

Unit 1

THE PURSUIT OF HAPPINESS

SPEAKING

Discussing the Text

Speaking Task

Discuss the following questions in class, using as many of the given words and expressions as possible. Modify the form if necessary.

- How did Jonathan Swift conceive of happiness?
 - How do Americans in general think of the way to happiness?
 a) well-deceived a fool among idiots a land of false goals
 b) make it to Heaven possess enough
- What does the author say about the forces of American business?
 - How does he illustrate his point?
 a) be dedicated to unhappy
 b) major industries satisfy desires be based on addict to patriotic
- How should we define the meaning of happiness according to the author?
 set extremes to towards the middle
- What does the author say about the holy man's concept of happiness?
 Orient existence motionless happiness be torture to
 Western temperament some sort of balance
- What are the petty and the essential to Thoreau?
 competition active discipline raise one's perception of eternal

6. a) What is the essence of happiness?
b) Why?
a) effort
b) take on challenges depend on place the difficulties
7. Why do we need rules in our diversions?
demand no game make something hard arbitrary addition no fun
8. How does the author illustrate the idea that happiness is in becoming?
an inherent right pursuit engaging life-changing

Expressing Yourself

Speaking Task 1

Work in pairs and create a dialogue based on your own experience with your partner, then answer the following questions.

1. What is happiness according to your understanding?
_____.
2. Are you happy? Why or why not?
_____.
3. If you were Thoreau, would you feel happy? Why or why not?
_____.
4. What kind of people tends to be happier?
_____.
5. Do you think money can buy happiness? Why or why not?
_____.
6. If you got happiness by immoral means, would you really be happy? Why or why not?
_____.

Speaking Task 2

Work in pairs and create a long dialogue in which one person persuades the other to abandon the idea that people can get happiness through things requiring no efforts.

Think again about Passage A you have read. Can you tell the class about its main idea? Make your own comments on happiness.

LISTENING & SPEAKING

Listening and Note-taking



Integrated Task 1

Listen to the following passage twice. During the first time, you'll have a break of 2 seconds to write down the missing words in each blank. During the second time, you can check your answers for any possible mistakes in your writing.

1. More than _____ percent of the population of two major cities, Los Angeles and New York, were born in another country.
2. In some other major cities including San Francisco and Chicago, more than one of every ten _____ is foreign born.
3. Newspapers commonly use such _____ as "Asian American", "Italian American", and "Arab American" to reflect the variety of tradition within the United States.
4. There are people whose skin is _____ white, black, brown, yellow and red.
5. There are people who have many years of _____ education and people who have nearly none.
6. There are Republicans, Democrats, Independents, Socialists, Communists, and supporters of other _____ views as well.
7. There are lawyers, farmers, plumbers, teachers, social workers, immigration officers and people in thousands of other _____.
8. They see themselves as individuals who are different from all other individuals, whether those others are Americans or _____.
9. Individual Americans may think they _____ their own values, rather than having had their values imposed by the society in which they were born.
10. If you ask them to tell you something about "American culture", they may be unable to answer and they may even _____ that there is an "American culture".

Integrated Task 2

Listen to the following passage twice. During the first time, you'll have a break of 10 seconds to write down the missing words or sentences in each blank. You may write down the exact words that you hear or you may also write the main idea if you can. During the second time, you can check your answers for any possible mistakes in your writing.

1. Couples interviewed in the focus groups whose marriages had turned around generally had _____ of divorce.
2. Because of their _____, these couples invested great effort in enduring or overcoming problems in their relationships. They minimized the importance of difficulties they couldn't resolve.
3. An intense devotion to marriage and a powerful _____ do not keep unhappily married people locked in misery together.
4. Unhappy couples who divorced reported more conflict and were about twice as likely to _____ than unhappy couples who stayed married.
5. On the other hand, if only the worst marriages ended up in divorce, one would expect divorce to _____.

Listening and Discussing



Passage 1



Integrated Task

Listen to the following passage twice. During the first time, please just listen and during the second time, answer the following questions based on what you have heard in the passage.

