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2

UNIT

The pace of life

Setting the scene

Time, poetically depicted as a flowing river, scientifically explained as the fourth dimension, and practically seen as a valuable and limited resource, is one of the biggest riddles of the universe. Cultures differ in how they perceive time. In some cultures, life is tightly scheduled while in others, people are given priority over schedules. Moreover, the perception of time also differs among individuals and in different circumstances. Some people even want to own a time machine to travel backward or forward in time. No matter how cultures or individuals feel about time, it is a must that we should learn to manage time wisely so as to lead a rich and fulfilling life.

In this unit, you will learn how people perceive time, how to manage time effectively, and gain some interesting knowledge about time travel.



Learning objectives

Upon completion of this unit, you will be able to:

- discuss how cultures and individuals perceive time and the possibility of time travel;
- identify chunks while listening;
- describe a picture in oral communication;
- pronounce Light L and Dark L sounds properly in speech;
- adopt an appropriate attitude toward time and manage time more effectively and efficiently.



Below is a poem entitled “Time is” by Henry van Dyke.



Time is

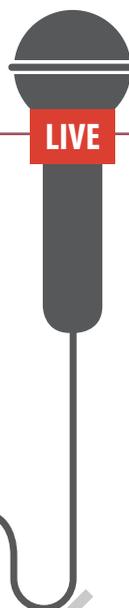


Too **slow** for those who wait,
Too **swift** for those who fear,
Too **long** for those who grieve,
Too **short** for those who rejoice;
But for those who love,
Time is not.

Step 1 Work in groups to share your understanding of the poem.

Step 2 When do you feel time passes slowly and when do you feel time passes quickly?
Work in groups to talk about occasions when you feel time hangs heavy or flies by. It is advisable that you give as much information as possible.

News report



Listening and understanding

Conventional wisdom has it that time is money, but could this view have any effects on our sense of happiness? Now listen to a news report and complete the outline with what you hear.

Purpose of the study

To find out whether the idea that “time is money” could affect our overall happiness

Method of the study

Researchers surveyed subjects about their 1) _____ before and after several experiments.

Experiments of the study

- In one test, subjects were asked to calculate their income as 2) _____. They reported less happiness from spending leisure time 3) _____.
- In another test, subjects spent their leisure time listening to the 4) _____. Those who thought of time as dollars reported more anxiety.
- In the third test, subjects 5) _____ to listen to the music and the decrease in happiness was mediated.

Research findings

- It's the feeling of 6) _____ during leisure activities that causes the drop in enjoyment.
- Thinking about time in terms of money changes the way we 7) _____ and may leave us 8) _____ smell the roses.

WORDS AND EXPRESSIONS

undermine /ˌʌndə'maɪn/ vt. 逐渐削弱

leisure /'leɪʒə/ n. 空闲

mediate /'mi:diət/ vt. 影响; 减少

LISTENING TIPS

Listening for chunks

Chunks are groups of words that often appear together. They can be collocations like “kill time” or phrasal verbs like “put sth. off.” They can also be longer, such as “It is no wonder that ...” Some chunks appear in very specific situations. For example, when someone is initiating a conversation, you might hear the chunk “Let’s just jump into the main thing of it.”

You can imagine chunks as jigsaw puzzles. The individual words are pieces that sometimes don’t make much sense by themselves, but when put together, they mean more than the sum of their parts. Listening out for key chunks will enable you to extract more meaning from what you are listening to.

Thinking and speaking

Effects of “time is money”

It appears that the belief that time is money could undermine our overall happiness. Work in groups to discuss how this belief may affect us in specific aspects of life, either negatively or positively.



WORDS AND EXPRESSIONS

procrastination /prəʊ,kɹæstɪn'eɪʃn/
n. 耽搁; 拖延

stem /stem/ from 源于; 由...引起
irrational /ɪ'ræʃn(ə)l/ a. 非理性的;
不合理的

prioritize /praɪ'ɔɹɪ,tʌɪz/ v. 按重要性
列出

accomplish /ə'kʌmplɪʃ/ vt. 完成;
实现

Conversation

Listening and understanding

1 It seems that many of us fall victim to the trap of procrastination at some point in our lives. Now listen to a conversation and check (✓) the questions answered in it.

