

新编 综合英语

Comprehensive
English

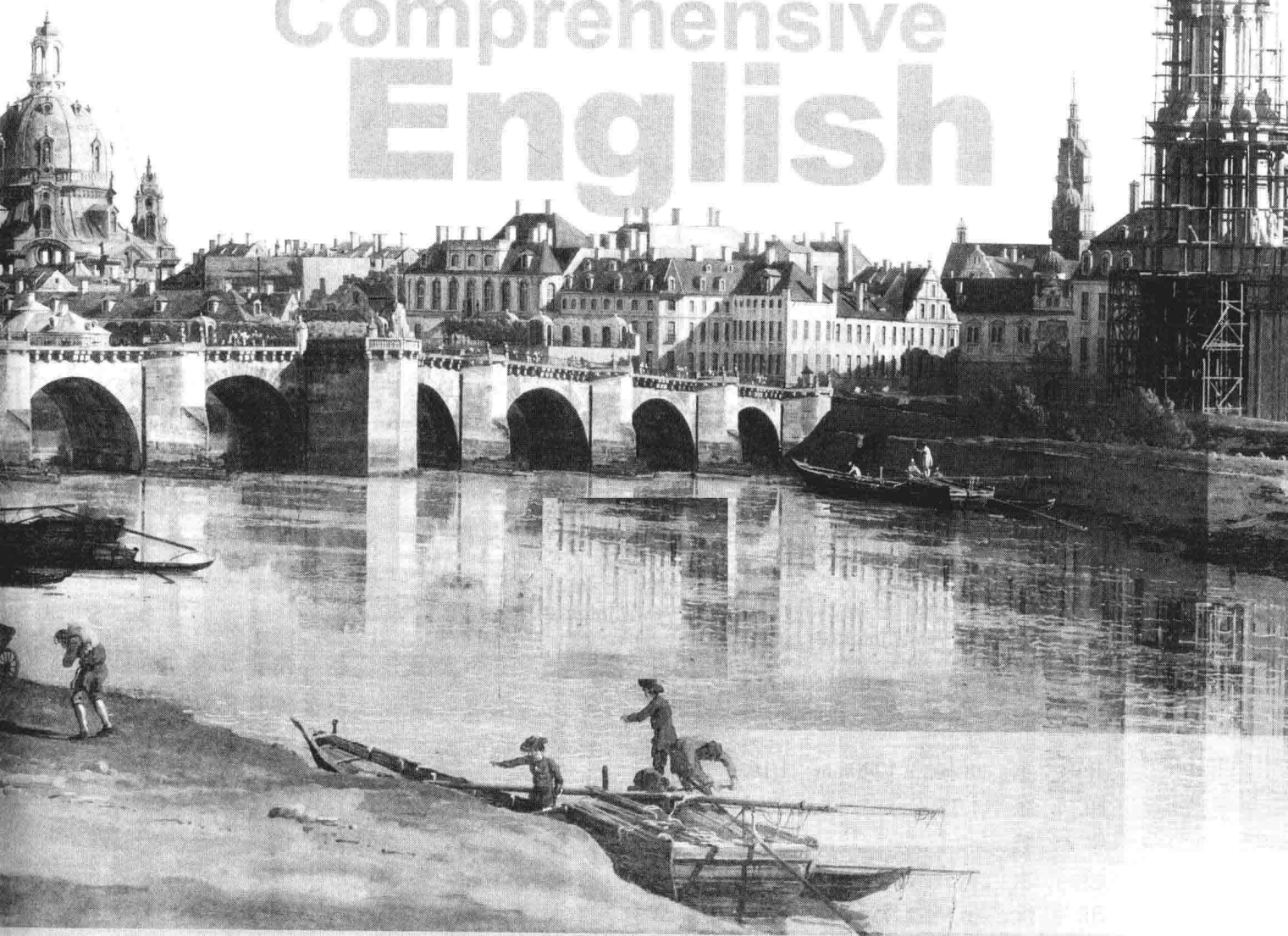


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Comprehensive English



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前 言

从2011年至今,经过暨南大学外国语学院专任教师核心教学团队、外国专家和兄弟院校专家、学者三年来的共同努力,这套特色英语专业教材终于出版了。

本套教材包括《新编综合英语教程》(I-IV)和配套语法、词汇教材《英语专业四级语法与词汇》。其中《新编综合英语I》、《新编综合英语II》、《新编综合英语III》、《新编综合英语IV》,分别适用于英语专业“综合英语”课程的第一、二、三、四学期的教学。同时,为适应全国英语专业四级(TEM-4)考试的要求,加强学生基础阶段的语法与词汇学习,我们还配套编纂了《英语专业四级语法与词汇》,既可作为综合英语课的课外补充教材,也可作为专门的语法与词汇课教材。

