of their descriptions was doubtful.

What happened still remains a mystery. The paintings were never found, and nobody has ever been arrested. The police wondered why the paintings that were stolen were chosen, as they were not the most valuable in the museum. The thieves were in the museum long enough to take anything they wanted, so their selection led to the speculation that the criminals were probably not experts employed to steal specific works. There are many theories about who organized the heist, and various people became suspects, but they died before anything could be proven. Lastly, the police do not think the artworks were sold. So, the mystery is unsolved. To this day, the museum offers a reward for information leading to the recovery of the artworks, and the case has not been closed. The museum keeps the frames where the paintings originally were, as a sign of hope that they will be returned one day.

So, what do you think? Who did it? Was it an inside job? Were the security guards accomplices? Where are the stolen paintings? Write to us, and we will publish the most interesting theories on our website.

·填空题，音频同上

Isabella Stewart Gardner was an art (1) collector. She built a large private museum where her (2) collection could be enjoyed by the public. The museum was (3) robbed in the year 1990, when two thieves dressed as (4) policemen asked the security guards to let them in to (5) investigate strange noises. The thieves tied up the security guards and, in 81 minutes, managed to steal (6) artworks worth a total of $500 million. There are many (7) theories about who organized the heist and why, but (8) none of the questions have been answered, so the police can only (9) speculate. Nobody has been (10) arrested and none of the art works have been (11) recovered. This makes it the world's biggest (12) unsolved art theft.

【Goal C-Listening】

·音频:

（短文）

Back to the Moon?

On July 16, 1969, the Apollo 11 rocket was launched into space. Sitting inside were Neil Armstrong, Buzz Aldrin, and Michael Collins. After a journey of around 238,855 miles and almost 110 hours, Armstrong and Aldrin became the first humans to step onto the moon and on the surface of another world. Over the next three years and five months, five more rockets traveled to the moon, and another 10 men stood on its surface. Or at least, this is what most people think.

Some people, however, have a different idea. Their belief is that humans never traveled to the moon. They feel that all of the evidence for the moon landings is fake. How many people believe this conspiracy theory? Some people may not want to admit they believe it, so the true number is in doubt. However, research suggests that up to one quarter of people in some countries think that humans have never visited the moon.

These people mention details that support their opinion. For example, they mention two points about videos and photographs from the moon's surface. First, they say these pictures show flags moving in the wind, but there is no wind on the moon. As a result, they argue that these pictures must have been taken on Earth. They also say that the pictures show no stars in the sky, so they could not have been taken by astronauts standing on the surface of the moon.

Do these points show that the moon landings did not happen? The answer is no. The piece of metal holding the top of the flag was damaged. It was not straight, so the flag could not hang straight down. As a result, it looks like it is moving. And no stars can be seen in the photographs because the sun is very bright on the moon. It is so bright, in fact, that although there were many stars in the sky, they did not show up in the pictures. So, there is no doubt about the moon landings: They did happen.

However, why so many people believe conspiracy theories is much more of a mystery. Research suggests there might be several reasons. First, life in our modern world can be difficult, and people may feel their lives are uncertain. This feeling can make people very uncomfortable. Conspiracy theories can give people a feeling of certainty, which is attractive. In addition, people who believe conspiracy theories may feel they have secret knowledge that other people do not have. This is also an attractive feeling.

NASA, the National Aeronautics and Space Administration, has said it will send humans to the moon again. The current plan is that this will happen within the next 10 years. Depending on what you think, the next trip to the moon will be either the seventh or the very first.

（填空题）

Some people believe that humans never (1) traveled to the moon. They feel that all of the evidence for the moon landings is (2) fake. These people mention (3) details that support their opinion. First, they say these pictures show (4) flags moving in the (5) wind, but there is no wind on

the moon, so they argue that these pictures must have been taken on (6) Earth. They also say that the pictures show no (7) stars in the sky, so they could not have been taken by (8) astronauts standing on the (9) surface of the moon.

However, these points cannot show that moon landings did not happen. First, the piece of metal holding the top of the flag was (10) damaged. It was not (11) straight, so the flag could not hang straight down and looks like it is moving. Second, no stars can be seen in the (12) photographs because the sun is very bright on the moon. It is so (13) bright that although there were many stars in the sky, they did not (14) show up in the pictures. There is no doubt that the moon landings did happen.