1. What is the definition of procrastination?
2. Why is procrastination associated with the feeling of anxiety or self-doubt?
3. Who will fall victim to the perfectionism-procrastination cycle?
4. How are perfectionism and procrastination related to each other?
5. How can procrastination be avoided?
6. Why is overcoming procrastination no easy task?

2 Listen to the conversation again and decide whether the statements are true (T) or false (F).

1. People tend to put things off due to unwanted and uncomfortable emotions and feelings.
2. It's reasonable to get down to a task when we think we are completely perfect at it.
3. Perfectionists are often stuck in a trap where they have to do something in the very last minute.
4. Our inner critic helps us a lot in dealing with procrastination.
5. Ten minutes for a goal is too short and is thus of little help in dealing with procrastination.
6. We'd better allocate a specific amount of time to each task and move on to the next item even though we're not yet finished.

Thinking and speaking

Why wait?

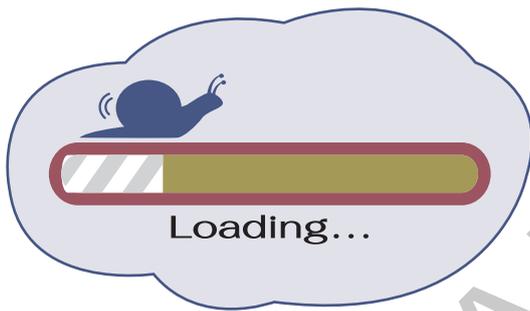
Conduct a survey about the causes of procrastination by interviewing your classmates. During your interview, you should ask your classmates to talk about the reasons for procrastination from their personal experience. You should find out at least three causes and report them to the class.

How to overcome procrastination?

In the conversation, the man gives three tips on how to deal with procrastination.

Step 1 Work in groups to discuss whether these tips are useful or not and why.

Step 2 Work in groups to list other suggestions on how to overcome procrastination.



WORDS AND EXPRESSIONS

cyclical /'sɪklɪkl/ *a.* 循环的; 周期的

nomadic /nəʊ'mædɪk/ *a.* 游牧的
rotation /rəʊ'teɪʃn/ *n.* 轮换; 交替

tribe /traɪb/ *n.* 部落

rhythm /'rɪðəm/ *n.* 节律模式

PROPER NAMES

the Maasai /mɑ:'saɪ/ 马赛族 (肯尼亚游牧民族)