《新编综合英语》共四册,每册12个单元,四册共48个单元,在词汇、语法、语篇等难度系数上逐步提高。每单元围绕一个中心主题,分为课文A(Text A)和课文B(Text B)两个部分,两篇课文主题上相互关联。课文A为精讲篇章,由教师讲解,要求学生深入、透彻地理解课文并完成课前练习和课后练习,课前练习如词汇、背景知识激活等,课后练习包括读、说、写、译的基本能力训练,包括问答、释义、词汇选择、选择填空、完型填空、英译中、中译英与写作等多种练习形式;Text B是与Text A话题相关的内容拓展或者深化部分,是学生写作、讨论及辩论的基本材料,练习形式为问答题。

在教材编写之初,编写组就达成了共识并对教材编写的宗旨作了如下规范:第一,教材内容必须符合教学大纲的要求,有明确的教学目标,有教学重点和难点,注意教材的思想性、启发性和实用性的统一。第二,教材应理论联系实际,注意培养学生分析问题和解决问题的能力。通过对有关问题或有关领域的延展思考,启迪学生的思维。第三,坚持以学生为本、为教学服务的原则,练习环节要加大学生主动学习的实战型训练。

为实现以上目标,我们作了多方面的努力:第一,在课文选材上,按比例选取了语言、文学、历史、文化、教育、时政、商务、社交、体育、娱乐等方面的文章,尽量满足学生的多样化需求。第二,优先考虑可读性强、结构层次分明、文字优美的文章,所选课文基本上都出自英美著名作家,由著名出版社、杂志社出版,是原汁原味的英文经典或时政要文、科学发现等,文章体裁新颖、多样。第三,在练习设计上,针对课文主要情节或主要观点,抽取其中的语言点或思想主旨作为训练项目,练习内容与课文内容紧密相关,以加强学生对课文内容的记忆和对语言点的把握;同时,在练习环节强调师生互动、生生互动,以讨论、辩论、演讲等多种任务型练习,让学生在实践中学知识,展开思考和研究,达到“学以致用”的目的。第四,教材在专注于语言能力培养的同时,更注重历史、文化知识的灌输和思辨能力的培养,各册都安排了不少文学、文化的经典作品,力求总体提高学生的批判性、创新性思维和人文素养。

作为华侨大学,暨南大学的学生生源较之于国内兄弟院校有很大的特殊性,学生来自世界各地,母语语言混杂、文化背景多元,思想活跃而开放。因此,国内现有的《综合英

语》教材在题材内容、语言难度、文化背景、练习设计等方面不能适应学生的要求。鉴于此，我们在选择课文时，优先考虑内容新颖，文化背景多元，贴近学生校园生活和社会、时代脉动的篇目。课文语言以地道、简洁、优美为原则，内容以信息量、知识性和趣味性结合为宗旨。教材课文选用考虑到了词汇分级、语言结构、篇章长短等因素，从易到难，由浅入深，以期在循序渐进的节奏中提高学生的综合英语水平。

值得一提的是，本教材讲义已经过一届学生的试用，效果非常好，学生学习积极性高，课堂表现主动，测试成绩优良。在学年结束的问卷调查中，学生对教材的选材和内容高度认可，对教材练习的有效性评价很高。同时，我们也把教材电子版和出版信息发给了国内诸多兄弟院校征求意见，得到业内同行的高度评价，并表达了希望使用该教材的意向。

暨南大学外国语学院的外籍专家 Jay Grytdahl, Thomas Moran, Anthony Newman 对本套教材进行了语言校审，暨南大学出版社古碧卡、张建秀等一直辛苦地跟进教材编写进度及试用效果，在此一并对他们的辛勤劳动表示衷心的感谢！

由于水平和时间的限制，本教材的错漏和不足在所难免，恳请国内学界同仁、专家不吝指正！

编 者

2013年12月22日

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Text A

Are You Training Yourself to Fail?

