

Unit 1

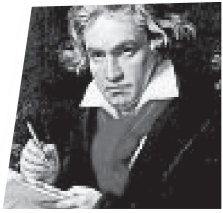
Kindle Your Spirit

Part I Warm-up

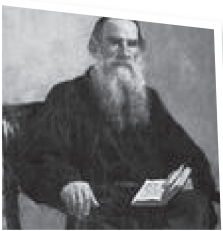
A. Look and listen

Identify the photos. Listen to the statements and fill in the blanks with the words in the list.

War and Peace inventor stupid succeeded unable unwilling hopeless
absence violin Australian turned out penniless inspiring speaker



1. Beethoven handled the _____ awkwardly (糟糕地) and preferred playing his own compositions. His teacher called him _____ as a composer.



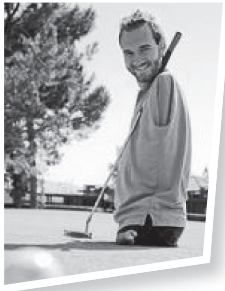
2. Leo Tolstoy, author of _____, dropped out of college. He was described as “both _____ and _____ to learn.”



3. Thomas Edison’s teachers said he was too _____ to learn anything, but he _____ to be a great _____.



4. Henry Ford failed and became _____ five times before he finally _____.



5. Nick Vujicic is an _____ preacher (传道者) and _____ born with a rare disorder characterized by the _____ of all four limbs.

B. Ask and answer the questions

Ask and answer the following questions with a partner.

1. What do you think is the trouble or difficulty that prevents you from achieving your goal?

2. Do you feel depressed (压抑, 郁闷) or at lost and have no idea what to do sometimes?

3. Do you want a second chance to do something all over again if possible?

Learning

Feeling depressed or puzzled

I'm a total failure/loser because...

I do feel puzzled when it comes to...

I'm really trying hard to ...

..., but I just can't let it go.

Well, in that case, I would suggest...

Part II Listen and watch

Section One Special English programs

A. Item 1

Helen Keller: "I Try to Make the Light in Others' Eyes My Sun"



Glossary

tragic /'trædʒɪk/ *a.*

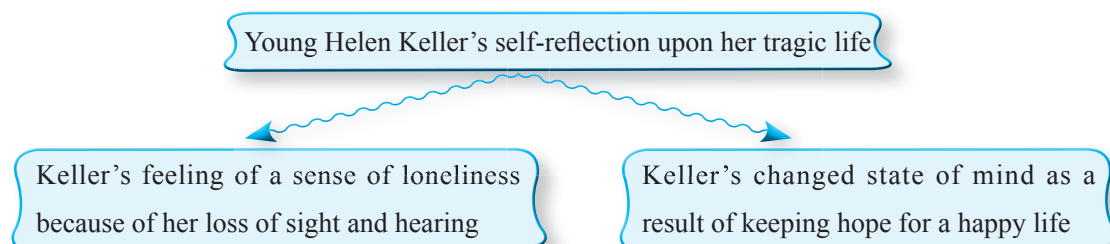
悲惨的，悲剧的

symphony /'sɪmfəni/ *n.*

交响乐，交响曲

1. Read the graph

This report is about what Helen Keller thought of herself and what she thought about the tragic loss of her sight and hearing when she was young.



2. Listen for details

1) Listen to the report and choose the best answer to the following question.

What was Helen Keller's feeling of the sense of loneliness like? ()

- a. A lonely bird.
- b. A shut door.
- c. A cold mist.
- d. A warm fire.

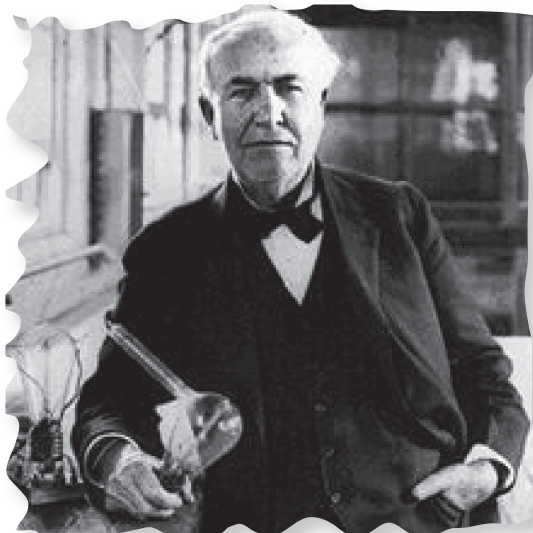
2) Now listen to the report again and choose the best answer to the following question.