Research suggests there might be several reasons why so many people believe (15) conspiracy theories. First, life in our modern world can be (16) difficult, and people may feel their lives are (17) uncertain. This feeling can make people very (18) uncomfortable. Conspiracy theories can give people a feeling of (19) certainty, which is attractive. In addition, people who believe conspiracy theories may feel they have (20) secret knowledge that other people do not have. This is also an attractive feeling.

【Goal D-While watching】

·音频:

(长文)

From Ancient to Modern

Narrator: Many ancient cultures have shaped our modern world.

From the Egyptians, we get our 24-hour day and 365-day year. They also developed new ways to measure distances and lengths and new inventions for taking water from rivers to farm fields. And although modern paper is very different from the paper the Egyptians used, the English word "paper" comes from the name of the papyrus plant that grows along the Nile River.

We get many things from the ancient Greeks, too. The first democracy that we know about happened in the Greek city-state of Athens. Greek art and architecture are famous, too.

Greek art influenced Renaissance artists like Michelangelo and Leonardo da Vinci. And the Greeks developed three types of columns and used them in buildings like the Parthenon. These columns have been imitated by other societies around the world for thousands of years. And of course, many people still study Greek literature, such as the poems of Homer and the plays of Sophocles.

Roman society had a huge impact on the world, too, especially Western societies. At least one billion people, for example, speak languages like Spanish, Portuguese, and Italian that developed from Latin. Even English is heavily influenced by Latin. Some experts say that almost 30 percent of English words are originally from the language that the Romans spoke. And Rome has also had an influence on modern art, politics, literature, and even food. But there is one civilization that was in power thousands of years before the Egyptians, the Greeks, and the Romans. This society is less well-known but it has had a huge impact on modern society.

The story of writing, astronomy, and law. The story of civilization itself begins in one place. Not Egypt, not Greece, not Rome, but Mesopotamia.

Mesopotamia was located between two important rivers: the Tigris and the Euphrates. For over five thousand years, several civilizations lived in this small area in what is today Iraq, Kuwait, and Syria. They developed innovations that would change the world forever. Mesopotamia had many advantages. It had a good climate, excellent soil, and plenty of fresh water. As a result, farming was easy for the people who lived there.

At first, people there lived in small settlements. Then, about 6,000 years ago, some of these places grew larger and became some of the world's first cities. Between 6,000 and 5,000 years ago, these city-states competed with each other. At one point, the Akkadian Empire controlled them all. This empire then broke apart into the empires of Assyria and Babylon. Wars and fighting were common during this period. However, the Mesopotamians also built huge palaces, temples, and other buildings. The ruins of some of them can still be seen.

They also developed advanced mathematics,including a base 60 system that created a 60-second minute, a 60-minute hour, and a 360-degree circular angle.

They used their system of mathematics to study the stars and planets. They divided the year into twelve periods. Each period was named for a group of stars in the night sky. The Greeks later did the same thing to create the signs of the Zodiac that we still know and use today. The Mesopotamians also divided the week into seven days named after their gods.

But perhaps the most important innovation to come out of Mesopotamia is writing. At first, people just drew pictures on tablets of wet clay to keep track of their goods. But over time, they developed an advanced writing system.

In modern times, we use the name *cuneiform* to describe Mesopotamian writing. The system was so flexible that it was used for about 3,000 years and adapted for at least twelve languages. People used this writing system in many ways. One of the most important was writing down the laws and justice system of King Hammurabi. Empires like Babylon were so successful that other societies wanted to attack them, and Mesopotamian culture ended at last.

Around 2,500 years ago, Cyrus, the king of Persia, conquered Babylon and took control of Mesopotamia. For centuries, the area was controlled by foreign leaders. But all things end, and over time, the cities of Mesopotamia sank beneath the sands and the names of its leaders were lost to history. But in our modern world, Mesopotamian developments like writing, law, math, and science live on.

视听说 4-Unit7

【Goal A-Vocabulary】

·音频:

(短文填空题)

Technology is now part of most aspects of our daily lives, including education. Educators are using computers, apps, and other kinds of technology more and more. The reason is that many students these days are digital natives. Some of them may (1) find it easier to concentrate when learning from a screen than from a book. They may also feel more (2) confident that they can trust what they are learning. These two things can help them (3) achieve greater success both inside and outside the classroom.

