Unit

Personal Relationships

Passage I

You are going to read a passage with 10 statements attached to it. Each statement contains information given in one of the paragraphs. Identify the paragraph from which the information is derived. You may choose a paragraph more than once. Each paragraph is marked with a letter.

A Letter to My Daughter

Dear Daughter,

- A) As we drove off from Columbia, I wanted to write a letter to tell you all that is on my mind.
- **B**) First, I want to tell you how proud we are. Getting into Columbia is a real proof of what a great well-rounded student you are. Your academic, artistic, and social skills have truly blossomed in the last few years, and you have become a talented and accomplished young woman. You should be as proud of yourself as we are.
- C) College will be the most important years in your life. It is in college that you will truly discover what learning is about. You often question, "What good is this course?" I encourage you to be inquisitive, but I also want to tell you that the material taught isn't as important as the ability gained to learn a new subject and the ability to analyze a new problem. That is really what learning in college is about. College is the period when you go from taught-by-teacher to inspired-by-teacher, after which you must become a self-learner. So do take each subject seriously, and even if what you learn isn't critical for your life, the skills of learning will be something you cherish forever.
- D) Do your best in classes, but don't let pressure get to you. Your mother and I have no expectations for your grades. If you graduate and learn something in your four years, we would feel happy. Your Columbia degree will take you far, even if you don't graduate with honors. So please don't give yourself pressure. During your last few months in high school, you were so happy because there was little pressure and college applications had been finished. But in the past few weeks, we saw you were beginning to worry (do you know you bite your nails when you are nervous?). Please don't be worried. The only thing that matters is that you have learned.

- E) Most importantly, make friends and be happy. College friends are often the best in life, because during college years you are closer to them physically than to your family. Also, going through independence and adulthood is a natural bonding (形成亲密关系的) experience. Pick a few friends and become really close to them—pick the ones who are genuine and sincere to you. Don't worry about their hobbies, grades, looks, or even personalities. You have developed some real friendships in high school, so trust your instinct, and make new friends. You are a genuine and sincere person—everyone would enjoy being your friend, so be confident, outgoing, and proactive. If you think you like someone, tell her. You have very little to lose.
- F) College is the time when you have the greatest amount of free time, the first chance to be independent, the most flexibility to change, and the lowest risk of making mistakes. So please treasure your college years—make the best of your free time, become an independent thinker in control of your destiny, evolve yourself into a bicultural talent, be bold to experiment, learn and grow through your successes and challenges.
- G) I told your mom I'm writing this letter, and asked what she wanted me to say. She thought and said, "Just ask her to take care of herself." Simple but deeply caring—that is how your mother is, and that is why you love her so much. In this simple sentence is her hope that you will become independent in the way you take care of yourself—that you will remember to take your medicine, that you will get enough sleep, that you will have a balanced diet, that you will get some exercise, and that you will go to see a doctor whenever you don't feel well. An ancient Chinese proverb says that the most important thing to be nice to your parents is to take care of yourself. This is because your parents love you so much that if you are well, they will have comfort. You will understand this one day when you become a mother. But in the meantime, please listen to your mother and take care of yourself.
- H) When I faced the greatest challenge and opportunity in my life in 2005, you gave me a big hug and said "Bonne chance", which means "Good luck". Now I do the same for you. Bonne chance, my angel and princess. May Columbia become the happiest four years in your life, and may you blossom into just what you dream to be.

	Love,
	Dad (& Mom)
	(765 words)
Time taken:	minutes
aughter has made some very good friends in her high school years.	

2 The father is proud of his daughter because she has been admitted by Columbia University.

 _ 3 The mother hopes that her daughter could take good care of herself in college.
4 The daughter did not have much pressure during her last few months in high school.
 _ 5 Gaining ability to learn a new subject and to analyze a new problem is more important than getting knowledge from textbooks.
 6 To be bold to experiment is a good way to make the best of your college years.
 7 If you want to be nice to your parents, do take care of yourself.
 8 The father hopes that his daughter can become what she dreams to be in college.
 9 When making friends, you should pick those who are genuine and sincere.
10 Don't care about grades too much since what you have learned is more important.

Passage II

You are going to read a passage with 10 statements attached to it. Each statement contains information given in one of the paragraphs. Identify the paragraph from which the information is derived. You may choose a paragraph more than once. Each paragraph is marked with a letter.

