

LEARN COLLEGE ENGLISH

新思大学英语

综合教程

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Preface

《大学英语教学指南(2020版)》指出,教材是传播新知识、新思想、新观念的重要载体,是教学内容的主要载体,也是实现教学目标的基本保证。因此,大学英语教材编写应体现新时代、新趋势,体现党和国家对教育的基本要求,体现人类文化知识积累和创新成果,服务高等教育教学改革和人才培养。随着全球化的深入发展和我国对外开放的不断深化,英语作为国际通用语言的重要性愈发凸显。为了适应这一时代需要,我们特编写了新思大学英语系列教材,旨在帮助学生建立家国情怀,开拓国际视野,养成前瞻思维,提高跨文化交际能力、思辨能力和综合学习与运用能力,为今后的全面发展奠定坚实的基础。

本系列教材内容新颖,难度适中,践行立德树人根本任务,有机融入课程思政元素,坚定文化自信,既符合大学英语教学要求,又贴近学生实际需求。

教材具有如下特色:

1. 体现整体性和层次性,循序渐进

在编写本系列教材时,我们注重结构体系的科学性和合理性,以及每个单元内容的整体性和连贯性,确保每个单元围绕同一主题展开,各个环节紧密相连,形成有机整体。基于学生现有的英语水平和高校英语教学现状,我们充分考虑基础教育与高等教育英语教学的衔接性,确保各分册、各单元、各板块内容相互关联,难度设计科学、合理,具有清晰的递进性和层次性,符合学生的认知发展规律。

2. 体现价值引领和时代气息,有机融合工具性和人文性

本系列教材以人与自我、人与社会、人与自然的关系为主线,在选材方面具有鲜明的思想性、经典性、时代性和发展性,自然融入社会主义核心价值观和中华优秀传统文化,体现中国特色、中国风格,同时积极反映世界科技新进展,吸收人类文明优秀成果,体现多元文化 and 对比文化的国际视野。教材以单元主题为线索,题材广泛,体裁多样,旨在发展学生的听、说、读、写、译等英语语言技能和综合应用能力,培养学生的语言感知能力和语言鉴赏能力,引导学生通过深入阅读、思考和讨论,树立正确的世界观、人生观和价值观,增强跨文化意识、批判性思维和创造性思维,助力学生成长为具有前瞻思维和国际视野的人才。

3. 突出“以生为本”“体验式学习”的理念

本系列教材立足我国当前大学英语教学的发展特点,充分考虑学生的学习特点和需求,注重教材的实用性和趣味性。教材强调以学生为主体,以活动为导向,以面向真实世界的任务和项目为驱动,融语言学习于实践活动之中,基于问题链设计练习,学练结合,让学生在互动中相互学习、共同进步。同时,教材给出学习策略和方法以拓展学生的学习资源和渠道,

培养学生的自主学习能力和终身学习意识，激发学生的学习兴趣，提高学生的学习效率。

4. 提供丰富的立体化配套教学资源

为积极推进党的二十大提出的“教育数字化”，本系列教材配有完备的立体化教学支持系统，充分利用各种信息技术手段帮助学生提高学习效率，指导教师提升教学效果。教材借助网络自主学习平台、新思课堂、教学资源库、多媒体学习软件等实现服务立体化，方便师生进行线上线下、课内课外相融合的教学和学习，满足数字原住民的学习需求。

本教材为《新思大学英语综合教程2》，共包括8个单元，分别为“Who Am I?” “Live and Learn” “Creative and Innovative” “Triumph over Trouble” “Work Makes the Workman” “A Taste of China” “All for One, One for All” 和 “Home, Country, and the World”。每个单元的内容探讨和语言训练围绕同一主题展开，设计了听、说、读、写、译、项目活动等板块。

Learning Objectives: 指明清晰具体的学习目标，帮助学生明确学习重点，并进行自我评价，从而及时调整学习策略，提高学习效率。

Be a Good Listener: 借助情境自然、真实地道的音频材料，如对话、新闻报道、短文等，设计与大学英语听力考试相契合的练习题型，为学生提供有价值的实践训练。此外，教材根据不同的学习内容融入听力策略指导，以帮助学生全面提高听力水平。

Be a Good Speaker: 为学生提供特定场景下的引导性交际活动框架和素材，进一步拓展对话内容，以帮助学生提高口语表达和跨文化交际能力。

Be a Good Reader: 包括 Text A 和 Text B 两篇阅读，选材地道，体裁多样，主题丰富，既符合学生的认知和兴趣点，又能满足他们的思想、情感、学习等多维度的需求。每篇文章后配以阅读理解练习、词汇练习和开放式问题，以帮助学生提高理解能力和思辨能力。同时，教材还提供阅读策略指导，以帮助学生更有效地进行阅读学习。

Be a Good Writer: 包括指导性写作和应用写作。指导性写作将学生置身于语篇之中，让学生体会语篇的逻辑性，并以任务的方式引导学生完成写作。应用写作则侧重培养学生应用文的写作能力，包括书信、倡议书、演讲稿等常见应用文的写作方法和技巧。

Do You Know: 为实现立德树人根本任务，选取与单元话题相关的文章，侧重文化背景与文化差异，践行“深化文明交流互鉴，推动中华文化更好走向世界”，培养学生对中国文化的理解和阐释能力，增强他们的跨文化意识和跨文化交际能力。通过了解不同文化背景下的思想观念、价值观念和行为规范，学生可以形成开放包容的文化心态，更好地适应全球化时代的挑战。

Project: 基于单元话题设置项目活动，活动形式多样，包括调研、讨论、口头报告、演讲和采访等，旨在培养学生的创新思维、调查研究能力和沟通合作意识。通过参与这些项目活动，学生可以将所学知识应用于实际情境之中，进而提高实践能力和核心素养。

新思大学英语系列教材由外语教育专家和一线教师分工协作、集体编写而成。本系列教材由东北大学王勃然担任总主编，《新思大学英语综合教程 2》由东北大学王勃然、宋岩担任主编。衷心希望这套积极落实《大学英语教学指南（2020 版）》精神和全新教学理念的教材能够成为学生英语学习旅程中的得力助手。虽然编者在编写过程中力求创新，但受限于水平和经验，教材中难免存在一些不足之处。热切期盼广大师生在使用过程中不吝赐教，提出宝贵的意见和建议。

新思大学英语系列教材编写团队

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U N I T

1

Who Am I?

Preview

Hello, everyone! Delving into the question “Who Am I?” can be a challenging yet rewarding endeavour. We’re about to embark on a captivating journey that will lead us to the core of self-identity. This exploration will help us understand not only what makes each of us unique but also how different cultures around the globe perceive the concept of the self.

In this unit, you’ll not only expand your vocabulary but also reflect on your own place within the diverse tapestry of society. Prepare to pose probing questions, challenge your preconceptions, and expand your comprehension of personal identity.

Get ready for the exciting adventure of self-discovery. Let’s begin unlocking the mysteries of who we are!