Peter Bregman¹

“Did you get done what you wanted to get done today?” Eleanor, my wife, asked me.

“Not really,” I said.

She laughed. “Didn’t you write the book on getting done what you want to get done?”

Some people are naturally pre-disposed to being highly productive. They start their days with a clear and reasonable intention of what they plan to do, and then they work diligently throughout the day, sticking to their plans, focused on accomplishing their most important priorities, until the day ends and they’ve achieved precisely what they had expected. Each day moves them one day closer to what they intend to accomplish over the year.

I am, unfortunately, not one of those people. Left to my own devices, I rarely end my day with the satisfaction of a plan well executed. My natural inclination is to start my morning with a long and overly ambitious list of what I hope to accomplish and push myself with sheer will to accomplish it. I’m prone to be so busy—answering emails, multitasking, taking phone calls, taking care of errands—that, without intervention, I would get very little of importance done.

And then, exhausted by my busyness, but unsatisfied by how little of importance I’d accomplished, I would distract myself further by doing things that made me feel better in the moment, if not accomplished—like browsing the Internet or eating something sweet.

I’ve created a quiz that you can access [here](#) to test how well you manage complexity. The quiz is based, in large part, on my own failures. In other words, left to my own devices, I would not score well.

Here’s the thing: the odds are against us getting our most important priorities accomplished. Our instincts most often drive us toward instant gratification. And the world around us conspires to lure us off task. Given total freedom, most of us would spend far too much time browsing websites and eating sweets. And being totally responsive to our environments would just have us running around like crazy catering to other people’s agendas.

For me, the allure of accomplishing lots of little details would often override my focus on the big things I value. Each morning I would try to change my natural tendency by exerting self-control. I would talk to myself about how, starting this morning, I would be more focused, psych myself up to have a productive day, and commit to myself that I wouldn’t do any errands until the important work was done.

It almost never worked. Certainly not reliably.

And so, without understanding it at the time, I was teaching myself to fail. People talk about failure—I talk about failure—as critical to learning. But what if we don’t learn? What if we do the same things,

repeatedly, hoping for different results but not changing our behavior?

Then we are training ourselves to fail repeatedly.

Because the more we continue to make the same mistakes, the more we ingrain the ineffective behaviors into our lives. Our failures become our rituals, our rituals become our habits, and our habits become our identity. We no longer experience an unproductive day; we become unproductive people.

You can't get out of this pattern by telling yourself you're a productive person. You're smarter than that; you won't believe yourself and the data won't support the illusion.

You have to climb out the same way you climbed in: with new rituals.

For me, the best way to discover the most effective rituals to help me achieve my most important priorities was through trial and error. Every evening I looked at what worked and repeated it the next. I looked at what didn't and stopped it.

What I found is that rather than trying to develop super-human discipline and focus, I needed to rely on a process to make it more likely that I would be focused and productive and less likely that I would be scattered and ineffective.

Rituals like these: Spending five minutes in the morning to place my most important work onto my calendar, stopping every hour to ask myself whether I'm sticking to my plan, and spending five minutes in the evening to learn from my successes and failures. Answering my emails in chunks at predetermined times during the day instead of whenever they come in. And never letting anything stay on my to-do-list for more than three days (after which I either do it immediately, schedule it in my calendar, or delete it).

It doesn't take long for these rituals to become habits and for the habits to become your identity. And then, you become a productive person.

The trick then is to stay productive. Once your identity changes, you are at risk of letting go of your rituals. You don't need them anymore, you think to yourself, because you are now a productive person. You no longer suffer from the problem the rituals saved you from.

But that's a mistake. Rituals don't change us. They simply modify our behavior as long as we practice them. Once we stop, we lose their benefit. In other words, being productive—forever more—requires that you maintain the rituals that keep you productive—forever more.

I would love to say that I am now one of those people who is naturally pre-disposed to being highly productive. But I'm not. There's nothing natural about productivity for me.

But when Eleanor joked about my writing the book on getting our most important priorities accomplished, she reminded me that, while it may not be natural to me, I could be highly productive.

And the next day, following a few simple rituals, I was.