What were the changes that hope brought to Helen Keller? ()

- a. She was able to feel happy in forgetting her own misfortune (不幸).
- b. She was able to see the sun.
- c. She was able to hear music.
- d. She was able to see other's smile.

B. Item 2

Thomas Alva Edison: the Most Useful Man in America

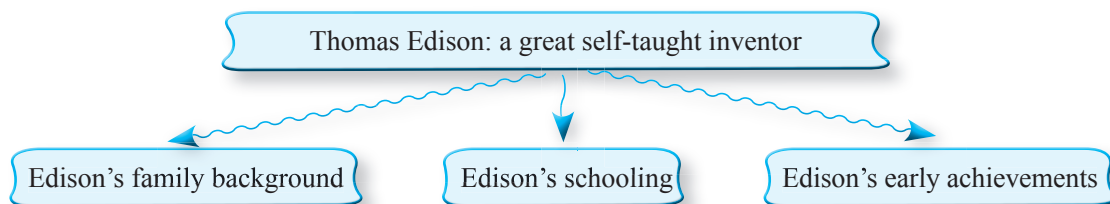


Glossary

Ohio /əʊ'haɪəʊ/ <i>n.</i>	俄亥俄州 (美国州名)
experiment with	用……做试验
telegraph /'telɪgrɑ:f/ <i>n.</i>	电报, 电报机
operator /'ɒpəreɪtə(r)/ <i>n.</i>	操作员, 机务员
patent /'peɪtənt/ <i>n.</i>	专利, 专利权
device /dr'vaɪs/ <i>n.</i>	装置, 设备, 设计
electrographic /ɪ,lektərə'græfɪk/ <i>a.</i>	电记录的
Electrographic vote recorder	电子投票计票器

1. Read the graph

This report is about Thomas Alva Edison's family background, his schooling and his early achievements.



2. Listen for details

1) Listen to the report and choose the best answer to the following question.

Which of the following statements about Thomas Alva Edison is NOT true? ()

- He was born on February 11, 1847.
- He was the first child his parents had.
- He built his own chemical laboratory at 10.
- His parents had seven children altogether.

2) Now listen to the report again and choose the best answer to the following question.

Which of the following was not the invention of young Edison according to the report? ()

- Telegraph machine.
- Electrographic vote recorder.
- Electric light.
- None of the above.

C. Item 3

Steve Jobs: What Is Truly Important?

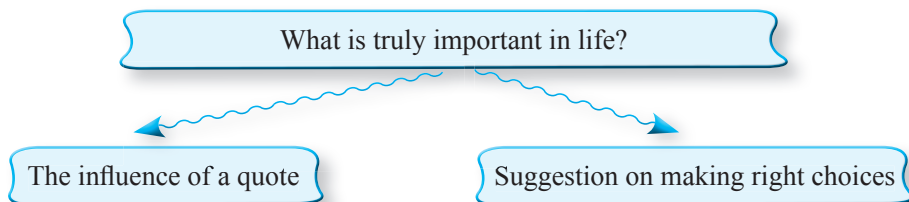


Glossary

wanna /'wɒnə/ v.	想要 (= want to)
in a row	连续, 成一排
encounter /ɪn'kaʊntə(r)/ v.	遭遇, 遇到
expectation /,ekspek'teɪʃn/ n.	期待, 展望
embarrassment /ɪm'bærəsmənt/ n.	尴尬, 困窘
fall away	消失, 离开

1. Read the graph

This is part of the commencement address (毕业典礼演说) delivered by Steve Jobs at Stanford University (斯坦福大学) in 2005.



2. Listen for details

1) Listen to the address and choose the best answer to the following question.

The speaker _____ a quote when he was _____. ()

- a. heard; 13
- b. read; 13
- c. heard; 17
- d. read; 17

2) Now listen to the address again and choose the best answer to the following question.

All of the following would fall away in the face of death except _____. ()

- a. truly important things
- b. external expectations
- c. pride
- d. fear of embarrassment or failure

Section Two Pronunciation skills and practice

A. Listen and write

Listen to the expressions and statements and put them down in the blanks.

1. _____
2. _____
3. _____ hand
4. _____
5. _____
6. _____
7. _____, please.
8. Nice to _____.
9. _____ a football _____.
10. I _____.

B. Listen and repeat

Listen again and read each expression or statement after the speaker.