I
am

Learning Objectives

After learning this unit, you will be able to:

- understand key concepts and ideas about self-identity;
- talk about factors that may impact your self-identity;
- read about ways to build your self-identity;
- write a personal experience of self-identity reinforcement;
- build and develop a better self-image.

Be a Good Listener

Before Listening

Listening Skills

Contextual Understanding

An effective listening skill is to focus on contextual understanding. When engaging in audio, pay attention to the broader context rather than just the specific words spoken.

Identify Key Concepts

Listen for main ideas, which highlight the fundamental differences in perspectives.

Note Relationships

Focus on how speakers connect ideas, which provides deeper insight into their viewpoints.

Recognize Nuances

Be aware of qualifiers and exceptions, which emphasize that cultural views are complex and multifaceted.

By applying the above strategies, listeners can enhance their comprehension and engage more meaningfully in discussions about cultural dynamics.

While Listening

Conversation

Listen to a conversation between two college students and then answer the following questions briefly.

1. What is the key concept that Western cultures emphasize regarding individual identity?

2. How do Eastern cultures view the concept of the self in comparison to Western cultures?

3. How does Latin America differ from other countries in terms of views on the self?

4. What factors contribute to the self-concepts in Latin America?

5. What should we keep in mind when discussing cultural views on the self?

Vocabulary

individualism

/ˌɪndɪˈvɪdʒʊəlɪzəm/ *n.* 个人主义

identity /aɪˈdentəti/ *n.* 身份

trait /treɪt/ *n.* 特征

interdependent

/ˌɪntəˈdɪpendənt/ *adj.* 相互依赖的

indigenous /ɪnˈdɪdʒənəs/

adj. 本地的; 当地的

nuanced /ˈnjuːənst/ *adj.*

有细微差别的

Passages

A Listen to a passage and tell whether the following statements are True (T), False (F) or Not Mentioned (NM).

- () 1. The man in the story was very successful though he didn't receive a good education.
- () 2. The man frequently interrupted the sage during their conversation.
- () 3. The sage taught the man a lesson with a cup of coffee.
- () 4. The man knew the sage quite well before seeking advice.
- () 5. The story implies that being open to new ideas is crucial for self-improvement.

Vocabulary

sage /seɪdʒ/ *n.* 智者; 圣人

overflow /ˌəʊvəˈfləʊ/ *v.* 溢出

rigid /ˈrɪdʒɪd/ *adj.* 固执的

self-realization

/ˌself ˌrɪəlaɪˈzeɪʃn/ *n.* 自我实现

hold on to 坚持

B Listen to a passage about self-identity and fill in the blanks with words or phrases.

1. "Who am I?" sounds like a simple question but it has gotten 1001 _____ answers.
2. "Who am I?" is how we see and _____ ourselves, which creates our identity and in turn our _____.
3. We tend to use many _____ to describe ourselves. For example, I'm my name, I'm my job, I'm my relationship, I'm my _____, I'm my gender, and I'm my hobbies, etc.
4. The question "Who am I?" is difficult to answer because neither the _____ you play in life nor _____ can truly tell who you are.
5. Understanding the complexity of our identity is often reached through _____ our interests, experiences, _____, choices, values, and beliefs.

Vocabulary

pointer /ˈpɔɪntə(r)/ *n.* 提示

complexity

/kəmˈpleksəti/ *n.* 复杂性



News Report

Listen to a news report and make the correct choices.

Vocabulary

clash /kɫæʃ/ *n.* 冲突
portal /ˈpɔːtl/ *n.* 门户; 入口
站点
multitude /ˈmʌltɪtjuːd/ *n.* 众多; 大量
trilingual /ˌtraɪˈlɪŋɡwəl/ *adj.* 会说三种语言的
streamer /ˈstriːmə(r)/ *n.* 流媒体主播

Tip

When you listen to a news report, don't forget to develop your critical thinking. Analyze the perspectives presented in the news. Consider the implications of the "slash-generation" for society, the economy, and individual well-being. This will help you engage with the material on a deeper level.

- What is the conflict that the slash-generation feels according to the news report?
 - The need for financial stability.
 - The struggle to find passion in life.
 - The lack of opportunities to showcase multiple talents.
 - The clash between social values and their growing sense of self and personal values.
- According to the survey by Ctrip, what percentage of the post-90s believe a modern person should have multiple interests?
 - 65%.
 - 75%.
 - 85%.
 - 95%.
- Which of the following statements best describes Yang's situation?
 - Yang is a full-time streamer who participates in comedy competitions.
 - Yang is a sales director who dreams of being a comedian.
 - Yang is a stand-up comedian who also works in sales.
 - Yang is a trilingual translator who does stand-up comedy.
- Which of the following is NOT mentioned as Pu's jobs?
 - Translator.
 - Show star.
 - Game streamer.
 - Movie critic.

After Listening

Group Discussion

From the above conversation, passages, and news report, we know it is of great importance to find out who we are. Within the group, share your thoughts on what defines you, and how you see yourself in the Chinese context of collectivism.

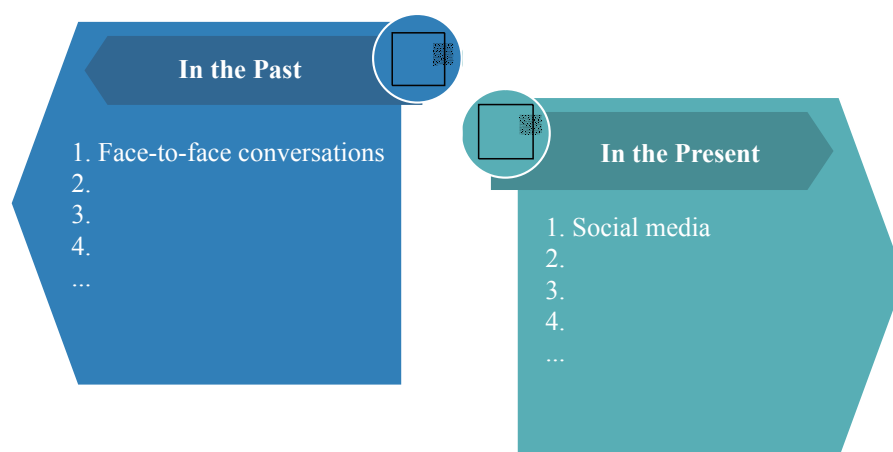


Be a Good Speaker

Pre-speaking Activities

Talk and Discuss

A Brainstorm the popular ways people know themselves in the past and in the present.



B Discuss with your partner the impact of social media on people.

A: I can't imagine a life without social media nowadays.