Dealing with Problems in Your Family

- A) Family problems can be difficult to handle as there might be a lot of people involved. Also most of us are not used to looking at our family objectively—we tend to think they are just our family and that is how it is. However, a bit of reflection and analysis can take the heat out of a lot of difficult situations.
- **B**) For example, when members of your family are disagreeing with something that you are planning, the following are suggested.
- C) Think objectively about what you are trying to achieve. Attribute the best motives to your behavior. Get together all the examples that the plan has worked for others. You don't have to write them down, just think it through. If at this point you realize you're doing the wrong thing, you might want to make a strategic withdrawal! However, let's assume that you know what you are doing and you have a bit of evidence to back this up.
- D) Think about why your family are disagreeing with you. There is probably more than one reason. Maybe they don't understand your plan; maybe they have had a course of action decided for you; maybe they have some worries and anxieties of their own. Make a real effort to put yourself into their shoes even though their behavior may be very frustrating to you. Imagine discussing the question with them—think about what you might say and how they might reply. When you've

- thought of what might be worrying them, think creatively of ways of reassuring them. If it helps, make a list of their worries and reassurances.
- E) Find some way of discussing it. That's easy if your family are talkers, but many aren't. However, you can still find an opportunity to calmly mention your plans, to give a few examples of others who have done the same, to remove their fears and sympathize with their disappointment. You may have to drop your points into conversations over time. Don't expect a miracle—people rarely change their opinion overnight. Don't feel you have to have total agreement; stop the discussion while the going is still good and come back to it a few days later. If they see you're serious and that some of their worries have been considered they will probably be a bit more agreeable the next time.
- F) This is obviously a very simple example, but a similar approach can help in many situations. Frequently the conflict can be the other way round; many families find a son or daughter leaving for university is the catalyst (催化剂) for them to make changes.
- G) Sometimes it can be impossible to find agreement. If you are interested in discussing the situation further or if you find you can't use the techniques described in this simple example—maybe the problem is too complex; you find it too upsetting; someone is too dominant—consulting the University Counseling Service may help you to clarify what is going on and to find a way to deal with it.

Time taken: ______ minutes

1 When discussing your plan with your family, if they are not talkers, you should find some way to communicate with them.

2 If your family problem is too difficult to handle, you'd better seek advice from specialists.

3 There may be various reasons why your family disagree with you.

4 When you realize what you are planning is wrong, it is likely that you want to give it up.

5 It is hard to deal with family problems since many family members might be involved.

6 What your family said and did may discourage you, but you should try to consider their arguments from their standpoints.

7 Most of us tend to look at our family subjectively.

8 Your family will probably become a bit more ready to agree when you talk about your plan again a few days later.

9 If you want your family to agree on your plan, you can collect all the examples that can prov
it has worked for others.
10 Children's attending university helps many families to smooth away their problems.

Passage III

You are going to read a passage and answer the questions following it. For questions 1-7, choose the best answer from the four choices marked A, B, C and D. For questions 8-10, complete the sentences with the information given in the passage.

How to Make Friends at Work

From being well-connected to having someone lend you a hand when needed, the advantages of having friends at work are many. If you regularly find yourself in a cold corner on your office floor, here are tips that you can use to win friends and make office buddies for life.

• Bring something for everyone in your office every once in a while

Whether it is a bag of lollies (棒糖), biscuits, Tim Tams (一种巧克力饼干) or a box of doughnuts (炸面圈) from Dunkin' Donuts¹, it'd be nice if you brought your office colleagues a little something every now and then. Food is a sure-fire way of letting your office mates know that you are putting in a genuine effort to be friends with them and that you care about them. And best of all, if you consider yourself an amateur baker, why not bake a lot of your best brownies or cookies for your friends at work?

• Sympathize with your colleagues at work

Everyone at work has their own share of problems. There are really no exceptions. If you want to make friends at work, you must learn to sympathize with fellow colleagues and help them out in whichever way you can. For example, if your colleague is going through a rough patch with her husband and her marriage is on the rocks, don't hesitate to ask if you can temporarily help her out by picking up some of her daily tasks. Genuine sympathy never goes unnoticed and a work place is no different.

• Work for your team, not for yourself

While it is easy to get carried away and think about your own benefit all the time, you should remember that your progress at work lies in the progress of your teammates and vice versa (反之亦 然). If you go out of the way to help your colleagues at work, they will hopefully reciprocate (回报) by crediting you with their success.

• Go out for lunch with your colleagues

We all love to have lunch buddies at work, don't we? That's exactly why you should make an attempt to go for lunch with the people who you want to be friends with at work. A chat over lunch will not only

allow you to be better friends with your workmates, but will also provide a window of opportunity for you to catch up on all the latest gossip at work. So catch up with a buddy at work for lunch, whether it is in the office cafeteria or at the neighborhood take-away joint (饭馆).

• Involve your colleagues in your life outside work

Involving your colleagues in your life outside work is one of the first signs of trust and friendship that you can give out. Tell your workmates about your family, tell them about your relationships, tell them about the problems you face in your personal life and tell them what you've been up to outside the confines of the walls of your office. Your colleagues will feel connected to you in a more-than-just-professional way. For all you know, you may even find your next best friend right in your workplace! However, make sure that you share only the things that are the most appropriate to be shared in an office environment.