Note to the Text

1. About the author: Peter Bregman is a strategic advisor to CEOs and their leadership teams. His latest book is *18 Minutes: Find Your Focus, Master Distraction, and Get the Right Things Done*.

Words and Expressions

allure [ə'ljue] *n.*

the pleasing or exciting quality 诱惑力, 魅力

commit [kə'mit] <i>vt.</i>	to say that one will definitely do something 承诺, 保证(做)
complexity [kəm'pleksəti] <i>n.</i>	the quality of being intricate and compounded 复杂, 复杂性
conspire [kən'spaɪə] <i>v.</i>	to make a secret agreement to do something illegal or harmful 阴谋策划
distract [dis'trækt] <i>vt.</i>	to take one's attention from 使分心, 使混乱
exert [ig'zɜ:t] <i>vt.</i>	to use influence, authority, or pressure in a strong or determined way 发挥, 运用
illusion [i'lju:ʒən] <i>n.</i>	a false idea or belief 错觉, 幻想
inclination [inklə'neɪʃən] <i>n.</i>	an attitude of mind especially one that favors one alternative over others 倾向, 爱好
ineffective [ini'fektiv] <i>adj.</i>	not producing an intended effect 无效的, 不起作用的
ingrain [in'greɪn] <i>vt.</i>	to firmly fix or establish (a habit, belief, or attitude) in a person 使(习惯, 信仰, 态度)根深蒂固
instinct ['ɪnstɪŋkt] <i>n.</i>	the natural tendency to behave or react in a particular way 本能, 天性
intervention [ɪntə'venʃən] <i>n.</i>	the act of intervening 介入, 干涉
lure [luə] <i>vt.</i>	to trick into doing something 诱惑, 吸引
modify ['mɒdɪfaɪ] <i>vt.</i>	to change something slightly, usually in order to improve it 稍微修改; 调整, 使更合适
pre-dispose [pri:di'spəuz] <i>vt.</i>	to make someone liable or inclined to a specified attitude, action, or condition 使倾向于
priority [praɪ'ɒrɪti] <i>n.</i>	status established in order of importance or urgency 优先, 优先权
productive [prə'dʌktɪv] <i>adj.</i>	yielding positive results 多产的, 富有成效的
prone [prəʊn] <i>adj.</i>	having a tendency (to) 有……倾向的, 易于……的
psych [saɪk] <i>vt.</i>	to mentally prepare (someone) for a testing task or occasion 使(某人)心理上作准备
ritual ['rɪtʃuəl] <i>n.</i>	stereotyped behavior or customary observance or practice 仪式, 固定程序
scatter ['skætə] <i>v.</i>	to spread over an area in an untidy or irregular way 分散

Exercises

I. Read the text carefully and answer the following questions.

1. How do people, who are “pre-disposed to being highly productive”, spend their days?
2. Are the author and other people usually pre-disposed to being highly productive?
3. Given total freedom, what would most people do?
4. Does the author work to psych himself up to be productive?
5. According to the text, why do people repeat their failures again and again?
6. What is the author's recommended path to become an effective person?
7. What are rituals of productivity?
8. How can one stay productive?

II. Paraphrase the following sentences, paying special attention to the italicized part.

1. Some people are naturally *pre-disposed* to being highly productive.

2. In other words, *left to my own devices*, I would not *score well*.
3. Here's the thing: *the odds* are against us getting our most important *priorities accomplished*.
4. And the world around us *conspires to lure us off task*.
5. Our *instincts* most often *drive us toward instant gratification*.
6. I would be more focused, *psych myself up* to have a productive day, and *commit to myself* that I wouldn't *do any errands* until the important work was done.
7. You have to *climb out the same way you climbed in*: with new *rituals*.
8. Answering my emails *in chunks at predetermined times* during the day instead of whenever they come in.