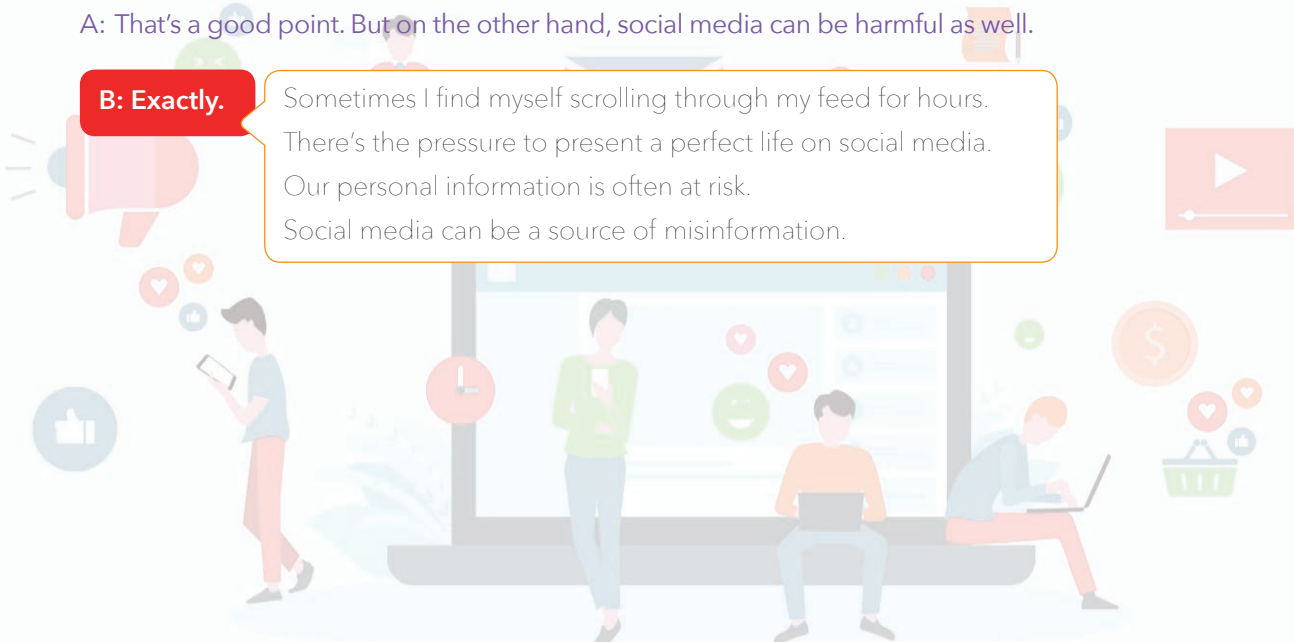
B: Yeah. Social media enables us to

connect with friends, family, and schoolmates.
share and access information quickly.
form communities and engage in discussions.
express ourselves and share our experiences online.

A: That's a good point. But on the other hand, social media can be harmful as well.

B: Exactly.

Sometimes I find myself scrolling through my feed for hours.
There's the pressure to present a perfect life on social media.
Our personal information is often at risk.
Social media can be a source of misinformation.



While Speaking

Talk with your partner about your attitudes towards social media use. Then read the following conversation and find out how social media changes the way we see ourselves and what we can do to make a change.

Read and Listen

Two college friends, Li Tao and Wang Ya, are discussing the impact of social media on self-perception over coffee.

Li Tao: Hey, have you ever thought about how social media changes the way we see ourselves?

Wang Ya: Yeah! It's like we're always comparing our lives to the best parts people show online.

Li Tao: I've actually done that. So it's easy to believe others are happier just because of their posts.

Wang Ya: Don't even get me started. It seems like we're hooked on getting likes, which affects how we feel about ourselves.

Li Tao: Totally. The more we care about those likes, the more we become stressed when they don't come.

Wang Ya: Alas, it's actually a bad cycle.

Li Tao: So, how about making some changes? Let's engage with content that makes us feel good and avoid negative parts.

Wang Ya: That's a great idea!

Li Tao: Plus, we should set specific times to check social media.

Wang Ya: I see your point. Limiting our screen time can help us feel more in control.

Tip: Assimilation



Assimilation in phonetics is a process where one sound becomes more similar to a nearby sound in a speech chain. This phenomenon occurs when two or more adjacent sounds influence each other, causing them to change in such a way that they become more similar.

Listen and Imitate

Listen again and try to imitate. Pay attention to assimilation.

Example

It's like we're always comparing our lives to the best parts people show online.

Practice

Mark the assimilation in the following sentences like the example above.

1. So it's easy to believe others are happier just because of their posts.
2. The more we care about those likes, the more we become stressed when they don't come.
3. Let's engage with content that makes us feel good and avoid negative parts.

Extended Speaking

Talk and Act

Situation 1 You and your classmate are sitting in the campus library during a study break. Your conversation turns to the topic of social media and the self. You both share your experiences and opinions.

You: *Hey, I was just thinking social media seems to be taking up a lot of our time lately. Have you felt it is affecting your self-improvement?*

Your Classmate: *Yeah, it's like there's always something new to see. And before I know it, hours have passed.*

Reference Expressions

What's the influence of social media on the self?

Social media can be a real-time sink when you're trying to study for self-improvement.

Social media might indirectly trigger individual social anxiety, as it often leads to comparisons with others' online idealized images, which can negatively impact one's self-esteem.

Individuals can get a quick response through social media, which brings instant validation and support.

How do you reduce the influence of social media on the self?

I've tried using apps that limit my screen time, and it has helped me focus more on my self-improvement.

Situation 2 Li Hui and Nancy start discussing the purpose behind college students posting on social media, especially the motivation behind sharing their college experiences. Make a dialogue with the following expressions.

Reference Expressions

It's a way to document my college journey and share it with my friends.

It can be a platform to network and connect with peers and professionals.

It's a great way to share useful academic resources and insight.

I think it's a mix of seeking approval and staying connected with others.

It's just for fun and a way to relieve stress from studies.

Be a Good Reader

Pre-reading Activities

- A** Create a “Self-discovery Map” to reflect on your own strengths, weaknesses, and aspirations as well as your approaches to achieving them.



- B** Conduct an interview on self-identity. The following questions may be covered:

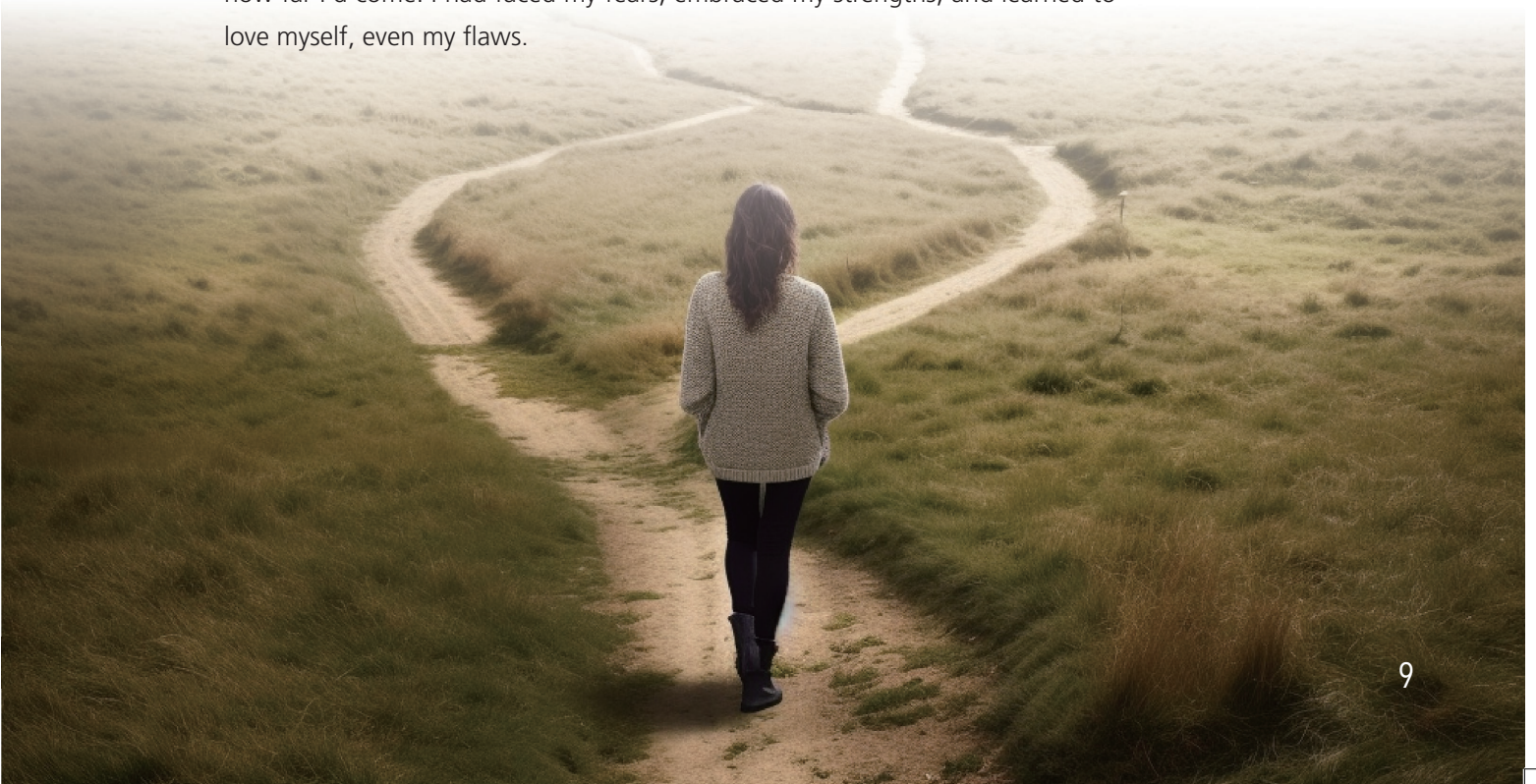
Can you describe your self-identity in a few words or sentences?
How would you rate your self-esteem and confidence?
What are you passionate about? How does this connect to your sense of self?
How often do you take time for self-reflection?
What role do you think the media and societal expectations have played in forming your self-identity?

While Reading

Text A

The Path to Knowing Myself

- Para. 1** My life was like a well-worn path, always leading me to the same places. Every morning, I woke up, made my coffee, and headed to my office job. I was good at what I did, but something inside me was restless. I felt like there was more in my life than just numbers and reports.
- Para. 2** One evening, as I looked out at the city's twinkling lights, I thought it was time to explore. I was ready to find out who I really was.
- Para. 3** I started by looking at what I was capable of. I had a knack for seeing the big picture and for listening to people. But I also saw my weaknesses. I wanted everything to be perfect, and I often put others before myself.
- Para. 4** With this new understanding, I began to make changes. I learned to say no at work and took on new challenges. It was scary, but I felt good.
- Para. 5** I found out I liked talking in front of people. I joined a group where people practiced speaking. Even though I was nervous at first, I felt a new kind of happiness. I wasn't just watching life go by; I was part of it.
- Para. 6** However, it wasn't easy. I faced some tough times and heard some not-so-nice voices, but I saw these as chances to learn and grow. I learned to be okay with not being perfect and to accept myself just the way I was.
- Para. 7** One day, standing in front of a group and speaking with confidence, I realized how far I'd come. I had faced my fears, embraced my strengths, and learned to love myself, even my flaws.



Notes

A **blog** is a regularly updated online journal or website, typically written in an informal style by an individual or a small group. It covers a variety of topics, from personal experiences to specialized subjects. Blogs are interactive, allowing readers to comment and engage in discussions.

A **community centre** is a local facility designed to serve the needs and interests of a community by providing a space for various social, educational, and recreational activities, which aims to foster a sense of belonging and encourage community engagement.

Para. 8 I learned that knowing myself is a journey, not a one-time thing. It's all right to make mistakes; that's how we learn. What matters is that we accept ourselves and have the courage to be who we really are. In the end, I found my voice and my purpose. I learned that being true to myself was more important than what others thought. And with that, my world, once dull and gray, became full of bright colours.

Para. 9 I kept going and started a **blog** to share my stories. I wrote my ups and downs, and people from all over the world could relate. They thanked me for being real and for giving them the courage to find themselves.

Para. 10 My blog became a place where people could find hope and inspiration. I was invited to speak at events and share my journey with others. Each time I spoke, I felt a connection with my audience.

Para. 11 Over the years, my life became full of new experiences. I traveled, met new people, and learned new things. I kept growing and changing, always staying true to myself. One day, I decided to take a trip to a place I'd always wanted to visit. I packed my bags and set off on an adventure. Along the way, I met a group of travelers who shared their love for exploring. They became my friends, and together we explored the world.