To Help You

Forbes: 《福布斯》(美国一主要财经杂志)
correlation: (相互)关系, 相关

1. What did the 16-nation study conducted by the researcher Ronald Inglehart in the 1980s indicate?
_____.
2. What points are made by citing the example of the second piece of pie or the second \$50,000?
_____.
3. As far as happiness is concerned, how about the very rich people—the *Forbes*' 100 wealthiest Americans surveyed by the University of Illinois psychologist Ed Diener?
_____.
4. In what way can't money help the woman in the passage?
_____.
5. What does the passage say about people who suffer from disabilities?
_____.

Passage 2



Integrated Task 1

Try to answer the following questions based on the passage you have just heard.

To Help You

HIV-positive: 艾滋病病毒阳性

tenure: 终身职位 (例如: 终身教授)

1. How do happy people view the world and their lives and how about the people in gloomy mood?
_____.
2. What did most of the 128 disabled people (surveyed) ever consider after their injuries and how did they describe their quality of life a year later?
_____.
3. Why do people tested HIV-positive feel less upset than they had expected?
_____.
4. How did faculty members up to tenure expect their lives and what happened to them 5 to 10 years later?
_____.
5. According to the passage, what do we often overestimate and what do we often underestimate?
_____.

Integrated Task 2

Listen to the passage again, and then retell it in your own words.

Listening and Role-playing



Integrated Task

Listen to the following passage twice and then work in pairs. Create a dialogue based on the passage you have just heard, practice your dialogue and share it in front of the whole class.

To Help You

antidepressant: [医]抗抑郁剂, 抗抑郁病药

Imagine you are A and your partner B. Create a dialogue about whether people are born to be happy or not.

LISTENING

Understanding Short Conversations



Listening Task

Listen to the following 20 short conversations. Each conversation is followed by ONE question. After you hear each question, there'll be a break of 10 seconds. During the break, you'll read the four choices marked (A), (B), (C) and (D), and decide which one is the best answer.

- (A) He thinks that only rich people are happy.
(B) He wants to help his parents and his family.
(C) So he won't have to worry about his bills and his future.
(D) So he can gamble and play.
- (A) He had love and romance.
(B) He had fame, talent and money.

- (C) He had a perfect and happy life.
(D) He had a few fans who really understood him.
3. (A) Being so busy all of the time.
(B) Thinking about rich people who end up in drug rehabilitation.
(C) The idea that humans can't stand it when things are too easy.
(D) Being told by people to slow your life down and take it easy.
4. (A) Money is not the only thing that can make him happy.
(B) He likes flying expensive kite.
(C) His happiest memory doesn't involve much money.
(D) His father is a kite maker.
5. (A) Rich people can never be happy.
(B) Pursuing money doesn't mean you will find it.
(C) Money does not help you be happy.
(D) Money cannot buy you much happiness.
6. (A) He thinks that asking questions will make his wife happy.
(B) Probably he doesn't know how to do the housework.
(C) He wants to be sure he knows how much rest his wife needs.
(D) He isn't sure how to be sweet and take care of his wife.
7. (A) He realized that he was never going to have a son.
(B) He knew that having a daughter was the happiest thing in his life.
(C) As soon as he saw his daughter, he fell in love.
(D) He knew someday his daughter will have a husband.
8. (A) Having as much happiness as your credit cards can buy.
(B) Not worrying about how to pay for things that you want.
(C) Not having money to give your children in the future.
(D) Using tomorrow's money to buy what one needs today.
9. (A) He just bought a giant screen television with credit card.
(B) He didn't worry about his bills until next month.
(C) He got a good deal on his television set at the store.
(D) He doesn't want to think about bad things in life.
10. (A) The slogan "She Who Has the Most Possessions Wins".
(B) The idea that you should live by mottos and slogans.
(C) That everyone wants more and more things in life.
(D) That slogans are important in how she runs her life.
11. (A) Playing outdoors with his children and friends.
(B) Working his way through a computer game.
(C) Chatting with friends on his computer.
(D) Going to the library to study computers.