Technology brings another big benefit: It helps more people (4) get a good education and high-quality training. It takes a lot of time and money to (5) attend college or another academic institution. But with technology, people can study online for (6) a college degree when it is convenient for them and for a much lower price. And in fact, technology makes it possible to get a great education for free. Some universities have (7) uploaded the entire curriculum for some programs to the Internet. So, people who are (8) highly motivated can study the material on their own and become an (9) expert in a wide range of subjects from A to Z.

【Goal C-Listening】

·音频:

Games: More than Just Fun

Many people think they need a good education to get a good job. As a result, they spend hundreds of hours and thousands of dollars a year on their studies. For these people, education is a serious matter. But does it have to be? A growing number of experts say that learning can, and should, be fun.

Gamification is one way to make learning more enjoyable. The name may be unfamiliar, but the idea is easy to understand. One common definition is that gamification is using ideas from games to make non-game situations more fun and enjoyable.

Gamification is becoming popular because studies suggest it has many benefits. For example, students tend to enjoy studying more when their lessons are gamified.

Gamification may also help learners concentrate for longer periods and feel more motivation to study. All of these things can build students' confidence and improve their academic results.

Gamification also brings benefits outside of the classroom. A famous example happened in Stockholm, Sweden about ten years ago. The stairs at Odenplan subway station were turned into a piano. When people stepped on them, the stairs made music. Walking up and down the stairs became fun, and the number of people who used the escalator went down by about 66 percent.

Gamification is not the only way people can learn while playing. In countries around the world, some schools have a play-based curriculum. The idea is that informal play is better for young children than formal training. The country that is the best example of this is Finland, which has one of the best education systems in the world. Children there do not start formal school until they are seven. Instead of learning to read or do math, younger children spend their time playing creative games.

Doctors are finding that play has benefits for adults, too, and not just in terms of learning. Some people who experience a dangerous situation may develop PTSD (post-traumatic stress disorder). People with PTSD may feel very worried about life. Recent studies show that playing certain video games can help people manage PTSD and improve their lives.

To sum up, games are more than just fun. Famous educators like Maria Montessori have suggested that play is the "work" children should do. Given its many benefits, perhaps adults also should work hard at play.

【Goal D-While watching】

·音频:

SOLA

Narrator: Most people would agree that education is a good thing and that everyone should have the right to be educated. In some countries, however, education may not be available to everyone, especially girls.

According to UNESCO—the United Nations Educational, Scientific, and Cultural Organization—about 130 million girls around the world are not in school.

That's about the same number of people as the entire population of Mexico or Japan.

This is bad for those girls who cannot receive an education, of course. It is also bad for their current and future families. Studies show that if a girl has just one extra year of education, she can earn 20 percent more money when she is an adult. As a result, not educating girls can have a negative effect on society, too. Fortunately, fearless educators are working hard to give girls the same educational opportunities that boys have. Shabana Basij-Rasikh is one of them.

Shabana: My name is Shabana Basij-Rasikh. I'm the President and co-founder of SOLA, School of

Leadership Afghanistan. It's the first girl's boarding school in Afghanistan. Their education has a real purpose, not just for them to have a good job, good income, but their education is also for them to serve their country, to be responsible global citizens.

If we educate a girl, we educate her family, her community, her society, and the world at large. An educated woman especially in developing worlds tend to spend more than 90 percent of their income back in their family. An educated woman will have fewer and healthier children. She will make sure that her children get educated. My parents have always made it known to me and to my siblings that education is their number one priority for us. Six percent of women in Afghanistan have a college degree. To be a part of that small minority, I feel extremely lucky and privileged. But at the same time, how did I get to be so lucky? Maybe there was a reason. I realized that I needed to become an educator.

The way we have set up SOLA even within a year of being at SOLA, young girls go back home, they talk about how much English they have learned. They talk about the fact that they have learned how to ride bicycle. They talk about meeting amazing people who have come to the school and talked about their work.

They talk about the photography class they have taken or the filming class they have taken, or they talk about visiting some historic places in Afghanistan and all of this makes her a very different person in her household and that's why it's important.

The process of empowerment has to be initiated from within. We create a safe space for these girls to be able to grow into their confident selves.

Girl 1: If I can't be a doctor, I want to be a teacher of science.

Girl 2: I want to be an explorer. I want to be so many things, but it's really hard to decide.

Girl 3: I want to be doctor and a teacher.

Girl 4: I want to prove that girl can do everything.

Shabana: They all come here to learn to become the future leaders of Afghanistan. The solution to problems in Afghanistan have to come from Afghans. When you educate a girl, you educate her family, her community, her society and our world at large.

