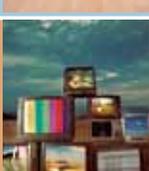


# Map of the book

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Unit **1**

# Psychology



## Embarking on the journey

**1** Classify the following adjectives for describing traits, according to your own view, into three categories: positive, neutral, and negative.

loyal	aggressive	confident	dependable	organized	imaginative
ambitious	sensitive	impulsive	considerate	rational	unpredictable
creative	observant	sentimental	stubborn	vain	competitive
idealistic	materialistic	reserved	humorous		

Positive	Neutral	Negative

## Unit 1 Psychology

Positive	Neutral	Negative

- 2 Complete the following table by selecting adjectives from Step 1, which could be associated with each of the following jobs. Then work in pairs to compare your answers.

Jobs	Adjectives
Police officer	
Teacher	
Comedian	
Artist	
Salesman	

## Stop 1 Daily communication

### Activity 1

- 1  Listen to the following conversation about zodiac signs (星座). Underline the expressions asking for clarification.

Jim: Hi, Sara. Did you listen to Dr. Howard's lecture on zodiac signs yesterday?

Sara: On what? What do zodiac signs mean?

Jim: You don't know zodiac signs? Wow, Sara, you really should have listened to his lecture. The zodiac is related to the horoscope (星象), you know, in astrology.

Sara: Oh, you are talking about star signs, I know. Don't tell me you believe in star signs.

Jim: Actually, I found what he said quite interesting. You know, there are 12 star signs, and a person's character may be decided by their star sign.

Sara: I'm not sure about what you mean. Are you saying that people all over the world can be divided into just 12 types?

Jim: Actually, Dr. Howard said that you can't make the same forecast for one twelfth of the world's population. But if sensibly interpreted, ...

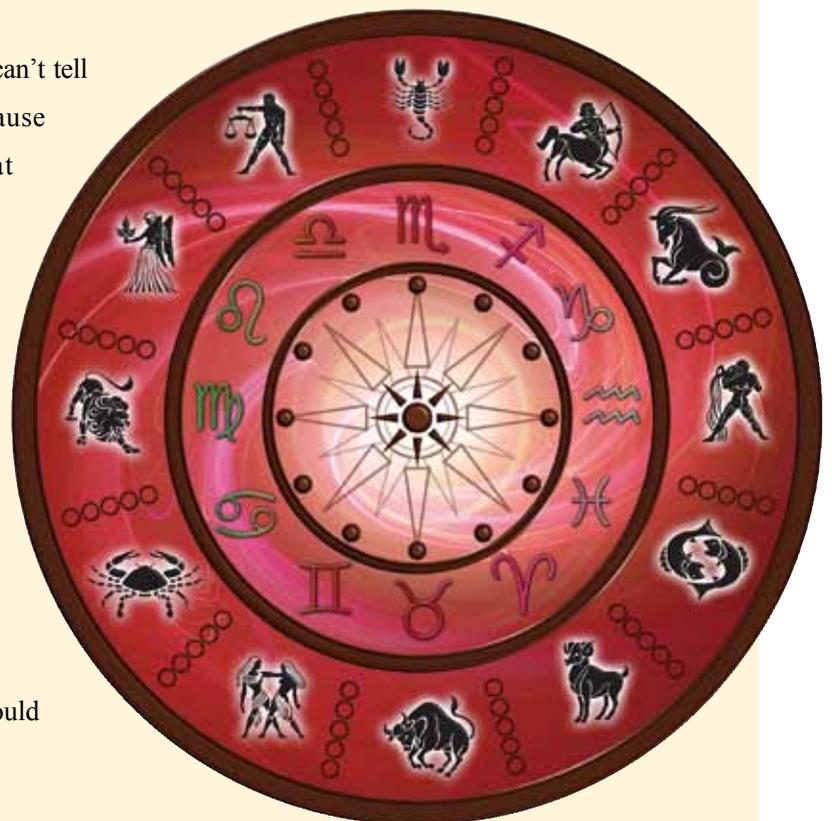
Sara: Let me just make sure, your point is that those predictions do make sense to some degree, isn't it? What about twins? They're born at the same time, but obviously they often have different personalities.