• Be human—Have an opinion

If you really want to make friends at work, don't be afraid to have an opinion or voice out how you feel, even if it means being bad-tempered at times. While most management experts and books will tell you to carry a positive attitude at work all the time, that may not go well in helping you be popular at work. Your workmates expect you to have a mind of your own and more importantly, expect you to voice your opinion. If you are going to hold a poker face (无表情的面孔) all the time, you may seem like your boss's puppet who only does what the boss says.

	(672 words)
Time taken:	minutes

- 1 Which of the following is one of the benefits of making friends at work?
 - A Helping you reduce your workload at work.
 - **B** Avoiding mistakes at work.
 - C Keeping informed about everything at work.
 - **D** Having a good social relationship at work.
- 2 According to the writer, giving some desserts to your colleagues is a way to ______.
 - A show your favorite food and taste
 - **B** prove you are a good cook
 - C let your office mates know you are friendly
 - D let your office mates know you are generous
- 3 What is suggested for sympathizing with your colleagues at work in the passage?
 - A Sharing their problems in private life.
 - **B** Helping them get through hard times.
 - **C** Feeling sorry for their misfortune.
 - **D** Asking what's going on about their marriage.

4	Teamwork is emphasized in making friends at work because A you may easily lose control of yourself at work B your colleagues will help you at work C your success depends on others' progress
	D your sympathy for others is very important
5	Why is going out for lunch with colleagues advisable for making friends at work? A Because chatting over lunch allows you to know more about the latest news at work. B Because people all love to have lunch together. C Because gossip over lunch is very funny. D Because cafeterias and take-away joints are very popular.
6	By involving your colleagues in your life outside work, you can A tell them your personal problems B show your trust and friendship C reduce your stress at work D overcome the limitations of office work
7	What is the writer's attitude toward making friends at work? A Objective. B Optimistic. C Negative. D Positive.
8	Involving your colleagues in your life outside work makes them feel in a more-than-just-professional way.
9	What you should share with your colleagues in workplace is supposed to be things that are to be shared in an office environment.
10	Your colleagues expect you to have your own ideas and above all, expect you to
Ex	cpanding Vocabulary
Co	mplete the following sentences with the appropriate form of the words given in brackets.
1	The dog waited beside the table for some food. (hope)
2	Mr. Edelson was closely with his students. (connect)
3	People who exercise are less likely to feel stress. (regular)
4	Although he pretended to, he was laughing up his sleeve. (sympathy)
5	The players should all be fit for Sunday's game, with the possible of Davis. (except)
6	I am unfamiliar with the streets in this (neighbor)
7	I'll a cake and put candles on it. (baker)
8	The reunion gave us a chance to renew old (friend)

9	The thick fog enabled him to climb up the hill	(notice)
10	Only an exceptionally heavy snowfall might	dislocate railway services, (temporary)

Cultural Note

1 **Dunkin' Donuts** is an international baked goods and coffee retailer founded in 1950. While the company originally focused on doughnuts and other baked goods, over half of its business today is in coffee sales, making it a competitor to Starbucks.

Unit 2

Remembering and Forgetting

Passage I

You are going to read a passage with 10 statements attached to it. Each statement contains information given in one of the paragraphs. Identify the paragraph from which the information is derived. You may choose a paragraph more than once. Each paragraph is marked with a letter.

Remember the Moment

- A) My morning routine varies little from day to day. I walk the dog, eat breakfast at the kitchen counter with Katie and Matt, then settle in for a day in front of the computer. And because I work mostly at home, I have learned that attempts to connect with the outside world are necessary for psychological well-being. So before I begin trying to put sentences together, I stroll over to a little coffee shop in my neighborhood, chat with the folks behind the counter, and get a large coffee to go. No sugar. No cream.
- B) The coffee shop is on the other side of the historic Chesapeake & Ohio Canal¹ from my house. In season, a mule-drawn barge (大平底船) is docked there, and tourists line up to take a slow boat, if not to ancient China, at least into the 19th century. The men who work on the boat wear what canal workers might have worn—broad-brimmed straw hats and suspenders that pull their old pants high above their boots.
- C) One warm day last fall, I was on my morning outing when I turned the corner to see one of the men sitting alone on the boat, bathed in early-morning light. He was playing a tiny accordion (手风琴), the kind such canal men played as they floated down the inland waterways of a westward-expanding America. The sound was both beautiful and sweet. It was as if he were alone in the universe. The scene stopped me in my tracks. What I saw could only be described as a perfect moment. Ten seconds at most. But months later I still remembered just standing there, watching the man, listening to the music, taking it all in.
- D) We all have such moments put before us. Whether we're wise enough to see them is another thing.
- E) I thought of the accordion man Sunday afternoon while I was reading the life stories of those who were killed in the Columbia tragedy. Mission specialist Laurel Clark, talking from the shuttle a

few days before it was to land, said she was delighted by the simple unexpected wonders of space, like a sunset. "There's a flash; the whole bay turns this rosy pink," she said. "It only lasts about 15 seconds and then it's gone. It's very ethereal (缥缈的) and extremely beautiful." A moment not lost on her.