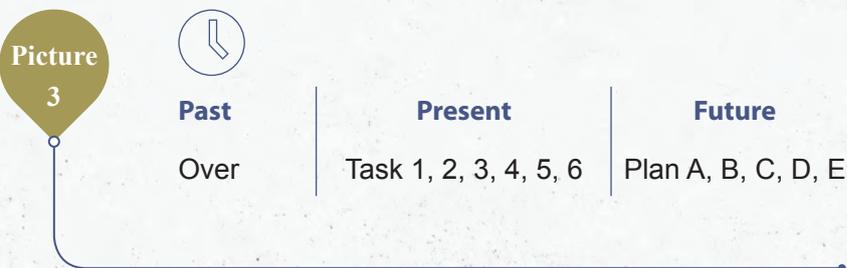
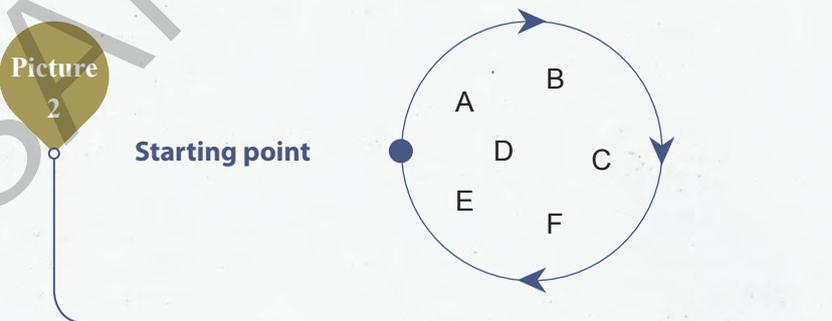
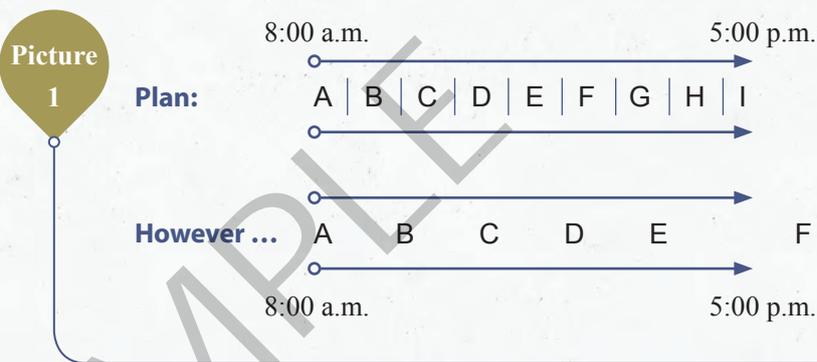
Kenya /'kenjə/ 肯尼亚 (非洲国家)

Rwanda /ru'ændə/ 卢旺达 (非洲国家)