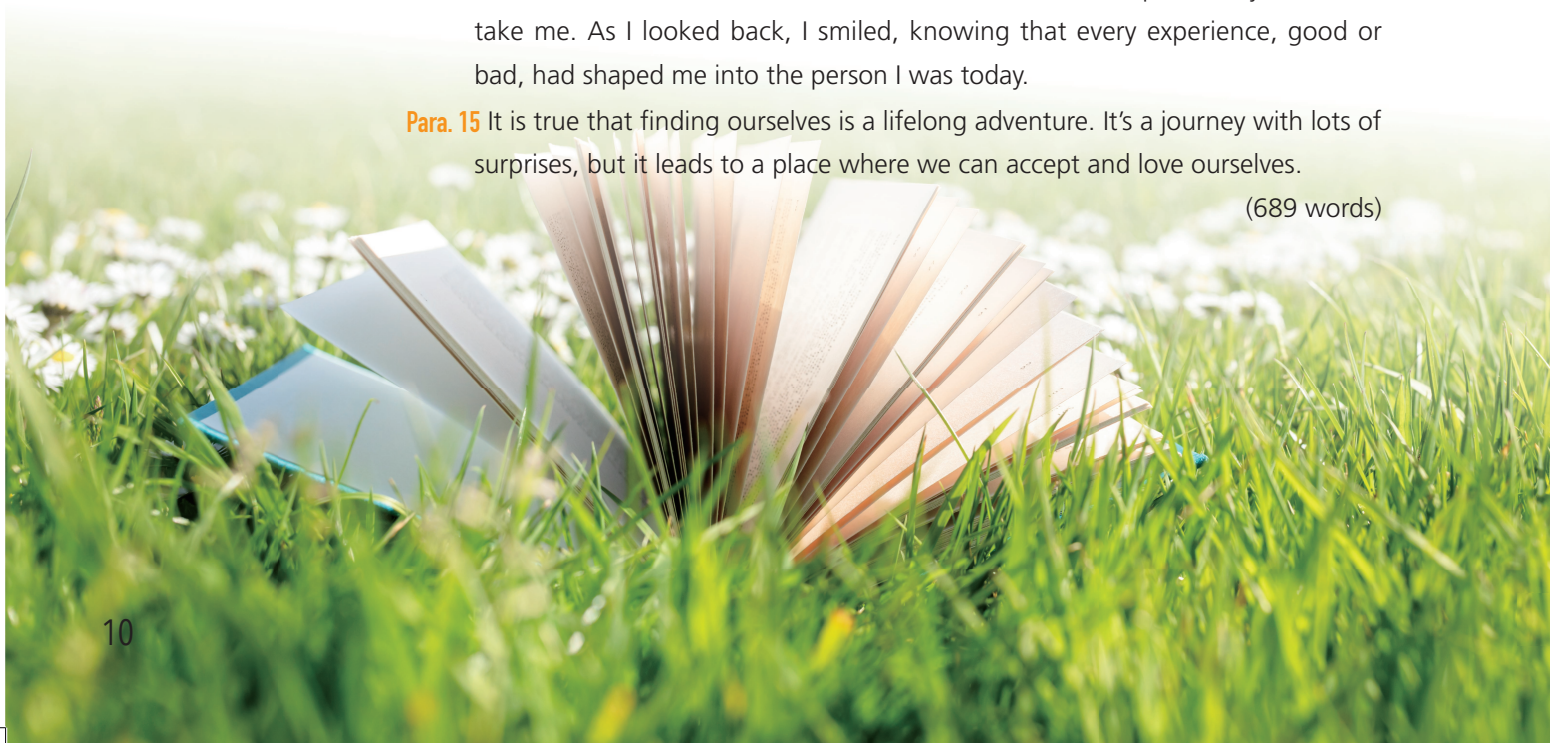
Para. 12 I found that I loved helping others find their way, just as I had found mine. I started volunteering at a local **community centre**, teaching others how to find their passions and follow their dreams.

Para. 13 As the years went by, my life became a beautiful tapestry of experiences. I had my ups and downs, but I always remembered that it was my journey, and I was the one in charge of it.

Para. 14 As I sat down to write my memoirs, I realized that every step I had taken, every decision I had made, had brought me to this moment. I was content with who I had become, and I was excited to see where the next chapter of my life would take me. As I looked back, I smiled, knowing that every experience, good or bad, had shaped me into the person I was today.

Para. 15 It is true that finding ourselves is a lifelong adventure. It's a journey with lots of surprises, but it leads to a place where we can accept and love ourselves.

(689 words)



Text Understanding

- A** Vocabulary building. Pick out 3~5 new words from the text and try to guess the meanings according to the context. Then look them up in the dictionary and write their definitions.

New Words	Paragraph	My Guess	Dictionary Definition

- B** Text organization. Read the text and then complete the missing parts of the text outline.

The Awakening
of a Restless
Spirit (Para. 1~2)

- A. My 1 _____. (Para. 1)
B. My decision to explore my true self. (Para. 2)

The Path of Self-
discovery and
Personal Growth
(Para. 3~7)

- A. My self-assessment of my 2 _____. (Para. 3)
B. Changes I make — learning to say no and embracing new challenges like 3 _____. (Para. 4~5)
C. My struggles and growth. (Para. 6~7)

Sharing Wisdom
and Inspiring
Others
(Para. 8~10)

- A. Learning that 4 _____ is an ongoing journey. (Para. 8)
B. Starting a blog to share my stories, which becomes a source of 5 _____. (Para. 9~10)

Embracing New
Experiences and
Helping Others
(Para. 11~13)

- A. My new 6 _____. (Para. 11)
B. My 7 _____ work. (Para. 12)
C. Taking charge of my life despite ups and downs. (Para. 13)

Conclusion
(Para. 14~15)

My reflection on my life, my contentment with my personal growth, and my 8 _____ for the future.

C Comprehension check. Choose the best answer to each statement or question.

1. What does the phrase “well-worn path” in Paragraph 1 suggest about the author’s life?
 - A. It was full of surprises and changes.
 - B. It was a challenging and difficult journey.
 - C. It was a familiar and repetitive routine.
 - D. It was an adventurous and exciting path.
2. According to the text, what significant change did the author make in her life after recognizing her strengths and weaknesses?
 - A. She started a new job in a different field.
 - B. She learned to say no and took on new challenges.
 - C. She moved to a different city to start over.
 - D. She focused solely on her weaknesses to improve.
3. What did the author realize as she wrote her memoirs?
 - A. Her experiences, both good and bad, molded her into who she was.
 - B. Every decision she made was a right step towards her goal.
 - C. Her life was a series of random events with no clear direction.
 - D. She regretted not starting her journey of self-discovery earlier.
4. Based on the text, what can be inferred about the author’s attitude towards public speaking?
 - A. She had no interest in it and did not engage it at all.
 - B. She was confident and enjoyed it from the start.
 - C. She was nervous but later found joy in it.
 - D. She avoided it due to her fear of speaking in public.
5. The text is mainly about _____.
 - A. the importance of improving oneself
 - B. the impact of starting a blog on personal growth
 - C. the benefits of volunteering at a community centre
 - D. the journey of self-discovery and embracing one’s true self

D Debate. Reflecting on the author’s story of self-discovery, discuss whether individuals should prioritize personal growth through exploration or maintain stability and routine. Choose your point and give your reasons.



Word List

well-worn /ˌwel 'wɔːn/ *adj.* worn or used a lot or for a long time 破旧的；使用很久的

restless /'restləs/ *adj.* unable to stay still or be happy where you are, because you are bored or need a change 坐立不安的；不耐烦的

twinkling /'twɪŋklɪŋ/ *adj.* shining with a light that keeps changing from bright to faint to bright again 闪烁的；闪耀的

knack /næk/ *n.* a special skill or ability that you have naturally or can learn 技能；本领

embrace /ɪm'breɪs/ *v.* to accept an idea, a proposal, a set of beliefs, etc., especially when it is done with enthusiasm 欣然接受，乐意采纳（思想、建议等）

flaw /flɔː/ *n.* a weakness in sb's character（性格上的）弱点，缺点

inspiration /ˌɪnspə'reɪʃn/ *n.* the process that takes place when sb sees or hears sth that causes them to have exciting new ideas or makes them want to create sth, especially in art, music or literature 灵感

tapestry /'tæpəstri/ *n.* a picture or pattern that is made by weaving coloured wool onto heavy cloth 织锦；绣帷

memoir /'memwɑː(r)/ *n.* an account written by sb, especially sb famous, about their life and experiences 回忆录；自传

lifelong /'laɪflɒŋ/ *adj.* lasting or existing all through your life 终身的；毕生的

Phrases & Expressions

head to to move in a particular direction or towards a specific destination or location 前往；朝……方向去

have a knack for to have a natural talent for doing sth well 有……天赋；擅长

take on to decide to do sth; to agree to be responsible for sth/sb 决定做；承担

ups and downs the mixture of good and bad things in life or in a particular situation or relationship 浮沉；兴衰

set off to begin a journey 出发

in charge of responsible for overseeing, managing, or supervising a particular area, task, or group 负责；主管

Text B

Building a Powerful Self-identity Matters to You

Notes

Self-identity refers to the individual perception and understanding of themselves, including their values, beliefs, personality traits, and roles. It is the collection of attributes, experiences, and stories that shape how a person defines who they are.