C. Read after me

Listen to the following statements and read after the speaker, paying attention to the marked parts.

1. Beyond, there is light and music and sweet friendship...
2. It used electricity to count votes in an election.
3. “If you live each day as if it was your last, someday you’ll most certainly be right.”

Learning

Liasons 1 (连读1)

连读是指连贯地说话或朗读时，在同一个意群（即短语或从句）中，如果相邻的两个词前者以辅音音素结尾，后者以元音音素开头，就要自然地将其相拼，合成一个音节。英语连读规则分别在第一单元和第二单元中介绍和练习。

1) “辅音+元音”型连读

在同一个意群里，如果相邻两词中的前一个词是以辅音结尾，后一个词是以元音开头，这就要将辅音与元音拼起来连读。例如：

It is an old book. [ɪtɪzənəʊdbʊk]

Not at all! [nɒtætɔ:l]

total amount [təʊtləmaʊnt]

2) “-r/-re+元音”型连读

如果前一个词是以-r或者-re结尾，后一个词是以元音开头，这时的r或re不但要发/r/，而且还要与后面的元音拼起来连读。例如：

I looked for it [fɔ:rt] here and [hɪərənd] there.

Here are [hɪərə] four eggs [fɔ:regz].

3) “辅音+半元音”型连读

英语语音中的/j/和/w/是半元音，如果前一个词是以辅音结尾，后一个词是以半元音，特别是/j/开头，此时也要连读。例如：

Thank you. [θæŋkju:]

Could you [kʊdʒu:] help me, please?

Section Three Real world

Liu Wei: Armless Pianist



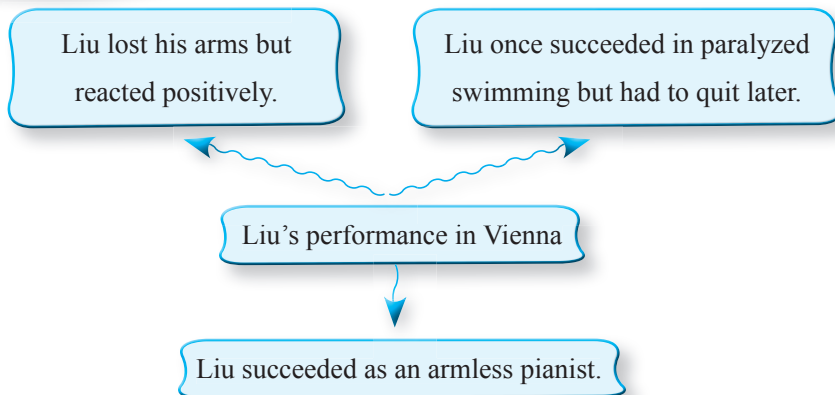
Glossary

stunning /'stʌnɪŋ/ <i>a.</i>	极好的，令人震惊的
rendition /ren'dɪʃn/ <i>n.</i>	表演，演奏
<i>Butterfly Lovers</i>	《梁祝》
voltage /'vɒltɪdʒ/ <i>n.</i>	电压
rehabilitation /ˌriːəˌbɪlɪ'teɪʃn/ <i>n.</i>	康复，复原
paralyzed /'pærələɪzd/ <i>a.</i>	瘫痪的，麻痹的
amputee /ˌæmpju'tiː/ <i>n.</i>	被截肢者
ailment /'eɪlment/ <i>n.</i>	疾病，不适
diagnose /'daɪəgnəʊz/ <i>v.</i>	诊断
be diagnosed with	被诊断为
allergic /ə'lɜːdʒɪk/ <i>a.</i>	过敏的；反感的
purpura /'pɜːpjʊərə/ <i>n.</i>	紫癜（症）
intensive /ɪn'tensɪv/ <i>a.</i>	剧烈的，强烈的
embrace /ɪm'breɪs/ <i>v.</i>	拥抱，抓住

Background Information

Liu Wei was a Beijing native born on October 7, 1987. He lost his arms at 10, but he managed to go on with his hard life. He became famous for winning the champion of the first *China's Got Talent* (2010) reality show. Then the armless player gave a performance in Vienna's Golden Saal (维也纳金色大厅) concert hall in early 2011 and later won the "Moving China" Award — Unsung Heroes of 2011 (2011年感动中国获奖人物) hosted by CCTV.

A. Read the graph



B. Watch for details

Watch the video clip. Choose the best answers to the following questions.