III. Complete each of the following sentences with an answer from the four choices given.

1. If you can't do a half hour of yoga in one sitting, try doing it _____. How about 15 minutes after you get up and 15 minutes before bed?
A. in pieces B. in chunks C. in turn D. in chunk
2. British researchers found that people genetically _____ to colon cancer can lower their risk about sixty percent by taking two aspirin a day.
A. inclined B. willing C. ready D. pre-disposed
3. An eventual loan of cash from the bank, at a moment of financial hardship, can change a poor family's difficulties over making ends meet into _____ impossibility.
A. sheer B. purely C. utterly D. mere
4. They are the most injury-_____ riders on the circuit.
A. apt B. inclined C. prone D. tending
5. This is one of the ways that science and the law _____ to make the world a safer and better place to live.
A. conspire B. connive C. scheme D. collaborate
6. Now, Orlando is trying to _____ Brazilians, who prefer the city's outlet malls, over to its theme parks.
A. decoy B. tempt C. deduce D. lure
7. What a change from the days where I had to _____ myself up for at least a week before I could cope with a meeting with another human being.
A. prepare B. psych C. put D. talk
8. If you can't commit yourself to at least two or three practice sessions a week for the two months following the school term, you probably won't _____ much improvement into your game.
A. ingrain B. generate C. grain D. perforate
9. Of course, the dinner party is a social _____, but according to the designers, who met in 1982 at a nightclub and founded their fashion empire three years later, it's also about appeasing appetites.
A. rule B. ritual C. action D. performance
10. These latest findings support the thesis that sexuality is _____ by nature rather than choice.
A. decided B. predestined C. foreordained D. predetermined

IV. Complete the following sentences with the correct form of the word or phrase given in the box.

survive	beyond	endure	in truth	avoid
derive	in common	thorough	ensure	reward

What do all people who achieve true excellence and consistently high performance have (1) _____?

The answer isn't great genes, although they're nice to have. It's the willingness to push themselves (2) _____ their current limits day in and day out, despite the discomfort that creates, the sacrifice of more immediate gratification, and the uncertainty they'll be (3) _____ for their efforts.

The first way I've seen this is physically, my (4) _____ body. I work out regularly with weights. I do push myself to discomfort, and I've grown considerably stronger over the years. At 60, I'm stronger than I was at 30.

But (5) _____, I rarely push myself to exhaustion. If I did, the evidence suggests I would get significantly stronger than I already am. The key here is intensity, not duration. If I was willing to push hard, I could do fewer repetitions, and (6) _____ more benefit in way less time than I invest now.

So why don't I do it? The answer, I'm slightly embarrassed to admit, is that I'm not prepared to (7) _____ more discomfort than I already do. The mind tricks us into thinking we've hit our limits long before we actually have.

Human beings have two powerful primal instincts. One is to (8) _____ pain, an instinct that helped us to (9) _____ when we were vulnerable to predators in the savanna. The other is to move towards pleasure, an instinct that once kept us foraging for food, which was scarce, and still helps to (10) _____ that we pass on our genes.

V. Complete each of the following blanks with one of the four choices given.

The unavoidable truth is that the willingness to endure discomfort and sacrifice instant gratification is the only way to get better at (1) _____, and to achieve true excellence. There are three keys to strengthening this counterintuitive (2) _____:

1. Minimize temptation, which operates the same way the house does in a casino. It will always defeat you if you (3) _____ yourself to it for too long. Think about cake or cookies at an office party. If they sit there in front of you, you're eventually going to succumb. The same is true of incoming email. If you don't turn it off entirely at times, the ongoing pings will inevitably prove (4) _____.

2. Push yourself to discomfort only for relatively short and specific periods of time. Interval training is (5) _____ on short bursts of high intensity exercise offset by rest and recovery. It's harder than aerobic training, (6) _____ it's also a more efficient, less time-consuming way to increase fitness.

3. Build energy (7) _____—specific behaviors done at precise times—for your most difficult challenges. Try beginning the day by focusing (8) _____ interruption on the most important challenge in front of you, for no more than 90 minutes, and then take a real renewal break. It's much easier to tolerate discomfort in short doses. Choose one area of your life and (9) _____ yourself just a little harder than you think is possible every day. You'll feel better about yourself, and over time, you'll get better at (10) _____ it is you're doing.