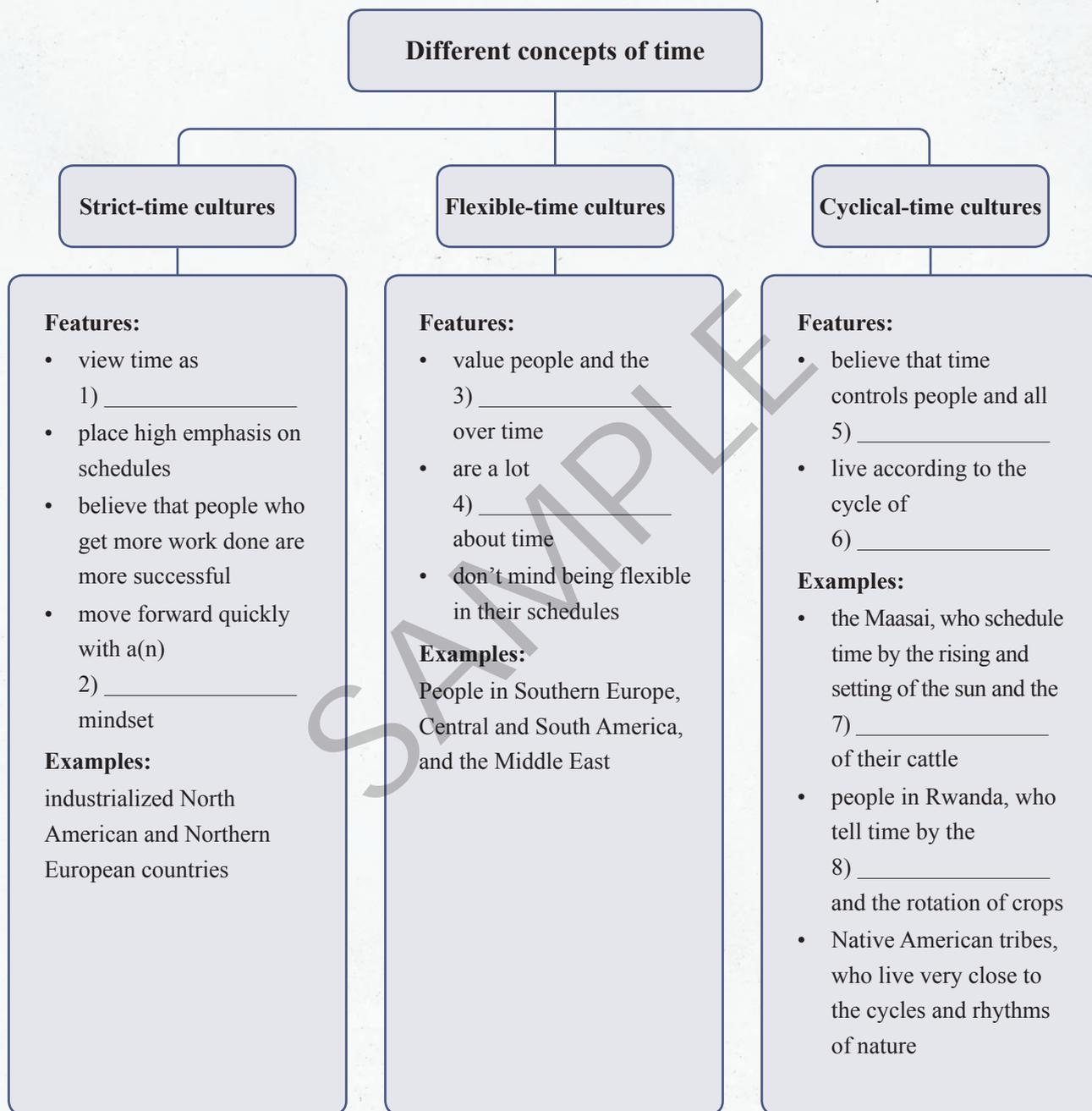
Passage 1

Listening and understanding

1 Cultures differ in how they perceive time. There are three different concepts of time: strict time, flexible time, and cyclical time. Now listen to a passage and find out what time concepts the pictures below represent.



2 Listen to the passage again and complete the chart with what you hear.





Thinking and speaking

What time concept is reflected?

The speaker talks about three different concepts of time. The following are some proverbs or sayings about time.

- A ripe melon falls by itself.
- Strike while the iron is hot.
- Lose an hour in the morning, and you will spend all day looking for it.
- What flares up fast will extinguish soonest.
- Time is the master of those who have no other master.
- With time and patience, the mulberry leaf will become a silk gown.

Step 1 Work in groups to share your understanding of these proverbs or sayings.

Step 2 Work in groups to talk about what kind of time concept is reflected in each of them.

How does Chinese culture perceive time?

Can you introduce how Chinese people perceive time? Give a mini-talk about the Chinese view of time to your group members. Use evidence and examples to illustrate your point of view.

Passage 2

Listening and understanding

1 Multitasking seems like a great way to get a lot done at once, but is it really the case? Now listen to a passage and check (✓) the points covered in it.

- ___ 1. The illusion of multitasking
- ___ 2. Negative outcomes of multitasking
- ___ 3. Different people's comments on multitasking
- ___ 4. Reasons for inefficient multitasking
- ___ 5. A better way to get things done

2 Listen to the passage again and choose the best answer to each of the questions you hear.

1. A. It has a lot of distractions.
B. It has more complicated relationships.
C. It places much emphasis on mutual help.
D. It relies heavily on international cooperation.
2. A. The world has plenty of useful resources.
B. The world makes a lot of demands.
C. The world changes at a constant rate.
D. The world offers much interesting information.
3. A. 5 percent.
B. 10 percent.
C. 20 percent.
D. 40 percent.
4. A. Resulting in more mistakes.
B. Making people get annoyed easily.
C. Affecting long-term memory badly.
D. Making people miss out on the beauty of life.
5. A. Give less time than necessary to each task.
B. Take short breaks regularly during a task.
C. Focus on one task at a time.
D. Make a realistic to-do list for work.