Jim: Well, there can be appreciable (明显的) differences caused by ascending signs (上升星座), and twins may have different ascending signs. We are after all individuals, with uniqueness.

Sara: So you are telling me that astrology can't tell the whole story of our future because it doesn't take into account what we inherit from our parents, nor how the environment affects our personality?

Jim: What I am saying is that obviously astrologers cannot predict every event. What kind of life would it be if they could? Of course there is freedom of choice, but it is the general trend that astrologers can and do predict.

Sara: I think I can accept that. Maybe I should find out more about my sign.



### Useful expressions

#### Asking for clarification

- ◆ I'm sorry, I didn't catch what you said about ...
- ◆ I'm not quite clear on ...
- ◆ What does ... mean?
- ◆ I don't see what you mean.
- ◆ I'm not sure about what you mean.
- ◆ Could you come back to ...?
- ◆ What did you mean when you said ...?
- ◆ Could you be more specific about ...?
- ◆ Could you explain it in detail?
- ◆ So what you're saying is that ...?
- ◆ Are you saying that ...?

## Unit 1 Psychology

- 2 Work in pairs to role-play the following situation. You may refer to the following information about zodiac signs.

### Situation

- Student A Ask Student B what Student B's zodiac sign is.
- Student B Reply by giving your birth date.
- Student A Tell Student B what Student B's sign is.
- Student B Ask Student A to explain more about the characteristics of your sign.
- Student A Give more details of Student B's sign.
- Student B Guess what Student A's sign is.
- Student A Ask Student B about the reasons.
- Student B Explain the reasons by describing Student A's personality.
- Student A Give Student B the correct answer.

## Information about zodiac signs

### Aries (白羊座) (21st March – 20th April)

Aries are typically headstrong (任性的; 固执的) and impulsive – rushing in where angels fear to tread. They are essentially self-expressive and assertive (果断的; 自信的), with qualities of enterprise. Aries want everything done yesterday and their attitude is usually “me first” rather than being naturally individualistic.



### Taurus (金牛座) (21st April – 21st May)

Taureans are ruled by Venus, the planet of love. They are practical, reliable, and steadfast (坚定的), and they have a need for security. They have a sound sense of art, beauty, and harmony. They also have a love of good food, comfort, and luxuries. They can have very fixed ways, opinions, and very strong feelings about issues that concern them.



**Gemini (双子座) (22nd May – 21st June)**

Those born under the sign of Gemini are essentially communicative, self-expressive, and mentally alert. They have qualities of adaptability and spontaneity (自然). They can have a “dual” personality and are prone to neurotic (神经质的) outbursts. They like to talk and are creative in their written communications.

**Cancer (巨蟹座) (22nd June – 23rd July)**

Cancers are cute. They pretend to be tough but it's all an act. They have a great memory and lots of them are good at history. They love anything old. They are fairly secretive and they like to hide things. They also collect things, which seem to be garbage to others but gold to them. Most importantly, they are craving for family life.

**Leo (狮子座) (24th July – 23rd August)**

Those born under the sign of Leo are assertive and energetic. They like to be the center of the stage and they have a strong personality. They show a sense of authority and can sometimes come across as overbearing (傲慢的). They like to do big things and have little time for attention to details. They maintain a dignified (高贵的) stance (姿态) and find it easy to project their enthusiasm onto those around them.

**Virgo (处女座) (24th August – 23rd September)**

People born under the sign of Virgo are one of the most misunderstood groups. They are regarded as fussy (爱挑剔的), critical, and bad tempered, but that's only because they want everything to be perfect. They tend to be cleanliness-oriented and are hard to relax. They are always on the move because they like to learn as much as they can before they take off again. They excel at work, and they probably get all the boring jobs.

**Libra (天秤座) (24th September – 23rd October)**

Librans are often the “charmings” in life. The scales symbol of their sign signifies a desire for balance and harmony in most situations. They are generally fairly easy-going people. They like to hear two sides of the story.



### Scorpio (天蝎座) (24th October – 22nd November)



Scorpios are recognizable by their prominent facial features, often a straight nose, a determined chin, and penetrating eyes. They have an intense personality and project strong animal magnetism (魅力). However, their weakness is their biting (尖锐的) tongue, as they are easy to spit out venom (恶意) when they wish to hurt someone.