12. (A) Caring so much about crossword puzzles.
(B) Caring her relationship with her boyfriend.
(C) Working alone all of the time.
(D) Getting joy from simple things.
13. (A) We all think Russians are very pushy.
(B) Everybody thinks other people are pushy.
(C) We think Americans are very pushy.
(D) We think we are not very pushy.
14. (A) As if he didn't like her very much.
(B) In a way that was very direct, almost mean.
(C) As if they really wanted to give her the job.
(D) Seriously, as if they had spent time in America.
15. (A) She speaks loudly and complains a lot.
(B) Her body language is very rude.
(C) She doesn't know how to be polite.
(D) Her criticism is strong and not polite.
16. (A) Eating alone all the time.
(B) American food makes no sense.
(C) Working during lunch.
(D) Trying to understand American culture.
17. (A) Working all day and night.
(B) Not visiting your friends.
(C) Being somewhat strange.
(D) Needing time alone by yourself.
18. (A) Being alone versus being with friends.
(B) Being with men versus being with women.
(C) Being American versus being Chinese.
(D) Being private versus being alone.
19. (A) Because he drives her crazy.
(B) Because he is part of the crowd.
(C) Because he wears only suits.
(D) Because he is crazy about his jeans.
20. (A) Studying cowboy movies to understand life.
(B) Believing in the importance of individuality.
(C) Arguing about what American culture means.
(D) Believing myths about your culture seen in movies.

Understanding Passages



Listening Task

Listen to the following three passages. Each passage is followed by FIVE questions. After you hear each question, there'll be a break of 10 seconds. During the break, you'll read the four choices marked (A), (B), (C) and (D), and decide which one is the best answer.

Passage 1

To Help You

lottery: a game used to make money for a state or charity in which people buy tickets with a series of numbers on them. If their number is picked by chance, they win money or a prize.
彩票

Questions 1 to 5 are based on the passage you have just heard.

1. (A) Yes, people with money are very happy.
(B) Yes, of course it is good to have money.
(C) No, happiness starts with having money.
(D) No, happiness does not come from money.
2. (A) Finding the perfect mate is being in love with living.
(B) Having a great job is being in love with living.
(C) Happiness is being in love with living.
(D) Having a good child is being in love with living.
3. (A) Living from moment to moment is true happiness.
(B) Living from moment to moment is not happiness.
(C) Happiness is not related to how you live your life.
(D) Living from moment to moment causes stress.
4. (A) Once you discover the secrets of true and lasting happiness.
(B) Once you earn a lot of money and make your family proud of you.
(C) Once you have followed all of the rules given in this passage.
(D) After you have discovered how to achieve your values.
5. (A) The Importance of Happiness
(B) Finding Happiness Through Virtues and Values
(C) Happiness Is an Emotion
(D) Being Happy Is a State of Mind

Passage 2

Questions 6 to 10 are based on the passage you have just heard.

6. (A) As people who are close to their family and friends.
(B) As independent and very individual beings.
(C) As members of an interdependent family.
(D) As caring compassionate human beings.
7. (A) Being thought to be like everyone else.
(B) Being considered impolite.
(C) Being thought of as individualists.
(D) Being trained to be members of society.
8. (A) That their parents did not give them enough things.
(B) That their parents generation did not have any values.
(C) That their parents love them and will do anything for them.
(D) That their parents are theirs because of biological accidents.
9. (A) Their psychological energy comes from their diets.
(B) Their psychological energy becomes physical energy.
(C) Their psychological energy goes into their dreams.
(D) They need some private time to recover their used up psychological energy.
10. (A) Their love of traditional old style cowboy movies.
(B) Their belief in independence and individualism.
(C) The hard work they have done to be different.
(D) The fact that they speak so many different languages.

Passage 3

Questions 11 to 15 are based on the passage you have just heard.

11. (A) Through gestures, body positions and signs.
(B) Through facial expressions, comments, and new ideas.
(C) Through facial expressions, gestures and written signs.
(D) Through facial expressions, body postures and gestures.
12. (A) As people who want to rule them.
(B) As unemotional and cold people.
(C) As warm and friendly people.
(D) As frozen cold and uncaring.
13. (A) Being honest and direct.
(B) Being wealthy and competitive.
(C) Being competitive and winning.
(D) Being in charge and winning.
14. (A) Any conclusions about American culture and habits.
(B) An understanding of American assertiveness.

- (C) A line between emotions you can and cannot show.
 - (D) A connection between openness and American habits.
15. (A) As the leaders of the whole world.
- (B) As people who are cold and open.
 - (C) As superior to everyone in the world.
 - (D) As open, direct and frank people.