They discuss anything from politics to culture to education, to the differences and similarities between our cultures to conflict resolution and for them to get this opportunity at such a young age, to do this is phenomenal. They come from different linguistic backgrounds, different ethnicities, different experiences and yet at SOLA, they're given a common challenge and that's to speak English at all times.

Why is this so important? For a native English speaker, they may not think about this, but English

is the language of business. It's the language in which the most up to date discoveries is available. It's the language in which a wealth of information is available. And I want these young girls who come from all over Afghanistan, from some of the most remote parts of the country, to have access to this world directly so that they can then take this world to their home villages and spread it. My students are very ambitious. They are extremely driven. They are smart. They understand what their education means not just for them but for their families.

They are the solution to some of the most challenging problems facing the world today.

题目:

It is important that everyone receive an (1) education. However, in some places, it may not be available to girls. UNESCO says that around the world, up to (2) 130 million girls are not in school. This is not only a problem for these girls: Just one extra (3) year of education can help a woman make (4) 20 percent more money when she is an adult. As a result, it can be a problem for (5) society when girls are not educated.

视听说 4-Unit8

【Goal A-Vocabulary】

·音频:

(短文填空题)

What is the (1) most important invention in history? Some people say it is the computer. This makes sense: We can use them (2) for many purposes, to find (3) solutions to many problems, or to (4) achieve many outcomes.

We think of computers as modern machines. After all, using computers every day is a (5) habit for many of us. However, they have a surprisingly long history. In 1822, a mathematician called Charles Babbage designed a (6) device that could do math. He did not have enough money to build it during his life. However, the Science Museum of London used his plans to build one in the 1980s. The (7) experiment was a success and this early computer worked perfectly.

The invention of microchips in the 1950s was also a (8) significant development. These small parts have led to (9) electronic computers that keep getting smaller, faster, and more powerful. What will happen next? How will people use computers to (10) develop their creativity and improve the world? Nobody knows, but it will be interesting to find out.

【Goal B-Listening】

·音频:

(短文)

Ian: Hello. This is Ian Smith with New and Improved, a podcast series about innovation... or perhaps that should be "Ian-novation". Sorry! That's a bad pun, I know. I often talk about people who are innovators. In the last episode, for example, I shared the story of some people who became innovators by accident. Today, I'm going to focus on something different. Competition usually means that somebody wins, and somebody loses. However, when competition leads to innovation, it can have a positive outcome for everybody.

Wars are obviously an example of competition. After all, in a war, one country is fighting another country. Wars are bad in many ways, but it's well-known that they also lead to important inventions. There are many examples I could mention, but let's talk about the microwave oven. This is something that most people in this country have in their homes.

This machine was first developed in 1945. The story goes that an engineer called Percy Spencer was working with a machine that produced highpower microwaves. He had some chocolate in his pocket, and the machine melted it. As a result, he had the idea of using these waves to cook food. His idea was a good one, and soon, his company was producing the first microwave ovens.

The Space Race happened between the late 1950s to early 1970s. During this period, the U.S.A. and the USSR both spent time and money sending rocket ships into space. This competition led to some important innovations. Again, there are many examples I could share. My personal favorite is a device that most of us use every day. I'm talking about the computer mouse.

The story goes that NASA wanted better ways to work with computer data. This was in the early 1960s. Doug Englebart was paid to research the issue. He came up with the idea for the mouse, and the rest is history.

What about business competition? Can that lead to innovation? Of course, the answer is yes. Again, there are many cases I could share, but Apple computers is pretty interesting, I think. Apple was started in 1976. This was the early days of the personal computer. Until the early 1990s, Apple did very well. However, from 1991 until 1997 it did badly. One of the main reasons was competition from other companies, especially Microsoft. It looked like Apple might even go out of business.

In 1997, Apple boss, Steve Jobs made two choices. First, he focused on producing computers with attractive designs. Second, he focused on developing innovative devices that nobody had used before. These included music players at first. Then smartphones. And f inally, in 2010, the first commercial tablet computers were released. These are now used by everybody from grandmothers to young children. Apple is one of the first companies in history to be worth $1 trillion, so we can say these were both very good decisions!

Now, let's look at...·

【Goal C-Listening】

·音频:

Daily Habits of Successful Innovators

Some companies act in the way that they have always acted. But in our modern world, being innovative is becoming increasingly important. As a result, these companies may find it hard to survive. In contrast, companies like Microsoft, Apple, Google, Amazon, and Tesla find innovative new ways to do things. The huge success of these firms shows the true value of innovation.