WORDS AND EXPRESSIONS

distracting /dɪ'stræktɪŋ/ *a.* 令人分心的

sift /sɪft/ through 细查; 详查

multitasking /ˌmʌlti'tɑːskɪŋ/ *n.*
(人)同时做几件事

hazard /'hæzəd/ *n.* 危害

elevate /'elə'veɪt/ *vt.* 提高; 增加

sustainable /sə'steɪnəbl/ *a.* 可持续的



Thinking and speaking

SPEAKING TIPS

Describing a picture

In daily communication, you sometimes need to talk about a photo, a picture, or a cartoon. Below are some steps which may help you describe it in a clear and fluent manner.

Step 1 Summarize what you see

Start with a general description of the picture. It's useful to imagine that the person you're talking to can't see the picture. Think: What does the other person need to know? What do you need to say so that other people can understand what's in the picture?

Here are some expressions you may use.

- In the picture, we can clearly see ...
- The picture shows / describes / depicts ...
- As is vividly shown / described / presented / depicted in the picture, we can see ...
- The picture features ...

Step 2 Give details

Next, you should start describing the picture in more detail. When adding details, don't try to describe everything in the picture. You should focus on the most important parts of the picture.

Step 3 Speculate about the picture

Sometimes, you need to speculate. In doing so, you should talk about possibilities and give your opinion about the picture.

Here are some expressions you may use.

- I suppose ...
- It looks like ...
- The picture conveys a thought-provoking message that ...
- This eye-catching / striking / remarkable picture intends to tell us ...

Multitasking or single-tasking?

Below are two students who have different habits while they are studying.



Step 1 Work in groups to describe the two pictures.

Step 2 Work in groups to talk about your habit (Are you a multitasker or a single-tasker? Or a mixture of both?) with supporting details.

Ways to minimize the negative effects of multitasking

In this fast-paced world, multitasking is, more often than not, the norm. It may seem unavoidable to juggle (同时应付) many different tasks at any given time, even though studies show that multitasking may affect us badly. Work in groups to discuss the possible ways to minimize the negative effects of multitasking.

WORDS AND EXPRESSIONS

vanish /'væniʃ/ *vi.* (尤指莫名其妙地) 突然不见, 消失

abruptly /ə'brʌptli/ *ad.* 突然地; 出其不意地

relativity /,relə'tɪvəti/ *n.* (爱因斯坦理论中的) 相对性

theoretical physicist /θiə'retɪkl 'fɪzɪsɪst/ 理论物理学家

precise /prɪ'saɪs/ *a.* 精准的; 准确的

prohibit /prəʊ'hɪbɪt/ *vt.* 禁止

PROPER NAMES

John Titor 约翰·蒂托 (人名)

General Electric 通用电气公司

Sagittarius /,sædʒɪ'teəriəs/ A* 人马座 A* (一个超大质量黑洞)

Einstein /'aɪnstain/ (Albert

Einstein) 爱因斯坦 (德裔美国物理学家)

Stephen Hawking /,sti:v(ə)n

'hɔ:kɪŋ/ 斯蒂芬·霍金 (英国物理学家)