### Sagittarius (人马座) (23rd November – 21st December)

People born under the sign of Sagittarius are naturally expressive, energetic, and assertive individuals who find it easy to fit in and adapt to various circumstances. They are adventure-seekers who enjoy the freedom of travel and open-air pursuits. They are intellectual thinkers who enjoy stimulating conversation. They find it easy to evaluate different opinions and use their good judgment soundly.



### Capricorn (摩羯座) (22nd December – 20th January)



Capricorns are essentially self-repressive, passive, and restrained, with qualities of enterprise. Traditionally they are cautious and methodical, and they work patiently and perseveringly (锲而不舍地) to achieve their desired results. Their life may not always be easy but they are strong-willed.

### Aquarius (水瓶座) (21st January – 19th February)

People born under the sign of Aquarius are communicative about subjects that interest them but can appear aloof (冷淡的) and reserved with people whom they do not relate to. They have lofty ideals, humanitarian feelings, and are original and progressive thinkers.



### Pisces (双鱼座) (20th February – 20th March)



Pisceans can surprise people with their amazing ability to predict things. They are usually gifted in anything creative, from designing to music. They are probably the first ones to start a rumor and could find it a bit tough to keep a secret. They are everyone's friends so can sometimes be easily led because fish have no backbones. In other words, they can't say "no". They like quiet places and beautiful surroundings.

(本书第一单元部分涉及星座的内容反映了真实的交际情境和话题，有助于增进学生对西方文化的了解，并不代表作者及出版社观点。)

## Activity 2

- 1 Draw a tree with roots, a trunk, and branches. The way you draw may reveal your personality.



- 2  Listen to the following passage about a psychologist describing how to interpret the various parts of the tree. Underline the interpretations that apply to your tree.

The tree represents intelligence. Basically, there are three things to look for: the roots, the trunk, and the branches.

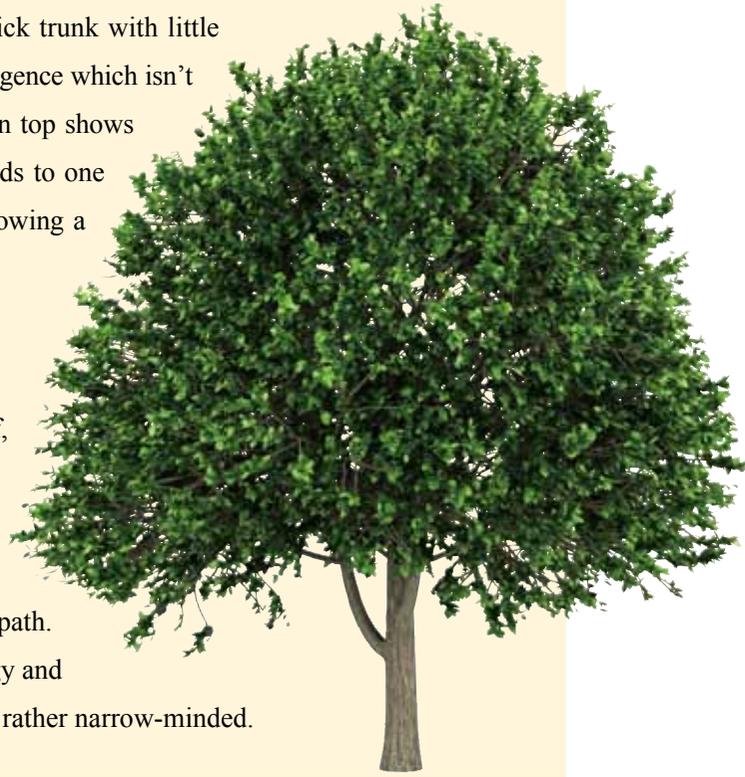
The roots tell you how well-grounded your intelligence is. If you have drawn thick strong roots, then you've got a solid base for intelligence and you're likely to be resolute in your decisions, and you've got your feet on the ground so to speak. Thin, straggly (蔓生的) roots indicate a less well-founded intelligence. If you have got no roots at all, it doesn't mean you've got no intelligence though it may mean that you don't look much beneath the surface, and that you're not very analytical.