Innovation is not just important for companies. It has value for individual people, too. Some people feel that being innovative is like being tall: You either are, or you aren't. Is this true? Research suggests the opposite: that anybody can become more innovative by having certain habits. This is important, as other studies suggest that innovative people are more likely to have jobs that they enjoy and that pay well.

In general, innovative people want to learn. They read often, especially about a wide variety of topics. They talk to people about new ideas. They visit new places. They have new experiences. All of this new information goes into their brains. It can help innovative people see links between ideas that other people cannot see. And this may help them come up with new ideas.

Asking questions is another habit that many innovative people have. Innovators want to know how something works, or why something happens, or how long something takes. They also ask questions that help them find better ways to do things. For example, many innovators ask, "Why do we do it this way?" or "Is there a better way to do this?" These questions help them find solutions to problems that other people may not even notice.

As a result of learning new things and asking questions, innovative people usually come up with many ideas. In fact, they have so many ideas that they forget some of them. To avoid this problem, innovators often have a way to remember their best ideas. Sometimes they will use a computer or tablet for this purpose. Many innovators, however, prefer old technology: a notebook and a pencil.

"If it's not broken, don't fix it" is a common saying. Most people agree with the idea. They think that if something works well, there is no reason to change it. Many innovators feel differently. They constantly look for ways to improve things, even things that are already good. In other words, "Even if it's not broken, make it better" is an innovator's saying.

Finally, innovators put in the hours to get better and find new ways to do things. Some of them follow an idea called "Don't break the chain". They set a goal of doing something important every day, such as reading a newspaper article or writing a blog post. After it is done, they mark an X on the calendar for that day. After a while, the calendar has a chain of Xs. Seeing this chain gives them a positive feeling. And in order to keep that positive feeling, they do the action each day.

【Goal D-While watching】

·音频:

(长文)

Why You Should Make Useless Things

Simone Giertz: Hello. My name is Simone. You know how people tell you if you get nervous when onstage, picture people in the audience naked? Like it's this thing that's supposed to make you feel better. But I was thinking—picturing all of you naked in 2018 feels kind of weird and wrong. Like, we're working really hard on moving past stuff like that, so we need a new method of dealing with if you get nervous onstage. And I realized that what I'd really like is that I can look at you as much as you're looking at me—just to even things out a little bit. So, if I had way more eyeballs, then we'd all be really comfortable, right? So, in preparation for this talk, I made myself a shirt.

It's googly eyes. It took me 14 hours and 227 googly eyes to make this shirt. And being able to look at you as much as you're looking at me is actually only half of the reason I made this. The other half is being able to do this.

So, I do a lot of things like this. I see a problem and I invent some sort of solution to it. For example, brushing your teeth. Like, it's this thing we all have to do, it's kind of boring, and nobody really likes it. If there were any sevenyear- olds in the audience, they'd be like, "Yes!" So, what about if you had a machine that could do it for you?

I call it... I call it "The Toothbrush Helmet". So, my toothbrush helmet is recommended by zero out of ten dentists, and it definitely did not revolutionize the world of dentistry, but it did completely change my life. Because I finished making this toothbrush helmet three years ago, and after I finished making it, I went into my living room and I put up a camera, and I filmed a seven-second clip of it working. And by now, this is a pretty standard modern-day fairy tale of girl posting on the Internet, the Internet takes the girl by storm, thousands of men voyage into the comment sections to ask for her hand in marriage.

She ignores all of them, starts a YouTube channel and keeps on building robots. Since then, I've carved out this little niche for myself on the Internet as an inventor of useless machines, because as we all know, the easiest way to be at the top of your field is to choose a very small field.

So, I run a YouTube channel about my machines, and I've done things like cutting hair with drones...

To a machine that helps me wake up in the morning...

Ow!

To this machine that helps me chop vegetables.

I'm not an engineer. I did not study engineering in school. But I was a super ambitious student growing up. In middle school and high school, I had straight A's, and I graduated at the top of my year. On the flip side of that, I struggled with very severe performance anxiety. Here's an email I sent to my brother around that time. "You won't understand how difficult it is for me to tell you, to confess this. I'm so freaking embarrassed. I don't want people to think that I'm stupid. Now I'm starting to cry too." And no, I did not accidentally burn our parents' house down. The thing I'm writing about in the email and the thing I'm so upset about is that I got a B on a math test.