- _____ -year-old pianist Liu Wei gave a performance in Vienna in early _____. ()
 - 23; 2011
 - 33; 2011
 - 23; 2007
 - 33; 2007
- Liu lost both his arms when he was _____ after an accident that left him in the hospital for 3 _____. ()
 - 7; weeks
 - 10; months
 - 11; years
 - None of the above.
- Liu managed to take two _____ in the National Paralyzed Swimming Championship at the age of _____. ()
 - silvers; 13
 - golds; 13
 - silvers; 14
 - golds; 14
- Which of the following statements is Liu's attitude toward his tragic accident? ()
 - He lost his hope for living.
 - He was grateful to be alive after getting out of hospital.
 - He did not care about it.
 - None of the above.

C. Listen and write

Listen to the sound clips and fill in the blanks with the exact words or phrases you've heard.

1. The _____ enjoyed the music and also the unforgettable _____ performer.
2. Liu Wei stayed in rehabilitation centre for 2 years, and _____ many _____.
3. Two years after the accident, he was _____ to Beijing's paralyzed _____.
4. The door was _____ on sports, but it opened in music, a difference outlet for _____.
5. He could not find a teacher to lead him to play _____, so he began _____.

Leisure Time

Now, let's relax. Watch the music video *Trouble Is a Friend* by Lenka Kripac.



Trouble Is a Friend 麻烦是朋友

Trouble will find you	麻烦都会找到你
no matter where you go oh oh	不管你走到哪里 噢 噢
No matter if you're fast	不管你走多快
no matter if you're slow oh oh	也不管你走多慢 噢 噢
The eye of the storm wanna cry in the morn oh oh	暴风的双眼要在清晨哭泣 噢 噢
You're fine for a while but you start to lose control	你刚刚感觉良好，却又开始失控

He's there in the dark, he's there in my heart	他就在黑暗中，他就在我心中
He waits in the wings, he's gotta play a part	他展开翅膀等待，他要开始发威
Trouble is a friend, yeah	麻烦是朋友，是啊
trouble is a friend of mine	麻烦是我的朋友
Ahh	啊.....

Trouble is a friend, but trouble is a foe, oh oh	麻烦是朋友，但麻烦也是死对头 噢 噢
And no matter what I feed him	不管我怎么对待他
he always seems to grow, oh oh	他越发纠缠不休 噢 噢
He sees what I see	我看到的他都看得到

and he knows what I know, oh oh

我知道的他都知道 噢 噢

So don't forget as you ease on down my road
He's there in the dark, he's there in my heart
He waits in the wings, he's gotta play a part
Trouble is a friend, yeah
Trouble is a friend of mine
Oh oh

所以即便我在轻松前行时也不能忘记
他就在黑暗中，他就在我心中
他展开翅膀等待，他要开始发威
麻烦是朋友，是啊
麻烦是我的朋友
噢 噢

So don't be alarmed if he takes you by the arm
I roll down the window, I'm a sucker for his charm
Trouble is a friend, yeah
trouble is a friend of mine
Ahh

因此当他抓住你的臂膀请不要惊慌
我摇下了窗，抵挡不住他的魔咒
麻烦是朋友，是啊
麻烦是我的朋友
啊.....

How I hate the way he makes me feel
And how I try to make him leave
I try, oh oh I try

我多么厌恶他带给我的感受
多么努力地想把他赶走
我在努力 噢 噢 我在努力

But he's there in the dark, he's there in my heart
He waits in the wings, he's gotta play a part
Trouble is a friend, yeah
trouble is a friend of mine
Oh oh

但是他就在黑暗中，他就在我心中
他展开翅膀等待，他要开始发威
麻烦是朋友，是啊
麻烦是我的朋友
噢 噢

So don't be alarmed if he takes you by the arm
I roll down the window, I'm a sucker for his charm
Trouble is a friend, yeah
trouble is a friend of mine

因此当他抓住你的臂膀请不要惊慌
我摇下了窗，抵挡不住他的魔咒
麻烦是朋友，是啊
麻烦是我的朋友

Ahh
Ooh
Ahh
Ooh

啊.....
噢.....
啊.....
噢.....