The trunk represents the amount of intelligence, but you should remember to check if the trunk is in

## Unit 1 Psychology

proportion to the other parts of the tree. For example, a thick trunk with little leaves or fruits on top means a potentially high level of intelligence which isn't being exploited. A thin trunk with a lot of leaves or fruits on top shows you are using your intelligence to the full. A trunk that bends to one side probably means that you have been pressured into following a particular direction in your life that you don't want to.

The branches tell you which direction your intelligence is taking you to. If some branches have been cut off, it could either mean that you've decided to change direction yourself, or that someone has literally cut your way and made you do things against your will. A lot of branches indicate a lack of direction and vision. Two or three branches mean that you leave your options open to follow more than one career path. No branches may mean that you've channeled all your energy and intelligence into one area, and as a consequence you may be rather narrow-minded.



- 3 Work in pairs to discuss whether the psychologist's interpretations explain your personalities or not.**

## Stop 2 Points of view

### Activity 1

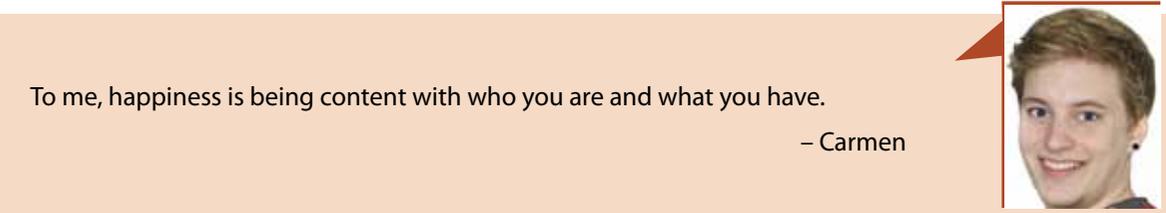
- 1 Read the following three opinions about happiness. Match them with the following supporting statements.**

	Supporting statement 1	Supporting statement 2
Robin		
Carmen		
Ivy		



Money can lead to happiness. Whoever says money can't buy happiness isn't spending it right.

– Robin



To me, happiness is being content with who you are and what you have.

– Carmen



One secret of happiness? That's people. Friends and family are a mighty elixir (灵丹妙药).

– Ivy

### Supporting statements

- A. A social circle is of great significance to a sense of happiness. A healthy marriage is a happiness-booster.
- B. Why else do we bother to struggle to earn or save money and invest it profitably?
- C. I have learned to seek my happiness by limiting my desires, rather than attempting to satisfy them.
- D. The greatest happiness in life comes from the conviction that we are loved.
- E. When people are asked if they are happy with their lives, people in countries with good health care and access to education are much more likely to report being happy.
- F. If you compare two persons with the same income, the person living in the richer area often reports being less happy.

**2 Work in pairs to compare your answers. Then discuss and add two more supporting statements to each opinion.**

3 Read the following list of factors that people think are related to happiness and make your own list in order of importance. You may also add other factors. Then work in pairs to compare your lists.

Factors related to happiness	
◆ Fame	◆ Friendship
◆ Health	◆ Family
◆ Money	◆ Achievement
◆ Love	◆ Beauty
◆ Career	

Your own list	
1	6
2	7
3	8
4	9
5	...

## Activity 2

1  Listen to the following passage about the coping class and answer the following questions.

- 1) What does the coping class refer to?
- 2) What are the reasons suggested in the passage that explain why some people call themselves the coping class?

As Britain's economy slows, the gloom felt by its middle class has led to a new label: the coping class. It has also been called the sandwich generation who struggle to meet the demands of growing children on the one hand, and aging, frail parents on the other.

Recent news suggests that middle-class Britons are right to feel financially squeezed (拮据). The government has steadily been increasing taxation to pay for welfare and public services. For professional couples with children, job insecurity is likely to be compounded by steep inflation (通货膨胀) and the rising cost of family houses, nannies, and private education.

According to one commentator, a typical household income for the coping class is about £88,000 a year. Even though there is no convincing evidence that the U.K. middle class is suffering a falling income in absolute terms, the disposable income of them has



indeed been falling in relative terms. This is a worse blow to the traditional middle-class Britons, especially when they are surrounded by an intimidating (令人生畏的) crowd of the very wealthy. Some people also point out that this coping class is more typical in London. They say if you live in Notting Hill – a smart London district – and your neighbor has just bought a chateau (城堡, 庄园) in France, you may feel you are struggling to cope.