- | | | | |
|--------------------|-----------------|---------------|----------------|
| 1. A. nothing | B. something | C. anything | D. everything |
| 2. A. capacity | B. intelligence | C. function | D. role |
| 3. A. disclose | B. expose | C. reveal | D. prove |
| 4. A. irresistible | B. compelling | C. attractive | D. forcible |
| 5. A. made | B. built | C. composed | D. established |
| 6. A. expect | B. nevertheless | C. but | D. yet |
| 7. A. ceremony | B. formality | C. beliefs | D. rituals |
| 8. A. within | B. with | C. on | D. without |
| 9. A. push | B. force | C. pull | D. drive |
| 10. A. however | B. whatever | C. anything | D. no matter |

VI. Translate the following sentences into Chinese.

1. They start their days with a clear and reasonable intention of what they plan to do, and then they work diligently throughout the day.
2. Here's the thing: the odds are against us getting our most important priorities accomplished.
3. For me, the allure of accomplishing lots of little details would often override my focus on the big things I value.
4. Because the more we continue to make the same mistakes, the more we ingrain the ineffective behaviors into our lives.
5. We no longer experience an unproductive day; we become unproductive people.
6. Given total freedom, most of us would spend far too much time browsing websites and eating sweets.
7. And being totally responsive to our environments would just have us running around like crazy catering to other people's agendas.
8. They simply modify our behavior as long as we practice them. Once we stop, we lose their benefit.
9. Once your identity changes, you are at risk of letting go of your rituals.
10. Our failures become our rituals, our rituals become our habits, and our habits become our identity.

VII. Translate the following sentences into English, using the words given in the parentheses.

1. 一旦许诺，你就要遵守诺言。(stick to)
2. 政府将重点发展公共租赁住房。(priority)
3. 青春期少年在做决定和采取行动时往往欠缺考虑，不会预见可能发生的后果。(be prone to)
4. 亚洲各国央行一直在增加市场干预，以抑制货币升值，从而为这些企业提供帮助。(intervention)
5. 由于受到城市生活的诱惑，她离开了家。(lure)
6. 中国政府正着力减少汽车尾气排放，汽车制造商为了迎合环境友好汽车这种需要而积极努力。(cater to)
7. 信贷市场紧缩、消费者信心下滑以及油价高涨等因素交织在一起，降低了需求。(conspire)
8. 在小公司，这种激励措施可能会简单而有效地使公司环保使命深入人心。(ingrain)
9. 时间管理也需要成为我们的一种仪式。(ritual)
10. 数十年来，心理学家们都有帮助高危人群的意愿。(at risk)

VIII. Do you agree with the author's opinions and suggestions? Write an essay in 200 words about suggestions of your own on how to be more effective.

Text B

Bad Work Habits: How to Break Them

Amanda Greene Kelly¹

Stressed out? Overworked? It might surprise you to learn that your job isn't solely to blame for your office woes. Chances are, you're engaging in a few—or more!—bad work habits that could be impeding your performance or happiness. Whether you can't seem to kick your Facebook² addiction or are sick of burning the midnight oil, read on to learn how to nix common detrimental office habits.

You constantly check your email or post updates on Facebook or Twitter³.

There's a reason (beyond procrastinating) why you can't stay away from your personal email account and social networking sites. "Social interaction is addictive because it activates the rewards center of our brains," says David Rock, director of the Neuro Leadership Institute and author of *Your Brain at Work*. Connecting to people is similar to eating chocolate, he explains. "The more you do it, the more you want it—that's when it becomes distracting." To keep yourself focused on work, Dr. Rock recommends designating times of day when you'll check these sites. That way, you'll get your fix without being sucked into the trap of constantly wanting more. Or, as Michelle Goodman, author of *The Anti 9-to-5 Guide* advises, treat visiting these sites as a reward. Work for, say, an hour, and then allow yourself to check in quickly as a treat. A word of warning: Think twice before you post about work matters on social networking sites. As Goodman points out, "These sites are frequently changing their privacy settings, so your page may be publicly broadcasted without you knowing it, which could land you in hot water."

You're set in your ways.

If it ain't broke, don't fix it—right? Not always. If you're sticking with outdated procedures because "that's the way it's always been done," re-think your attitude. Though knowing the ins and outs of office processes may seem like proof of your expertise, it may actually make you seem obsolete. Especially in a shaky economy, it's integral to be open to new ideas, says Goodman. "Holding on to old systems isn't the way to be irreplaceable," she explains. "Getting along well with everyone, contributing great ideas and doing innovative work is." She adds that resisting change often stems from a fear of being left behind in the workforce. Instead of standing your ground, be flexible about learning from others. "Get comfortable with the fact that there's always going to be someone smarter or younger than you," says Goodman.