Part III Let's talk

Section One Delivering a public speech



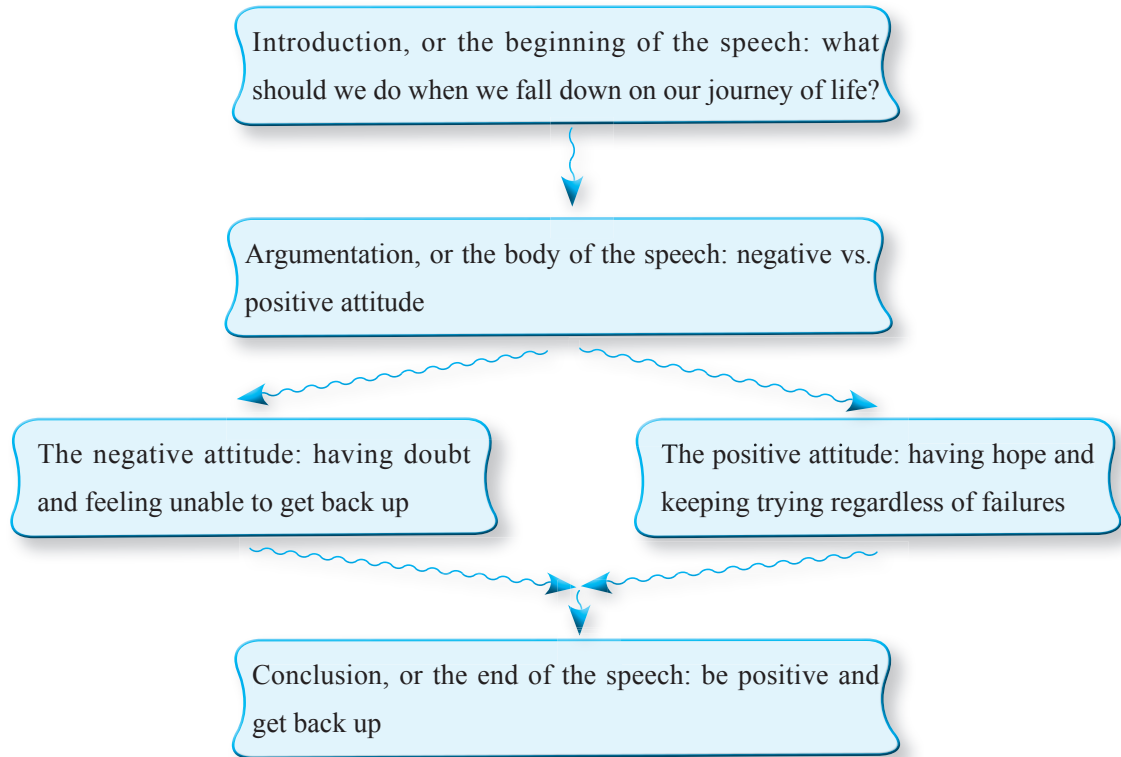
Glossary

feel like	感觉；想要
paralyze /'pærəlaɪz/ v.	瘫痪，麻痹
make sense	讲得通，有道理

Background Information

Nicholas James Vujicic, or Nick Vujicic (尼克·武伊契奇，香港译名力克·胡哲) (born on 4 December, 1982) is an Australian preacher and motivational speaker (励志演说家) born with tetra-amelia syndrome (先天性无四肢综合征). As a child, he struggled mentally and emotionally, as well as physically, but eventually came to terms with his disability and started his own non-profit organization Life Without Limbs at 17. Vujicic presents motivational speeches worldwide, on life with a disability, hope, and finding meaning in life.

A. Read the graph



B. Get the theme

Answer the following questions according to the video clip you've just watched.

1. How does the speaker start his speech?

2. How does the speaker enliven (使生动, 活跃) the speech and interest the audience?

3. How does the speaker build interaction (互动) with the audience?

4. How does the speaker continue to give his point of view on the basis of a question that has easy and ready answer?

5. How does the speaker end his speech?

Learning

Ten Sayings that can be used to guide someone to a successful life

1. Believe in yourself.
2. I can because I think I can.
3. Never forget to say “thanks”.
4. Keep on going. Never give up.
5. Man proposes and God disposes.
6. Action speaks louder than words.
7. Do one thing at a time, and do well.
8. Whatever is worth doing is worth doing well.
9. Never put off what you can do today until tomorrow.
10. The best preparation for tomorrow is doing your best today.

Section Two Your turn

We all want to live a happy life and we also know that it is closely related to our choices making, emotions control, and so on. Work in pairs. You are to give a speech on the topic: Seeking Happiness. Prepare a two to three minutes speech and deliver it to your partner, or to the class if possible. You can refer to the following outline:

1. List some factors and questions concerning the seeking of happiness;
2. Approach the topic in terms of related theory or study on the topic if any;
3. Compare and contrast some related or opposing answers and solutions to the topic if any;
4. Provide some typical and convincing (令人信服的) examples if any;
5. Put forward your point of view or conclusion to end the speech.