- F) In *The Hours* Meryl Streep and Ed Harris recall a moment they shared years before at a beach house on Cape Cod. It was nothing more than him watching her walk out into the early morning light. But for that moment, everything was right with their world, everything was possible, and everything balanced. They agreed it was the happiest moment they had ever had.
- **G**) And in last month's issue of her magazine, Oprah Winfrey confessed to a moment she had last summer. It was a walk down a Santa Barbara lane, a bird humming and the smell of orange blossoms filling the air. She said it was one of those rare moments when she could say she was truly happy.
- H) I once had a friend who had an odd habit that never ceased to amuse me, maybe because I never quite knew when she was going to spring it on me. It could be while she was sitting quietly at the end of a dock on Schroon Lake in the Adirondacks. Or it could come in the middle of a particularly lively dinner with old friends. Out of the blue, she'd say, "Stop! I want to remember this moment."
- I) I realize now, after her death, what wise advice that is.

(616 words)
Time taken: minutes
1 The happiest moment for Meryl Streep and Ed Harris was when he watched her walk out into the early morning light.
2 The wonderful space scene would never escape from Laurel Clark's mind though it only lasted for a very short time.
3 The men working on the boat wear what canal workers in the past might have worn.
4 The writer used to be amused by an odd habit of one of his friends maybe because he never knew exactly when she would make a surprise.
5 The writer does some habitual activities every morning.
6 Sometimes we may not be wise enough to perceive some perfect moments put before us.
7 The writer goes outside to get a large coffee because it is of help for his psychological health.
8 A man playing an accordion alone on the boat stopped the writer on his morning outing.

9 To	o Oprah Winfrey, a walk down a Santa Barbara lane, with a bird humming and the smell of
OI	range blossoms filling the air, was one of the few moments when she was truly happy.
10 It	t seems as if the boat on Chesapeake & Ohio Canal could take tourists to ancient China.

Cultural Note

1 Chesapeake & Ohio Canal is located along the east bank of the Potomac River with the length of 184.5 miles. It starts in Washington, D.C. and ends in Cumberland, M.D. The canal was built between 1828 and 1850. In 1954, U.S. Supreme Court Associate Justice William O. Douglas organized an eight-day hike up the canal's towpath in an effort to save it from being converted to a parkway. His efforts succeeded, and in 1971 the canal became a national historic park.

Passage II

You are going to read a passage with 10 statements attached to it. Each statement contains information given in one of the paragraphs. Identify the paragraph from which the information is derived. You may choose a paragraph more than once. Each paragraph is marked with a letter.

Top 10 Memory Improvement Tips

A) Before you study for your next exam, you might want to use a few strategies to boost your memory of important information. There are a number of tried and tested techniques for improving memory. These strategies have been established within cognitive (认知的) psychology literature and offer a number of great ways to improve memory, enhance recall and increase retention (保留) of information.

Focus your attention on the materials you are studying

B) Attention is one of the major components of memory. In order for information to move from short-term memory into long-term memory, you need to actively attend to it. Try to study in a place free of distractions such as television, music and other diversions.

Avoid cramming by establishing regular study sessions

C) Studying materials over a number of sessions gives you the time you need to adequately process the information. Research has shown that students who study regularly remember the materials far better than those who do all of their studying in one marathon session.

Structure and organize the information you are studying

D) Researchers have found that information is organized in memory in related clusters. You can take advantage of this by structuring and organizing the materials you are studying. Try grouping similar concepts and terms together, or make an outline of your notes and textbook readings to help group related concepts.

Utilize mnemonic devices (助记手段) to remember information

E) Mnemonic devices are often used by students to aid in recall. A mnemonic is simply a way to remember information. For example, you might associate a term you need to remember with a common item that you are very familiar with. The best mnemonics are those that utilize positive imagery, humor or novelty. You might come up with a rhyme, song or joke to help remember a specific segment of information.

Elaborate and rehearse the information you are studying

F) In order to recall information, you need to encode what you are studying into long-term memory. One of the most effective encoding techniques is known as elaborative rehearsal. An example of this technique would be to read the definition of a key term, study the definition of that term and then read a more detailed description of what that term means. After repeating this process a few times, your recall of the information will be far better.

Relate new information to things you already know

G) When you are studying unfamiliar materials, take the time to think about how this information relates to things that you already know. By establishing relationships between new ideas and previously existing memories, you can dramatically increase the likelihood of recalling the recently learned information.

Visualize concepts to improve memory and recall

H) Many people benefit greatly from visualizing the information they study. Pay attention to the photographs, charts and other graphics in your textbooks. If you do not have visual cues to help you, try creating your own. Draw charts or figures in the margins of your notes or use highlighters or pens in different colors to group related ideas in your written study materials.