- 2 Work in pairs to discuss whether there is a similar group of people in China and explain why. Try to use the useful expressions in the box.**

### Useful expressions

#### Expressing causes

- ◆ What's the cause of this? Well, ...
- ◆ This comes from (the fact that) ...
- ◆ This came as a result of ...
- ◆ This is caused by ...
- ◆ This is due to ...
- ◆ The reason for this is ...
- ◆ One explanation is ...

#### Expressing effects

- ◆ This leads to ...
- ◆ As a result, ...
- ◆ One effect of this is ...
- ◆ This produces / results in ...
- ◆ Consequently, ...
- ◆ After ..., then ...
- ◆ Because of ..., then ...
- ◆ If ..., then ...

## Stop 3 Academic communication

### Activity 1

- 1 Read the following pie charts and answer the following questions.**

- 1) What do the following pie charts mainly describe?
- 2) What do the numbers on each pie chart represent?
- 3) Which country's people spend the longest time eating and sleeping?

## Unit 1 Psychology

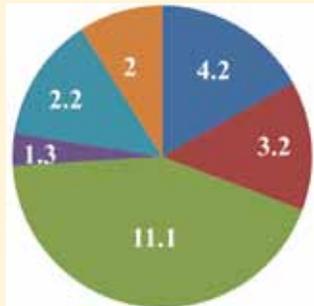
- 4) Which country's people spend the longest time doing paid work and studying?
- 5) By comparing these pie charts, what general statements can you make?

### How people spend their day?

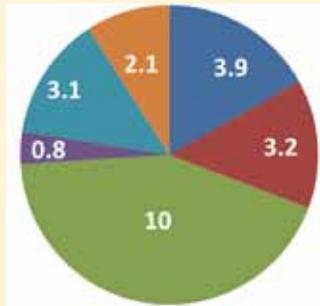
#### Hours per day by people aged 15 – 64

■ Paid work and study   
 ■ Unpaid work   
 ■ Eating and sleeping   
 ■ Personal care   
 ■ Leisure activities   
 ■ Others

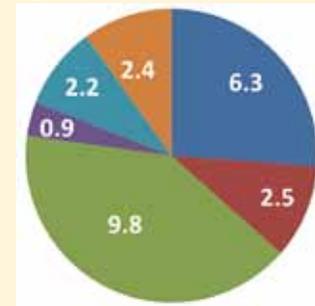
France



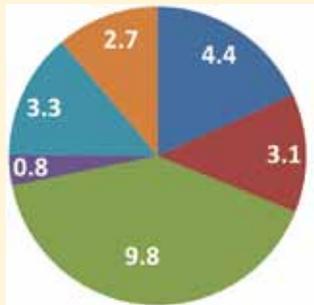
Germany



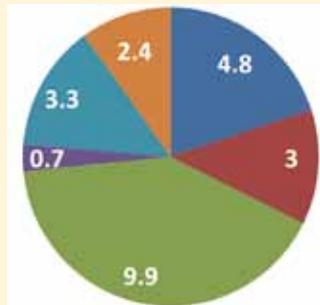
Japan



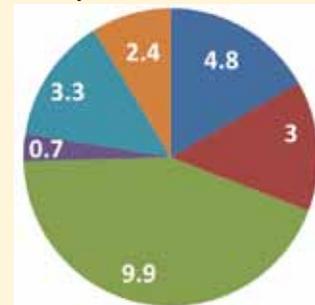
Britain



America



Turkey



\* Totals may not add up to 24 due to rounding.

- 2 Work in pairs. Each gives an overview of the above pie charts, and tries to use the useful expressions in the box. Then compare the similarities and differences of your overviews.

#### Useful expressions

##### Describing charts

- ◆ twice as long as
- ◆ the longest hours
- ◆ a similar number
- ◆ nearly nine hours
- ◆ the most time
- ◆ one eighth of the day
- ◆ similarly
- ◆ compared with
- ◆ less time
- ◆ equal
- ◆ approximately

## Activity 2

- 1  Listen to the following lecture on positive psychology. Take notes and fill in the blanks.