Culture notes

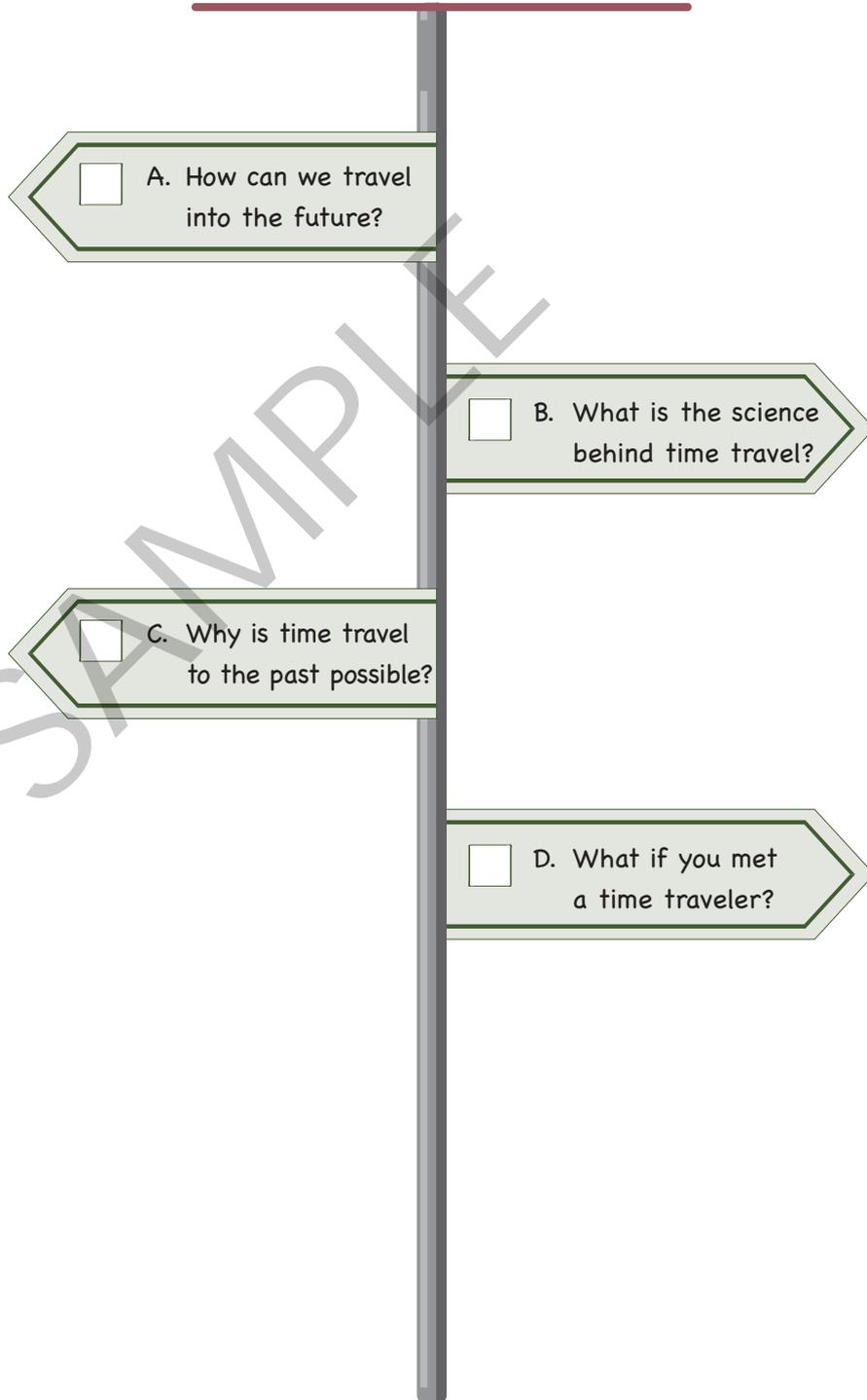
Einstein and the theory of relativity

Albert Einstein (1879-1955) was a German-born physicist who developed the theory of relativity, and won the Nobel Prize for Physics (诺贝尔物理学奖) in 1921. In the theory of relativity, time and space are fluid and malleable (可变的). It gives physicists a new understanding of space and time.

Viewing and understanding

- 1 Time travel has long captured our scientific and storytelling imagination. Now watch a video clip and choose the best title for it.

TIME TRAVEL





2 Watch the video clip again and choose the best answer to each of the questions you hear.

1. A. He is a fictional (虚构的) character.
B. He is a famous physicist in time travel.
C. He claimed he traveled back from the future.
D. He claimed he invented a time traveling device.
2. A. We would feel time passes very quickly.
B. We would travel at the speed of light.
C. We would travel as fast as Sagittarius A*.
D. We would experience time at half-speed.
3. A. To stress the scientific significance of time travel.
B. To illustrate how we could travel into the future.
C. To explain why time would pass more quickly on Earth.
D. To prove that it is hard to find evidence about time travel.
4. A. World-famous scientists were invited to explore the topic of time travel.
B. Invitations to future time travelers were sent off well before the party.
C. The party was held to prove whether there could be any real time traveler.
D. The party confirmed that time travel was impossible and unrealistic.
5. A. Time travelers may simply have arrived late for the party.
B. Time travelers may perceive the passage of time differently.
C. Time travelers may refuse to change their timeline completely.
D. Time travelers may try to avoid the risk of getting infected with viruses.