Teach new concepts to another person

I) Research suggests that reading materials out loud significantly improves memory of the materials. Educators and psychologists have also discovered that having students actually teach new concepts to others enhances understanding and recall. You can use this approach in your own studies by teaching new concepts and information to your friend or study partner.

Pay extra attention to difficult information

J) Have you ever noticed it's sometimes easier to remember information at the beginning or end of a chapter? Researchers have found that the order of information can play a role in recall, which is

known as the serial position effect. While recalling middle information can be difficult, you can overcome this problem by spending extra time rehearsing this information. Another strategy is to try restructuring the information so it will be easier to remember. When you come across an especially difficult concept, devote some extra time to memorizing the information.

Vary your study routine

K) Another great way to increase your recall is to occasionally change your study routine. If you are accustomed to studying in one specific location, try moving to a different spot during your next study session. If you study in the evening, try spending a few minutes each morning reviewing the information you studied the previous night. By adding an element of novelty to your study sessions, you can increase the effectiveness of your efforts and significantly improve your long-term recall.

Time taken: minutes
 1 Studying regularly is a more effective way to memorize information than studying in one long session.
 2 Elaborative rehearsal can help you to recall information.
 3 According to some researchers, the sequence of information can play a role in recall, which is called the serial position effect.
 4 The photographs, charts and other graphics in the textbooks are helpful to recall information
 5 Changing your study routine occasionally can increase the effectiveness of your recall.
 6 If you concentrate on the information that you are studying, you may be able to memorize i for a long time.
 7 You can teach the concepts you have newly learned to your study partner to enhance you memory of them.
 8 Grouping similar concepts is helpful to improve your memory.
 9 You can establish relationships between new ideas and things you already know to help memorize the recently learned information.
 10 If you find it difficult to remember middle information, try to spend more time on it.

(765 words)

Passage III

You are going to read a passage and answer the questions following it. For questions 1-7, choose the best answer from the four choices marked A, B, C and D. For questions 8-10, complete the sentences with the information given in the passage.

All You Remember

All you remember about your child being an infant is the incredible awe you felt about the precious miracle you created. You remember having plenty of time to give all your wisdom and knowledge. You thought your child would take all of your advice and make fewer mistakes, and be much smarter than you were. You wished for your child to hurry and grow up.

All you remember about your child being two is never using the restroom alone or getting to watch a movie without talking animals. You recall afternoons talking on the phone while sitting in the bedroom closet, and being convinced your child would be the first Ivy League college student to graduate wearing pullovers at the ceremony. You remember worrying about the bag of M & M's melting in your pocket and ruining your good dress. You wished for your child to be more independent.

All you remember about your child being five is the first day of school and finally having the house to yourself. You remember joining the PTA¹ and being elected president when you left a meeting to use the restroom. You remember being asked "Is Santa real?" and saying "yes" because he had to be for a little bit longer. You remember shaking the sofa cushions for loose change (零钱), so the tooth fairy² could come and take away your child's first lost tooth. You wished for your child to have all permanent teeth.

All you remember about your child being seven is the carpool (拼车) schedule. You learned to apply makeup in two minutes and brush your teeth in the rearview mirror because the only time you had to yourself was when you were stopped at red lights. You considered painting your car yellow and posting a "taxi" sign on the lawn next to the garage door. You remember people staring at you, the few times you were out of the car, because you kept moving your foot and making acceleration noises. You wished for the day your child would learn how to drive.

All you remember about your child being 10 is managing the school fund raisers. You sold wrapping paper for paint, T-shirts for new furniture, and magazine subscriptions for shade trees in the school playground. You remember storing a hundred cases of candy bars in the garage to sell so the school band could get new uniforms, and how they melted together on an unseasonably warm spring afternoon. You wished your child would grow out of playing an instrument.

All you remember about your child being 12 is sitting in the stands (看台) during baseball practice and hoping your child's team would strike out fast because you had more important things to do at home. The coach didn't understand how busy you were. You wished the baseball season would be over soon.

All you remember about your child being 14 is being asked not to stop the car in front of the school in the morning. You had to drive two blocks further and unlock the doors without coming to a complete stop. You remember not getting to kiss your child goodbye or talking to him in front of his friends. You wished your child would be more mature.

All you remember about your child being 16 is loud music and undistinguished lyrics screamed to a rhythmic beat. You wished for your child to grow up and leave home with the stereo.

All you remember about your child being 18 is the day when he was born and having all the time in the world.

And, as you walk through your quiet house, you wonder where he went and you wish your child hadn't grown up so fast.