Para. 1 Hey, let's delve into a topic that's crucial for our present and future: **self-identity**. It's not just about figuring out who we are; it's about setting the foundation for our future success and well-being.

Para. 2 The college years are a sensitive developmental period filled with opportunities and vulnerability. It's also a time when we're at risk, with over 75% of mental health problems emerging before the age of 25. Moreover, the media and societal expectations can mess with our minds, making us feel like we're not good enough. These pressures can widen the gap between our present experiences and our ambitions, limiting our belief in our own potential.

Para. 3 But here's the thing: our beliefs about ourselves are powerful. They shape our lives, influencing our decisions and how we interact with the world. This is where self-identity comes in.

Para. 4 Without a strong sense of identity, we can struggle with self-esteem and confidence issues. We might be more prone to have risky behaviours or experience mental health issues such as anxiety and depression. Conversely, a strong sense of identity empowers us to make better life decisions, handle challenges, and maintain a positive outlook.

Para. 5 So, how do we cultivate this powerful self-identity?

Para. 6 To develop a strong sense of identity, we must embark on a journey of self-discovery that starts with understanding our purpose. We may ask ourselves what we're passionate about and where we want to direct our energy. This purpose-driven approach helps us channel our efforts towards areas that reinforce our sense of self. And then we may discover our unique personality traits and characters, which are important aspects of our identity.

Para. 7 Central to this process is self-reflection, where we take time to consider our experiences, feelings, and beliefs. This introspection is crucial for shaping our identity and it is best nurtured in a supportive environment created by parents, teachers, and other mentors.

Para. 8 We also need to learn the art of setting boundaries by saying no when necessary. This skill helps us respect our own time and energy, allowing us to focus on what truly matters. It's about investing in our growth and developing into the best version of ourselves.

Para. 9 A sense of belonging and acceptance are essential for our self-esteem and resilience. Positive relationships with peers and adults provide a sense of

connection that is vital for our well-being. These relationships can foster a sense of belonging through mutual respect and understanding. Then we will gain acceptance and inner strength to bounce back from adversity.

Para. 10 Positive self-talk is another cornerstone of identity development. We must work on developing a positive self-image and a strong sense of self-worth. We can support this by modeling positive self-talk and reinforcing our positive thoughts and views, which helps us challenge and replace any negative thought patterns.

Para. 11 Furthermore, it's important to overcome negative **stereotypes** and biases that might be holding us back. By advocating for diversity and inclusivity, we can embrace our unique qualities and perspectives, reducing the impact of stereotypes on our growth.

Para. 12 Building a strong self-identity is not just about navigating college years; it's about thriving and growing into confident adults who are ready to take on the world. It's also about setting ourselves up for a future where we can be proud of who we are and what we've achieved. By focusing on our purposes to discover the self, making self-reflection, learning to say no, fostering a sense of belonging, maintaining positive self-talk, and challenging negative stereotypes, we can craft an identity that will guide us through the rest of our lives.

Para. 13 So, let's take this journey of self-discovery seriously and build a powerful identity that will serve as a beacon for our future endeavours.

(623 words)

Notes

A **stereotype** is a widely held but oversimplified image or idea of a particular type of person or thing. It is a preconceived notion that people hold about a group based on assumptions that may or may not be true.

Stereotypes can be based on various factors such as ethnicity, gender, age, religion, social class, or occupation. They often arise from cultural expectations and can lead to generalizations that do not account for individual differences.

Text Understanding

A Chart filling. Read the text and find out the reasons why self-identity matters and the ways to improve our self-identity.

Why Self-identity Matters	How to Improve Self-identity
Self-identity sets the 1 _____ for our future success and well-being.	We must embark on a journey of 6 _____ that starts with understanding our purpose.
A strong self-identity can protect against 2 _____ problems.	7 _____ enables us to consider our experiences, feelings, and beliefs.
A strong self-identity helps resist the pressures from 3 _____.	Learning to 8 _____ by saying no when necessary helps us respect our own time and energy.
Our beliefs about ourselves shape our lives, influencing our decisions and how we 4 _____ the world.	Fostering positive relationships with 9 _____ provides a sense of connection.
A strong sense of identity empowers us to make better choices, handle challenges, and maintain 5 _____.	Positive self-talk helps develop a positive self-image and a strong sense of self-worth. Overcoming 10 _____ allows us to embrace our unique qualities and perspectives.

B Comprehension check. Answer the following questions according to the text.

1. What is the primary importance of self-identity according to the text?

2. When are individuals most at risk for mental health problems?

3. How can the media and societal expectations influence our self-identity?

4. How can self-introspection be nurtured?

5. Why are a sense of belonging and acceptance important for self-identity?



- C Matching.** Below is a list of specific actions and concepts related to building a strong self-identity. Match each action on the left with the correct concept on the right.

1. Lily understands her purpose of drawing and directs her energy to it.	A. Self-reflection
2. John is considering his past experiences, feelings, and beliefs.	B. Setting Boundaries
3. Amy refuses unreasonable requests from others.	C. Positive Self-talk
4. Ted believes he is smart, creative and has so much to offer the world.	D. Journey of Self-discovery

- D Critical thinking.** Given the text's emphasis on the importance of self-identity in shaping our lives and future success, discuss the potential consequences of not addressing the vulnerability and risks during the college years.