*“Happiness is not about making it to the peak of the mountain, nor is it about climbing aimlessly around the mountain: Happiness is the experience of climbing toward the peak.”*

– Dr. Tal Ben-Shahar

- 1) The focus of Dr. Tal Ben-Shahar’s course is on how to live a(n) \_\_\_\_\_ life.
- 2) Psychology has traditionally dealt with mental problems such as \_\_\_\_\_.
- 3) Dr. Martin Seligman and other pioneers in positive psychology believe that mankind possesses a \_\_\_\_\_, and that people can learn to be happier.
- 4) Other psychologists argue that, as another coping strategy, \_\_\_\_\_ is not completely bad.

Do you know that Harvard University’s most popular course is not Economics but a course on positive psychology? It is taught by Dr. Tal Ben-Shahar and the course focuses on how to live a fulfilling and flourishing life. Today we’ll focus on this new field of psychology, positive psychology. First we’ll look at what it is about and then we will see how other people view it.

Positive psychology is the scientific study of optimal (最佳的) human functioning and was first introduced as a field of study by Dr. Martin Seligman in 1998. Traditional psychology has concerned itself with what ails (使苦恼) the human mind – such as anxiety, depression, obsession (强迫症), and delusion (妄想), and with human behavior. Dr. Martin Seligman and other pioneers in positive psychology asked the question: “What are the enabling conditions that make human beings flourish?” They believe that human beings have a self-healing power, and that we can learn to be happier just as we can learn a foreign language. This rapidly growing field is shedding light on what makes us happy.

But is positive psychology for everyone? Let’s hear different voices. First, psychology must respect individual differences, and one-size-fits-all interventions are rarely helpful. Also, some experts point out the importance of defensive pessimism (悲观主义). If you knew someone in school who drove everyone nuts worrying about how they would do in exams and who ended up getting top scores on all of their exams, you probably knew a defensive pessimist. For defensive pessimists, worrying about upcoming challenges is a way of life. It’s also a healthy coping strategy that helps them prepare for adversity (不幸).

## Unit 1 Psychology

- 2 **Work in pairs to discuss the main ideas of the lecture.**
- 3 **Work in groups of four to role-play the following situation.**

### *Situation*

Your university is planning to open a course about happiness and is now conducting a survey about students' opinions of such a course. You are discussing your opinions during lunch at the cafeteria.

Happiness is far from a formula or a predictable response. It should be spontaneous. It can't be taught.

If it can help develop students' coping skills, so why not? Schooling should not be confined to academia.

## Destination

### What have you learned in this unit?

#### Can you now

- ◆ describe people's traits?
- ◆ talk about your zodiac sign?
- ◆ ask for clarification?
- ◆ define your understanding of happiness?
- ◆ talk about the coping class?
- ◆ give causes and effects?
- ◆ describe simple pie charts?
- ◆ talk about positive psychology?



## Unit project

### Do a survey about gender differences in optimism

**1 Work in groups of four to interview 20 students (ten boys, ten girls) by asking the following questions. Put their answers in the table on Page 16.**

- 1 You've booked a long weekend in Hangzhou in late May. What clothes would you pack?
  - A. T-shirts and jackets.
  - B. One warm T-shirt, just in case.
  - C. Summer clothes only.
  
- 2 You've just started a course. The first session wasn't as good as you expected. What would you decide to do?
  - A. Resign from the course.
  - B. Go on with a few more lectures to see if it becomes more interesting.
  - C. Accept that the first lecture is no more than an introduction and continue because you want to learn more.
  
- 3 There was a text message on your mobile from your friend, asking you to phone back at once. What would be your first thought?
  - A. It must be something awful.
  - B. It must be something exciting.
  - C. It could be anything.
  
- 4 There were rumors about massive changes in your organization. What would be your first thought?
  - A. It must mean jobs are at risk.
  - B. I would wonder how it would affect my job.
  - C. There would bound to be new opportunities.
  
- 5 You were going to buy a book, but you saw a bad review. What would you decide to do?
  - A. Give up the idea of buying.
  - B. Have a look at the book in the shop first, and then decide.
  - C. Buy it and enjoy it because the reviewer doesn't know what I like.