			(625 words)
		Time taken:	minutes
1	How did you feel when you faced the lovely infant you created?		
	A Nervous.		
	B Worried.		
	C Awesome.		
	D Optimistic.		
2	You wished your child aged two to		
	A become more independent		
	B use the restroom alone		
	C watch movies without talking animals		
	D like popular M & M's		
3	You finally had the house to yourself because		
	A the kid went to the grandparents' house		
	B the kid went to play outside		
	C the kid went to school		
	D the kid became very quiet		
4	You had to brush your teeth in the car because		
	A this was your habit		
	B it was your job to drive for your child and you were very busy		
	C your child enjoyed seeing you do it		
	D you often got up late		

5	Which of the following is NOT true according to paragraph 4? A You once considered painting your car yellow. B Sometimes you wished your child could drive himself. C People stared at you because you made acceleration noises. D Sometimes you wanted to be a taxi driver.		
6	The reason why you wished the baseball season would be over soon is that A it was boring to you B the child was not good at baseball C you had some more important business to do D you think it was tiring for the child		
7	The following statements show the immaturity of the kid EXCEPT A the kid asked you not to stop the car in front of the school B the kid asked you not to kiss him goodbye in front of his friends C the kid didn't follow your advice on driving to school D the kid required you not to talk with him in the presence of his friends		
8	In your memory, your child aged 16 used to listen to and scream undistinguished lyrics to a rhythmic beat.		
9	What you remember about your child being 18 is the day and having all the time in the world.		
10	As your child grew up and left home, you began to feel that time had gone by		
Ex	panding Vocabulary		
Co:	mplete the following sentences by translating the Chinese in brackets into English. (关于家乡,他所能记住的) is the river in which he used to swim		
	with his friends.		
2	The young man tried his best to acquire knowledge and skills(在村		
	信知识就是力量之后).		
3	(在当选总统之后), Roosevelt set out to carry out a series of		
	economic reforms.		
4	The second generation of the rich have encountered the challenge of		
5	It is raining heavily and we(想知道他们能否按时到达).		

Cultural Notes

- **PTA** is the abbreviation for Parent-Teacher Association, an organization of teachers and parents that is intended to facilitate parental participation in a school.
- 2 The **tooth fairy** is an imaginary person who takes away a tooth that a child puts under his pillow at night, and leaves him some money in its place.

Unit 3

More than Words

Passage I

You are going to read a passage with 10 statements attached to it. Each statement contains information given in one of the paragraphs. Identify the paragraph from which the information is derived. You may choose a paragraph more than once. Each paragraph is marked with a letter.

Secrets of the Great Communicator

- A) I've worked in media and public relations for 20 years, and the experience has taught me that communication is an essential skill to master in order to be successful in all aspects of one's life. No one can do many things without the involvement of other human beings. Having superior communication skills, then, is a highly enviable quality, and those who manage such a feat (技艺) serve as role models to the rest of us. Ronald Reagan, the "Great Communicator", exemplified this quality excellently.
- B) Confidence, just as Reagan had, is one of the essential non-verbal aspects of communication. Confidence can help one talk to others with ease and make people want to listen to what they have to say. One way to gain confidence is to gain understanding. If one has a firm grasp of what they want to say, they will have fewer reservations about speaking it out. Reagan had confidence in what he was saying. He believed in his material and was familiar with it, which gave him the confidence to communicate well and be well received by his audience. Similarly, believing in one's own goals and ideas and communicating them without doubt, will gain them a better reception than an uncertain, mumbled communication would.
- C) Reagan's confidently delivered speeches were crafted to give his American audience hope and a sense of optimism. His 1984 re-election campaign slogan, "It's morning again in America", exemplified his vision of a better future for the country, especially after the traumas (精神创伤) (Watergate¹, Vietnam War, etc.) of the 1960s and 1970s. No one likes hearing bad news, and a positive attitude inspires the audience, improving their outlook on the topic and on the speaker. Reagan's use of symbolism—"morning"—is a particularly effective method of communication, as it solidifies an abstract concept in the listener's mind with an image, making Reagan's idea of a positive future more real.

- In communicating an idea, one would be best served by finding a positive expression for the idea, and finding an evocative (唤起感情的) symbolic form for the positive idea.
- D) The third key to being a great communicator is wit. One must have a sense of humor and be able to tell stories, jokes and anecdotes. Telling a joke will help break the ice and get people interested in what one has to say, enabling a better connection with them.
- E) Doug Gamble, one of Reagan's speech writers, said, "Unlike Presidents George H.W. Bush and Bill Clinton, whose use of humor often seemed less than heartfelt and somewhat mechanical, and George W. Bush, who was uncomfortable doing it, humor glowed from Reagan's very soul." Reagan expertly used his genuine sense of humor and excellent comedic timing to not only amuse his audience, but also convey his political points. For example, Reagan illustrated a key principle of his political philosophy with wit, "The nine most terrifying words in the English language are: 'I'm from the government and I'm here to help."
- **F)** One effective demonstration of wit is the strategic application of self-deprecating humor. Making oneself come across as more human and down-to-earth will more readily draw people's interest in one's message.
- G) Returning to a Reagan example, the late President enjoyed poking fun at himself, not only for entertainment purposes, but also to disarm his opponents. When Reagan's opponent in the 1984 campaign, Walter Mondale, described Reagan's reign as "government by amnesia (健忘症)", the President reacted, "I thought that remark accusing me of having amnesia was uncalled for. I just wish I could remember who said it."
- **H)** Similarly, Reagan made a joke about his alleged tendency to fall asleep on the job, "I've given my aides instructions that if trouble breaks out in any of the world's hot spots they should wake me up immediately even if I'm in a Cabinet meeting."
- I) With the "Great Communicator" no longer being with us and with no role model to replace him, it remains up to each of us to become our own great communicator. Be confident, be optimistic, be witty, and you can interact effectively with others to realize your goals.