Thinking and speaking

Reliving your life

Everyone may have a life period they want to relive. Work in groups to share which year or period you would relive and why if you had a time machine.

Exploring the past

If you had a time traveling device that could take you to a particular place in a particular period in history, for example Xi'an in the Tang Dynasty (唐朝), which period and place would you choose?

Life in Tomorrowland

Suppose you were a time traveler who traveled back from the future. Describe a particular aspect of the life in Tomorrowland to your group members, for example, health, education, energy, or agriculture.



Pronunciation

PRONUNCIATION TIPS

Light L and Dark L sounds

There are two L sounds in English: the Light L sound and the Dark L sound.

If the L sound comes before the vowel (元音) or diphthong (双元音) in a syllable, it will be a Light L sound, such as in "like," "love," and "flag." If the L sound comes after the vowel or diphthong in a syllable, it will be a Dark L sound, such as in "hole," "wonderful," and "help."

With the Light L sound, the starting position is with the tip of your tongue, touching just above, behind your upper teeth. With the Dark L sound, the starting position is with the back of your tongue raised slightly.

As for the ending position, with the Light L sound, the tongue is relaxed, because to make the sound you must release the tongue. With the Dark L sound, the ending position is with the tip of the tongue touching just above, behind your upper teeth.

- 1 Listen to the sentences and identify the Light L and Dark L sounds in the underlined words. Then read out loud after the speaker.
 1. In 1998, a gentleman by the name of John Titor arrived from the future.
 2. He even showed and described his time traveling device in great detail.
 3. According to Einstein's theory of relativity, if you somehow managed to get yourself close to a black hole, like Sagittarius A*, you'd be experiencing time at half-speed compared to people on Earth.
 4. In 2009, the world-famous theoretical physicist Stephen Hawking threw a party.
 5. He believed that if travelers from the future arrived before the invitation was released, that would prove that time travel will become possible one day.
- 2 Tongue twisters are a fun way to practice pronunciation. Give this tongue twister a try to help you practice the Light L and Dark L sounds. As you feel more confident you can go faster!

How many little lemons lell to the lloor

One little lemon lell on a lmelon,
And broke the lmelon in two;
Two little lemons lell on a lmelon,
And broke the lmelon in three;
Three little lemons lell on a lmelon,
And broke the lmelon in four;
If you ignore the lmelons,
And count the little lemons,
How many lell to the lloor?



Conducting a survey

Be a smart time manager!

As most students have discovered, college is not the same as high school. You have a lot of free time. While this can be exciting, you may also find it challenging to manage time skillfully. The Student Union of your university is organizing an activity to help students become smart time managers. As a member of the Student Union, you are asked to conduct a survey to collect information about how college students spend their time and then provide a report on how well students manage time and offer suggestions on time management.

Step
1

Form groups

Form groups of four or five. Make sure you have a group leader to chair the discussion and someone to take notes.

Step
2

Design a questionnaire

Design a questionnaire to find out how students use time (the amount of time spent in different activities on a weekly basis), assess their time management styles, and diagnose (判断) their problems in time management.

Step 3

Collect information

Conduct a survey offline or online and collect information. Each group member needs to survey at least five students.

Step 4

Analyze information

Piece together the information you have collected and analyze the information for your report.

Step 5

Find solutions

Zoom in on one of the most common problems students have in time management and come up with possible solutions to this problem.

Step 6

Prepare the report

Prepare the report. The body of your report should consist of at least four parts: 1) how college students spend their time; 2) their time management styles; 3) the main problem they have in time management; and 4) suggestions on time management.