Word List

self-identity /ˌself aɪˈdentəti/ *n.* the recognition of one's potential and qualities as a particular individual, especially in relation to the social environment they live or work in 自我认同；自我定位

well-being /ˈwel biːɪŋ/ *n.* general health and happiness 健康；安乐；康乐

vulnerability /ˌvʌlnərəˈbɪləti/ *n.* the fact of being weak and easily hurt physically or emotionally 脆弱性

societal /səˈsaɪətəl/ *adj.* connected with society and the way it is organized 社会的；关于社会的

self-esteem /ˌself ɪˈstiːm/ *n.* a feeling of being happy with your own character and abilities 自尊（心）

empower /ɪmˈpaʊə(r)/ *v.* to give sb more control over their own life or the situation they are in 增加（某人的）自主权；使控制局势

outlook /ˈaʊtlʊk/ *n.* the attitude to life and the world of a particular person, group or culture 观点；见解

passionate /ˈpæʃənət/ *adj.* having or showing strong feelings of enthusiasm for sth or belief in sth 热诚的；狂热的

reinforce /ˌriːnˈfɔːs/ *v.* to make a feeling, an idea, etc. stronger 加强；充实；使更强烈

self-reflection /ˌself rɪˈflekʃn/ *n.* serious thought about your own character and actions 自我反思

introspection /ˌɪntrəˈspekʃn/ *n.* the careful examination of your own thoughts, feelings and reasons for behaving in a particular way 内省；反省

boundary /'baʊndri/ *n.* a real or imagined line that marks the limits or edges of sth and separates it from other things or places 边界；界限

resilience /rɪ'zɪliəns/ *n.* the ability of people or things to feel better quickly after sth unpleasant, such as shock, injury, etc. 快速恢复的能力；适应力

cornerstone /'kɔːnəstəʊn/ *n.* the most important part of sth that the rest depends on 基础；柱石

stereotype /'steriətaɪp/ *n.* a fixed idea or image that many people have of a particular type of person or thing, but which is often not true in reality 模式化观念（或形象）；刻板印象

diversity /daɪ'vɜːsəti/ *n.* a range of many people or things that are very different from each other 差异（性）；不同（点）

inclusivity /ˌɪnklʊ'sɪvəti/ *n.* the fact or policy of providing equal opportunities and resources for people who might otherwise not get them 包容性

thrive /θraɪv/ *v.* to become, and continue to be, successful, strong, healthy, etc. 茁壮成长；蓬勃发展

Phrases & Expressions

at risk in danger of sth unpleasant or harmful happening 有危险；冒风险

interact with to communicate, cooperate, or do things with others 与……互动；与……交流

be proud of to feel a sense of deep pleasure or satisfaction about sth that you own or have done, or are connected with 对……感到自豪；对……感到骄傲

Language in Use

Word Training

- A** Word formation. Form new words by using “self-” according to the rule of derivatives.

Words	Add “self-”	Chinese Meanings
image		
talk		
worth		
discovery		
discipline		
reliance		
reflection		



Derivatives

The prefix “self-” is derived from the word “self,” which refers to the individual person or being. When attached to a word, “self-” often implies that the action is reflexive or that the subject and object of the action are the same. For example:
self-identity
self-esteem

- B** Banked cloze. Complete the passage below with the words from the word bank. Note that each word can be used only once.

A. outlook B. self-image C. embracing D. shapes
E. flaws F. reinforcing G. acceptance H. empowers

Our self-identity is not just about highlighting our strengths; it’s also about accepting our 1 _____ and 2 _____ our ability to grow from our weaknesses. When we view our imperfections as opportunities for growth, they no longer confine our self-perception but instead enrich our unique story. This 3 _____ and understanding of our true selves can greatly enhance our 4 _____, which in turn 5 _____ our self-identity and 6 _____ us to lead a life filled with meaning and purpose. By 7 _____ our whole selves, we enhance our inner strength and develop a positive 8 _____ that allows us to navigate life with confidence and grace.

Expression Training

C Phrase consolidation. Complete the following sentences with the phrases learned in this unit. Change the form where necessary.

be proud of	interact with	ups and downs	have a knack for
at risk	head to	in charge of	take on

1. The head chef is _____ creating the menu and managing the kitchen staff.
2. The team _____ their performance, even though they didn't win the match.
3. As soon as the meeting ends, she needs to _____ the airport to catch her flight.
4. The young man decided to _____ the challenge of starting his own business.
5. Life is full of _____, but it's important to stay resilient through the challenges.
6. Young adults are _____ of developing mental health issues due to the pressures of modern life.
7. The children were encouraged to _____ the animals under the supervision of the zookeeper.
8. Michael _____ languages, picking up new ones with ease and fluency.

D Error correction. There is an error in each sentence below. Underline it and make necessary corrections.

1. To this new understanding, I began to make changes.

2. I learned to be okay with not being perfect and to accept me just the way I was.

3. The art of setting boundaries by saying no when necessary helps us respect our own time and energy, allow us to focus on what truly matters.

4. To develop a strong sense of identity, we must embark in a journey of self-discovery that starts with understanding our purpose.

5. A strong sense of identity empowers us to make better life decisions, handle challenges, and maintaining a positive outlook.

Translation Training

E Chinese to English translation. Translate the following Chinese sentences into English. The key words or phrases are given in the brackets.

1. 我以前总是抑制自己的真实感受，但现在已经学会了接纳自己的情绪。(hold back; embrace)

2. 打破刻板印象需要强大的自我认同和勇气。(stereotype; self-identity)

3. 学生们一大早出发去参加他们一年一度的学校旅行。(set off)

4. 自省是个人成长的强大工具，能让我们了解自己的优缺点。(self-introspection)

5. 这个大学生在面对困境时展现出的韧性对我们所有人都是鼓舞。(resilience; inspiration)

F English to Chinese translation. Translate the following passage from Text B into Chinese.

Building a strong self-identity is not just about navigating college years; it's about thriving and growing into confident adults who are ready to take on the world. It's also about setting ourselves up for a future where we can be proud of who we are and what we've achieved. By focusing on our purposes to discover the self, making self-reflection, learning to say no, fostering a sense of belonging, maintaining positive self-talk, and challenging negative stereotypes, we can craft an identity that will guide us through the rest of our lives.

Be a Good Writer

Pre-writing Preparation

Writing Skills

Writing a Narrative Essay

Tip



A narrative essay is a type of academic writing that recounts a personal experience, often infused with reflection and analysis. It's an opportunity to share a piece of your life with readers in a way that is both engaging and meaningful.

Writing a narrative essay is an opportunity to explore your own experiences and emotions, inviting the reader on an intimate journey. By adhering to the following steps and tips, you can craft a narrative essay that is not only entertaining but also thought-provoking and meaningful.

Choose a Strong Topic

Select a personal experience that is significant and has a clear narrative arc.

Develop a Central Theme

Pinpoint the main message or lesson you want to convey through your story.

Create a Vivid Setting

Use sensory details to immerse the reader in the time and place of your narrative.