So, something obviously happened between here and here.

One of those things was puberty. Beautiful time indeed.

But moreover, I got interested in building robots, and I wanted to teach myself about hardware.

But building things with hardware, especially if you're teaching yourself, is something that's really difficult to do. It has a high likelihood of failure, and moreover, it has a high likelihood of making you feel stupid. And that was my biggest fear at the time. So, I came up with a setup that would guarantee success 100 percent of the time. With my setup, it would be nearly impossible to fail. And that was that instead of trying to succeed, I was going to try to build things that would fail. And even though I didn't realize it at the time, building stupid things was actually quite smart, because as I kept on learning about hardware, for the first time in my life, I did not have to deal with my performance anxiety. And as soon as I removed all pressure and expectations from myself, that pressure quickly got replaced by enthusiasm, and it allowed me to just play.

So as an inventor, I'm interested in things that people struggle with. It can be small things or big things or medium-sized things. And something like giving a TED talk presents this whole new set of problems that I can solve. And identifying a problem is the first step in my process of building a useless machine. So before I came here, I sat down, and I thought of some of the potential problems I might have in giving this talk. Forgetting what to say, that people won't laugh—that's you—or even worse, that you'll laugh at the wrong things—that was an OK part to laugh at, thank you.

Or that when I get nervous, my hands start shaking and I'm really self-conscious about it. Or that my fly has been open this entire time and all of you noticed but I didn't, but it's closed so we're all good on that one.

But one thing I'm actually really nervous about is my hands shaking. I remember when I was a kid, giving presentations in school, I would have my notes on a piece of paper, and I would put a notebook behind the paper so that people wouldn't be able to see the paper quivering. And I give a lot of talks. I know that about half of you in the audience are probably like, "Building useless machines is really fun, but how is this in any way or form a business?" And giving talks is a part of it. And the arrangers always put out a glass of water for you onstage so you have something to drink if you get thirsty, and I always so badly want to drink that water, but I don't dare to pick the glass up because then people might be able to see that my hands are shaking.

So what about a machine that hands you a glass of water? Sold to the nervous girl in the googly-eye shirt.

Actually, I need to take this off because I have a thing...

Oh.

I still don't know what to call this, but I think some sort of "head orbit device", because it rotates this platform around you, and you can put anything on it. You can have a camera; you can get photos of your entire head. Like it's really—it's a very versatile machine.

OK, and I have—I mean, you can put some snacks on it, for example, if you want to. I have some popcorn here. And you just put a little bit like that. And then you want to—there's some sacrifices

for science—just some popcorn falling on the floor. Let's do the long way around.

And then you have a little hand. You need to adjust the height of it, and you just do it by shrugging.

It has a little hand.

I just bumped my mic off, but I think we're all good. OK, also I need to chew this popcorn, so if you guys could just clap your hands a little bit more...

OK, so it's like your own little personal solar system, because I'm a millennial, so I want everything to revolve around me.

Back to the glass of water, that's what we're here for. So, I promise—I mean, it still has—it doesn't have any water in it, I'm sorry. But I still need to work on this machine a little bit because I still need to pick up the glass and put it on the platform, but if your hands are shaking a little bit, nobody's going to notice because you're wearing a very mesmerizing piece of equipment.

So, we're all good. OK.

Oh no, it got stuck. Isn't it comforting that even robots sometimes get stage fright? It just gets stuck a little bit. It's very human of them.

Oh wait, let's go back a little bit, and then...

Isn't it a beautiful time to be alive?

So as much as my machines can seem like simple engineering slapstick, I realize that I stumbled on something bigger than that. It's this expression of joy and humility that often gets lost in engineering, and for me it was a way to learn about hardware without having my performance anxiety get in the way. I often get asked if I think I'm ever going to build something useful, and maybe someday I will.

But the way I see it, I already have because I've built myself this job, and it's something that I could never have planned for, or that I could—It's something that I could never have planned for. Instead it happened just because I was enthusiastic about what I was doing, and I was sharing that enthusiasm with other people. To me that's the true beauty of making useless things, because it's this acknowledgment that you don't always know what the best answer is. And it turns off that voice in your head that tells you that you know exactly how the world works. And maybe a toothbrush helmet isn't the answer, but at least you're asking the question.

Thank you.

题目:

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