(697 words)

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Time taken: minutes
_ 1 Mastering good communication skills is a highly enviable quality.
2 Reagan's campaign slogan for his 1984 re-election gave American people hope and optimism, and thus he won their support.
3 Confidence, optimism and wit are ways to be a great communicator.
4 Reagan used humor far better than Bush and Clinton did.

 5 Reagan liked to make fun of himself to disarm his rivals and entertain the public as well.
 6 If one has a very good understanding of what they want to say, they will speak it out with more confidence.
 7 Symbolism can make one's speech more effective.
 8 Nobody can do many things without the interaction with other people.
 9 As one way to demonstrate one's wit, self-deprecating humor can make people interested in one's message.
 10 Telling a joke can make it possible to better connect with others.

Cultural Note

1 Watergate refers to the political event in the United States in the 1970s that caused President Nixon to give up his office. Reporters discovered that Nixon was using his power to secretly obtain information about his political opponents. The suffix "gate" is now used to make new words referring to situations that create embarrassing problems for powerful or famous people.

Passage II

You are going to read a passage with 10 statements attached to it. Each statement contains information given in one of the paragraphs. Identify the paragraph from which the information is derived. You may choose a paragraph more than once. Each paragraph is marked with a letter.

Communicate Effectively in a Job Interview

- A) Job interviews are a lot like first dates in the sense that you're trying to convince another person, whom you don't know, to like you. The key difference is that on a date you're both meeting on equal ground. When you go into a job interview, however, the interviewer has most of the power and you have, essentially, none at all. This creates an environment where you're likely to be considerably more uncomfortable than the interviewer. You'll display negative body language as a result, and that's not good. When interviewed for a job, you need to avoid any non-verbal communication that makes you seem closed off.
- B) A charismatic (有魅力的) beginning can make all the difference, as first impressions are hugely important in hiring decisions. A smile, a pleasant handshake, and a warm greeting will set the

- stage for a comfortable interview. You don't know what sort of (potentially negative) expectations your interviewer is bringing to the table, so it's never a bad thing to gain their favor by demonstrating you're a pleasant and charismatic individual.
- C) Displaying positive body language is easier said than done when you're uncomfortable, so the best thing you can do to overcome that discomfort is to feel prepared. (A lack of preparation is the main reason you fail an interview, after all.) Even if you begin to feel unprepared later on, walking into the room with confidence will at least help you make that important first impression.
- D) To prepare, research the company. Remember a few useful "sound bites" to use and fall back on if you're struggling. Know what differentiates you and makes you special and remind yourself right before you walk into the room. Preparation breeds confidence, and it'll be easier to display positive body language when you're feeling good about yourself.
- E) While natural comfort is going to be your most valuable tool, there are a few tricks that can help you out.
- F) If you have trouble meeting someone's eyes, just look at their mouth. You'll also need to avoid blocking your own eyes in any way, as doing so can convey discomfort (among other negative feelings).
- G) Just like on a date, leaning slightly forward is a positive cue for your interviewer. It also helps to appear to be a good listener, as you'll be talking most of the time. When you ask your own questions, or your interviewer has something to tell you, eye contact is especially important. You can also convey that you're in a "listening mode" by occasionally placing part of your hand over your mouth. This helps indicate to others that you're not going to talk and are paying attention.
- H) All of this said, every interviewer is going to understand that you'll be a little nervous. It's natural and no reasonable person should or would expect anybody to walk in with no tension whatsoever. If you're a little bit tense, don't worry about it. That is much expected. In fact, too much comfort might convey to some that you're overconfident and not taking the interview seriously.
- I) In the end, your fate rests in the hands of another human being so there's only so much you can do. They may not like your shoes or prefer to hire someone younger or older. You never know what you're going to run into, but you can at least try to tip the scales in your favor with the help of some positive body language.

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	Time taken:	minutes
1 To make preparation for a job interview, you can memorize	ze some famous brief	speeches.
2 You can look at the interviewer's mouth if you dare not me	eet his eyes.	
3 Too much comfort may indicate that you are not serious a	about vour job intervi	ew.