Employ Descriptive Language

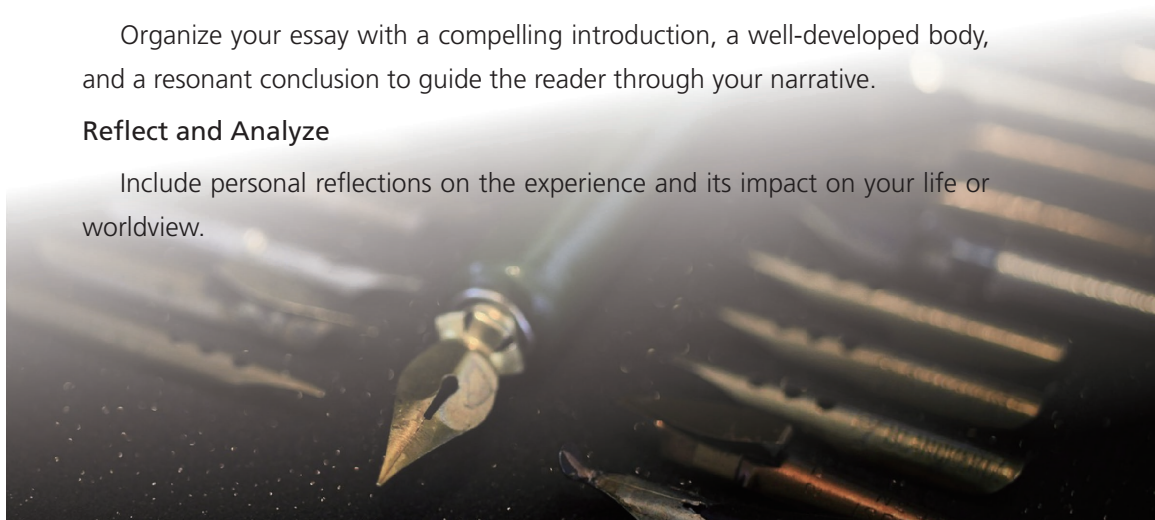
Engage the reader with rich descriptions that vividly depict the events and emotions.

Maintain a Clear Structure

Organize your essay with a compelling introduction, a well-developed body, and a resonant conclusion to guide the reader through your narrative.

Reflect and Analyze

Include personal reflections on the experience and its impact on your life or worldview.



While Writing

Topic Choice

Read the following passage carefully.

Lost in the shuffle of daily routines and societal pressures, I felt an insatiable urge to escape and find myself. Then one day in late October, I embarked on a solitary backpacking trip to the rugged, untamed mountains.

Brainstorming

Based on the introduction paragraph above, brainstorm the possible setting, structure, details as well as personal reflection.

Setting

A

Structure

B

Details

C

Personal
Reflection

D

Writing Sample

Try to complete the following passage with the given information. Note that the last sentence is open for you to complete.

- a. This journey was more than a physical trek; it was a spiritual awakening
- b. The towering trees, their branches swaying gently in the breeze, seemed to beckon me deeper into their embrace
- c. At the peak, I stood gazing at the amazing view

The crisp morning air greeted me as I stepped into the dense forest, the scent of pines and earth filling my lungs. 1 _____. Each step I took echoed through the silent woods, a reminder of my solitude yet a comforting companion on my journey.

As I climbed higher, the world below seemed to fade away, replaced by the soothing rhythm of my breath and the crunch of leaves underfoot. 2 _____ — a tapestry of valleys, rivers, and distant peaks stretching as far as my eyes could see. In that moment, I felt a profound sense of connection, not just to nature but to my inner self.

3 _____. I returned home with a renewed sense of self, carrying with me 4 _____.

Practical Writing

My Story with Social Media

Social media has become an integral part of modern society, with billions of people worldwide using social media platforms to express themselves. Please write one of your stories involved with social media and how it influenced you.

Use the structure as follows:

Starting with the innocent curiosity of exploring new frontiers

Evolving into a complex dance with identity, privacy, and the relentless pursuit of validation

Managing to maintain your true self in using social media

Do You Know

Echoes of the Ancients: Self-identity in Chinese Philosophy

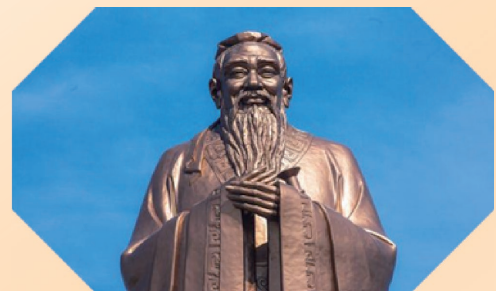
In the vast expanse of Chinese philosophical thought, the quest for self-identity has been a central theme, with sages like Confucius, Mencius, Laozi, and Zhuangzi offering profound insight into the nature of the self. Their teachings not only provide a framework for personal development but also serve as a mirror to reflect upon one's place in the world.

Confucius and the Reflective Self

Confucius, with his emphasis on moral rectitude and social harmony, laid the foundation for understanding the self as an integral part of a larger community. He believed in the importance of self-awareness, stating "He who knows others is learned; he who knows himself is wise." This statement underscores the Confucian view that true wisdom begins with self-knowledge, which is the precursor to understanding others and one's role in society.

Mencius and the Innate Goodness

Mencius, a follower of Confucius, further developed the idea of self-identity by asserting that every individual possesses an innate sense of goodness. He argued that this inherent virtue could be cultivated and realized through self-reflection and moral action. Mencius' perspective on self-identity emphasizes potential and growth, encouraging individuals to nurture their virtuous nature.



Laozi and the Natural Self

Laozi, the founder of Daoism, offered a different perspective on self-identity, emphasizing harmony with the *Dao* (the natural way of the universe). He believed that the true self is found by aligning one's actions with the flow of nature, rather than striving for external validation or conformity. Laozi's teachings suggest that the self is best understood in its simplicity and its connection to the greater whole.

Zhuangzi and the Fluid Self

Zhuangzi, another Daoist philosopher, explored the fluidity of self-identity through the famous parable of "Zhuangzi dreaming of a butterfly." This story questions the nature of reality and the self, suggesting that the boundaries between the individual and the world are not as fixed as they seem. Zhuangzi's philosophy challenges the rigidity of self-identity, advocating for a more flexible and adaptive understanding of the self.

These ancient philosophers provide a rich tapestry of ideas on self-identity, emphasizing the importance of self-awareness, moral development, harmony with nature, and the fluidity of the self.

Group Discussion: How can the teachings of self-identity from these philosophers help us navigate the complexities of modern society?

Project

A Journey of Self-identity Through Ancient Chinese Philosophy

Situation: Embarking on a journey of self-discovery enriched by the wisdom of ancient Chinese philosophers is a rewarding endeavour. By delving into the teachings of Confucius, Mencius, Laozi, and Zhuangzi, we can gain insight into how these principles shape our sense of self in the modern world.

- Step 1:** Familiarize students with the core teachings of Confucius, Mencius, Laozi, and Zhuangzi by assigning readings from translated texts and modern interpretations of these works.
- Step 2:** Hold group-sharing sessions where students relate the teachings to personal experiences, prompting discussions such as “How does the concept of innate goodness influence your perception of your strengths and weaknesses?”
- Step 3:** Conduct a creative writing workshop where students create pieces inspired by their journey of self-discovery.
- Step 4:** Organize an exhibition or performance event to showcase the students’ work.

Our Harvest Time

What I learned

1. Vocabulary
2. Expressions
3. Sentences

What I knew

1. Ways to build a strong self-identity.
2. Structure of a narrative essay.

How I felt

1. The differences of self-identity between the East and the West.
2. The struggles of knowing one’s true self.
3. The importance of self-identity reinforcement.