Learning

How to deliver a speech

1. Make an outline of a speech. It should have an introduction, a body, and a conclusion.
2. One good way to start a speech is to ask some questions related to your topic.
3. It would be better to provide some interesting and convincing examples, and famous sayings as well.
4. Be friendly. Greet different individuals in the audience. Look at the audience and make eye contact.
5. Try to have interaction with the audience, for example, ask and answer questions.
6. Speak as if you are holding an animated (热烈的, 活跃的) conversation. Say “I” and “you”.
7. Speak clearly and slowly. Remember to have some pauses to make sure that the audience can follow you.
8. End the speech politely and decently (大方的, 得体的). After the conclusion, don't forget to end the speech with “Thank you!” or something like that.

Part IV Supplementary tasks

A. Dubbing

Good Will Hunting



Glossary

soul mate	性情相投的人，心有灵犀的伙伴
Shakespeare /'ʃeɪksprə(r)/ n.	莎士比亚（英国剧作家）
Nietzsche /'ni:tʃə/ n.	尼采（德国哲学家）
Frost /frɒst/ n.	弗罗斯特（美国诗人）
O'Connor	奥康纳（美国南方女作家）
Kant /kænt/ n.	康德（德国哲学家）
Pope /pəʊp/ n.	蒲柏（英国诗人）
Locke /lɒk/ n.	洛克（英国哲学家）
heater /'hi:tə/ n.	加热器，加温器
be afraid to	害怕，不敢

Background Information

Good Will Hunting is a 1997 drama film that follows 20-year-old South Boston laborer Will, a genius who is forced to see a therapist (治疗专家) (Sean) and study advanced mathematics with a famous professor in order to avoid jail time. Gradually, Will reconsiders his relationships with his best friend and his girlfriend while dealing with his emotional issues and making decisions about his future. This clip is a conversation between Will and Sean in which Sean is persuading Will to open his heart and establish true relationships with people.

Watch the video clip with the help of the lines below and then do the dubbing job by watching the silent video clip. Pay attention to the characters' mouth movements, and try to achieve lip-sync.

Sean: You feel like you're alone, Will?

Will: What?

Sean: Do you have a soul mate?

Will: Do I have a... Define that.

Sean: Somebody who challenges you.

Will: Uh, Chuckie.

Sean: No, Chuckie's family. He'd lie down in fucking traffic for you. Now, I'm talking about someone who opens up things for you, touches your soul.

Will: I got...I got...

Sean: Who?

Will: I got plenty.

Sean: Well, name them.

Will: Shakespeare, Nietzsche, Frost, O'Connor, Kant, Pope, Locke...

Sean: That's great. They're all dead.

Will: Not to me. They are not.

Sean: No, You don't have a lot of dialogue with them. You can't give back to them, Will.

Will: No, not without some serious smelling salts and a heater.

Sean: Yeah. That's what I'm saying. You'll never have that kind of relationship in a world where you're always afraid to take the first step, because all you see is every negative thing ten miles down the road.

B. Story dictation

The Eagle



Glossary

prairie /'preəri/ <i>n.</i>	草原, 牧场
hatch /hætʃ/ <i>v.</i>	孵出, 孵化
flutter /'flʌtə(r)/ <i>v.</i>	挥动, 拍动
soar /sɔ:(r)/ <i>v.</i>	高飞, 翱翔
mighty /'maɪti/ <i>a.</i>	强大的, 伟大的
cackle /kækəl/ <i>v.</i>	咯咯叫; 咯咯笑
The Creator	造物主, 创世神

Listen to a story and fill in the missing sentences. The story will be read three times. During the first and the third readings it will be read at normal speed, and the second reading, there will be a 30-second pause for each missing part.

Now listen to the story:

One day a boy found an eagle's egg and put it in the nest of a prairie chicken. (1) _____
 _____. He grew up doing what prairie chicken do — scratching
 at the dirt for food and flying short distances with a noisy fluttering of wings. It was a dull life.
 (2) _____. One day he and his prairie chicken friend saw a
 beautiful bird soaring on the currents of air, high above the mountains.
 “Oh, I wish I could fly like that!” said the eagle. The chicken replied, “Don't give it another
 thought. (3) _____!” And the
 eagle didn't give it another thought. He went on cackling and complaining about life. He died
 thinking he was a prairie chicken. My friends, you too were born an eagle. (4) _____
 _____!