Step 7

Present the report

Present the report to the class. While presenting information based on the questionnaire, you are well-advised to use graphs or charts to make it more presentable.



WORDS AND EXPRESSIONS

errand /'erənd/ *n.* (短程) 差事;
跑腿

feel starved /stɑ:vɪd/ *for* 感到缺少;
感到缺乏

commitment /kə'mɪtmənt/ *n.* (为
某种目的在金钱、时间等方面
的) 投入

News report

Listen to a news report and choose the best answer to each of the questions you hear.

- 1
 - A. People who killed time.
 - B. People who spent time on themselves.
 - C. People who got unexpected free time.
 - D. People who donated time to others.
- 2
 - A. Taking good care of a sick child.
 - B. Helping a student with their writing.
 - C. Paying a surprise visit to a friend.
 - D. Spending a whole day doing volunteer work.

Conversation

Listen to a conversation and choose the best answer to each of the questions you hear.

- 1
 - A. They can process less visual information.
 - B. They can observe more details in a given period.
 - C. They respond less quickly to dangers around them.
 - D. They are more familiar with their living environment.
- 2
 - A. When we feel scared.
 - B. When we feel bored.
 - C. When we feel relaxed.
 - D. When we feel depressed.
- 3
 - A. They are following many routines.
 - B. They are creating many new memories.
 - C. They have a great time in daily activities.
 - D. They need to adapt to new environments.
- 4
 - A. When you look back to your colorful weekend.
 - B. When you are helpless amid heavy workloads.
 - C. When you deal with routine daily activities.
 - D. When you get down to fresh and interesting things.

WORDS AND EXPRESSIONS

perception /pə'sepʃn/ *n.* 感觉;
感知

predator /'predətə/ *n.* 掠食动物;
捕食性动物

overdrive /'əʊvə,draɪv/ *n.* 过度
操劳

Passage 1

Listen to a passage and choose the best answer to each of the questions you hear.

- A. Those who lack passion for work or study.
B. Those who major in business management.
C. Those who have sort of trouble in managing time.
D. Those who are struggling with choices in life.
- A. They try their best to accomplish every task.
B. They are always busy with major projects.
C. They can make the most of their leisure time.
D. They are careful about how to spend their time.
- A. Annoyed.
B. Discouraged.
C. Indifferent.
D. Stressed.
- A. Practice and devotion. B. Concentration on results.
C. Support in making choices. D. Interest in pursuing enjoyment.

WORDS AND EXPRESSIONS

picky /'pɪki/ *a.* 挑剔的
overwhelm /,əʊvə'welɪm/ *vt.* 使应接不暇; 压垮
come down to 归结为

Passage 2

Listen to a passage and choose the best answer to each of the questions you hear.

- A. He usually took short breaks at his desk.
B. He had a rest in his car in the middle of the day.
C. He used to be full of energy during his workday.
D. He always felt tired due to long-hour work.
- A. Next to Daniel Turissini's workplace.
B. In the center of Washington, D.C.
C. In a quiet and peaceful district.
D. In a park with beautiful scenery.
- A. A wide range of electronic devices.
B. A place to take a refreshing nap.
C. A chance to experience a fast-paced lifestyle.
D. An opportunity to have a relaxing conversation.

WORDS AND EXPRESSIONS

consultant /kən'sʌltənt/ *n.* 顾问
nap /næp/ *n.* (尤指白天的)小睡
cocoon /kə'ku:n/ *n.* (尤指保护性或安慰性的)遮盖(或包裹)物
blanket /'blæŋkɪt/ *n.* 毯子
scented /'sentɪd/ *a.* 芬芳的; 有香气的

PROPER NAMES

Daniel Turissini /,dænjəl
,tʊrɪ'sɪni/ 丹尼尔·图里西尼
(人名)
Mari Aponte /ə'pɔ:nti/ 玛丽·阿
庞特(人名)