 You cannot predict what your interviewer expects, so it is wise for you to show you are a pleasant person.
 Job interviews are different from first dates mainly because in job interviews the participants are not on equal ground.
 When you are uncomfortable in a job interview, it is not easy for you to display positive body language.
Both leaning forward slightly and occasionally putting part of your hand over your mouth are clues that you are listening attentively.
 The interviewing result is decided by the interviewer, so there is not much you can do except those mentioned by the writer.
 Negative body language may result in your failure in a job interview.
 If you are a little bit nervous in a job interview, don't worry about it, as your interviewer understands it.

Passage III

You are going to read a passage and answer the questions following it.

For questions 1-7, mark

Y	(for YES)	if the statement agrees with the information given in the passage;
N	(for NO)	if the statement contradicts the information given in the passage;
NG	(for NOT GIVEN)	if the information is not given in the passage.

For questions 8-10, complete the sentences with the information given in the passage.

Beyond Words: Non-verbal Communication

"I did not mean it." We often hear this sentence and do not believe in it.

In the process of communication the intended message may differ from the perceived message as we converse at two levels, verbal and non-verbal. If both these messages agree with each other our communication is effective. However, when there is a contradiction we rely more on non-verbal cues for additional information.

Non-verbal cues like eye contact, facial expressions, interpersonal distance, touch, gestures and postures convey different and varied meanings. If the receiver is not sensitive enough they can be easily misinterpreted.

Eye contact

Eyes reveal our feelings and moods. We feel uneasy if we cannot see the eyes of the person with whom we are talking. Similarly, when people avoid eye contact while conversing we tend to evaluate them negatively. Avoiding eye contact is considered as a sign of dishonesty, lack of self-confidence and boredom.

People maintain more eye contact when they are interested in conversation or when they are seeking approval of others. It is difficult to ignore a person who looks directly at you while placing some request or demand.

Maintaining eye contact is a key to effective conversation. However, it is not the same as staring. Staring makes people uncomfortable. It evokes a lot of negative reactions. The person who maintains high degree of eye contact is considered warm and friendly while the person who stares is considered cold and intruding.

Facial expressions

We attach a lot of importance to facial expressions, as while talking we like to look at others' face for feedback.

Our face is a mirror of our emotions. Though there are cultural differences in the use of various non-verbal cues, the facial expressions of basic emotions, i.e. surprise, fear, anger, disgust, happiness and sadness remain universally the same. Facial expressions are dynamic. Although it is impossible to indulge in any conversation with a blank face, facial expressions are not always a reliable indicator of true emotions. People learn to hide their emotions when they are socially unacceptable or inappropriate. The more skilled a person is in doing so the more difficult it becomes to judge his real feelings from his face. However, if you watch carefully, "micro expressions"—very short, fleeting expressions which reveal true feelings but are immediately replaced by more suitable expressions—help in judging true feelings.

Interpersonal distance

Anthropologist (人类学家) Edward Hall was the first to point out and study the role of interpersonal distance in communication.

The physical distance that you maintain while being with others indicates various aspects like the intensity of relations, familiarity, status, etc. This distance is also affected by cultural norms to a great extent. Consider this situation: You are traveling in a bus. A stranger gets on at the next stop and though there are many vacant seats he sits right next to you. You certainly do not approve it. You feel as if someone has intruded your personal space. But on the other hand when the bus is crowded, your personal space becomes narrow and you do not mind if someone touches you accidentally.

Touch

Long before a child develops language skills he learns to communicate through tactile (触觉的) contact. However, there are lots of cultural differences in interpreting this cue. Women are more

receptive in distinguishing touch that reflects warmth from touch that expresses sexual desire while men are not very sensitive to touch.

Women friends touch each other more frequently. Older people initiate touch toward younger people more frequently. It is also observed that women are more touched than men and men are more likely to initiate touch with women than women are with men.

Gestures and postures

Gestures and postures reflect intimacy and nature of relationship. Friends sit next to each other while competitors face each other.

Though all these non-verbal cues are helpful in communication they are not always reliable. People learn to hide or manipulate them, so unless you are very sensitive to them it is quite difficult to interpret them accurately.

11111	erpret them accurately.	
		(675 words)
	Time taken:	minutes
1	As we communicate verbally and non-verbally, the intended message is always co	onsistent with
	the perceived message.	()
2	When the intended message doesn't agree with the perceived message we rely m	ore on verba
	communication.	(
3	The receiver may easily misunderstand non-verbal cues if he is not sensitive enough	. (
4	People maintain eye contact when they feel frightened or trust each other.	(
5	Staring is quite different from eye contact for it makes people uncomfortable and le	ads to a lot of
	negative reactions.	(
6	Although people try to hide their emotions, it is possible to judge their true feeling	gs from their
	face.	()
7	The interpersonal distance in communication is influenced by the intensity	of relations
	familiarity, status and some cultural norms.	(
8	Women are quick to tell well-intentioned touch from sexual touch, but me	n are not so
9	People find that in communication men are more likely to	women than
	women are with men.	
10	If you are not very sensitive to the non-verbal cues you will find it hard to in	terpret them
	accurately because people will	1
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Expanding Vocabulary

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