You're too involved in office politics.

Happen to find yourself gathered around the water cooler frequently? While joining in an office gossip is inevitable, spending too much time dissecting workplace dynamics can harm your reputation. "If you're seen as always schmoozing or stirring the pot, you may also be seen as a troublemaker or unproductive," says Goodman. Instead of worrying about who said what to whom when, devote that energy to work. "Like logging

on to Facebook, office gossip is a distraction. If you must indulge, treat it as a reward that you'll give yourself after doing a set amount of work." And as she notes, the more you concentrate on work, the less time you'll have for petty gossip.

You start each day with the wrong plan of attack—or none at all.

After a long day at work, the last thing you want to do is prepare for the next one. But by making a beeline for the door at quitting time, you're setting yourself up for trouble the next morning. "Without a plan, it's easy to become distracted by small tasks and coworkers' questions," says Goodman. And that can prevent you from accomplishing the bigger stuff. "If you spend most of your day handling minor assignments, you won't have the mental resources left to give your most important duties the attention they need," says Dr. Rock. Goodman suggests taking a few minutes the night before—or first thing the next morning as a last resort—to write down the two or three meatiest tasks you need to get done that day. "You're not likely to finish more than four, so prioritize your to-do list."

You're always running late.

"People are most often behind schedule because they're not thinking about how long it takes to get from point A to point B, or because they leave things until the last minute," says Dr. Rock. "And these people usually haven't noticed the impact that running late has on their performance and that of others." By repeatedly missing deadlines or arriving after meetings start, you seem less reliable and you hinder those who depend on you. If your hour-long meetings frequently run over, Dr. Rock recommends scheduling them for 50 minutes instead of 60. Those ten extra minutes serve as padding if the conversation goes long. And if you're chronically tardy with deadlines or other appointments, Goodman advises setting computer alerts to chime a half hour before you need to be ready to keep you on the ball. If nothing else, set your clocks forward a few minutes to help you be on time.

You can't manage your personal and professional lives.

The balance between your work and your personal life varies depending on the office environment you're in. But one thing is constant: Failing to meet coworkers' or friends' and family's expectations will upset them, according to Dr. Rock. If your office culture prides itself on working around the clock, you'll raise eyebrows for taking personal calls all day long. "Set parameters," recommends Dr. Rock. "If personal issues distract you at work, tell friends and family you'll respond to their calls and emails at, say, the beginning or end of each day." However, if you're the only one constantly working late, consider meeting with your boss to discuss your workload, says Goodman. And if everyone is on call 24/7, think about whether or not you're in the right job. On the other hand, if your coworkers regularly get together after work, you'll stand out for turning down invitations or sending stiff emails at all hours. So consider tagging along once in a while. As Goodman puts it, "You'll get the inside scoop and bond with people, which will only help your projects as well as people's image of you. If you're not sure what to share, follow other people's lead." If they seem happy chatting about their family drama, feel free to chime in with your own anecdotes.

You have a negative attitude.

Maintaining a chipper outlook day in and day out isn't realistic, of course. But if you find yourself griping about your job more often than not, you're setting yourself up for an endless cycle of negativity. "A negative bias can reduce the quality of your ideas and the work you produce—and can cause you to see everything as negative, even when it's not," says Dr. Rock. In other words, a doom-and-gloom attitude will make all around you seem worse, causing your creativity to suffer. Instead of griping about work things you

can't change, focus on what you can improve, and try to see everything in a positive light. That may mean keeping away from coworkers who goad you into talking smack. It may also mean seeking out positive cues, like happy people, uplifting images (try hanging a few vacation snapshots in your cubicle) or taking a break to watch a funny YouTube⁴ video, says Dr. Rock. The more cheerful your attitude, the less you'll find to complain about. And remember: The more you grumble, the more likely it is that people, like your superiors and your loudmouth cube-mate, will take notice—and if your boss knows you're unhappy, you could be the first one on the chopping block, says Goodman.

Notes to the Text

- 1. About the author:** This article is taken from the *Woman's Day* and there is no information about the author.
- 2. Facebook:** Founded by Mark Zuckerberg and his Harvard University classmates, Facebook is a social networking service launched in February 2004. It is now owned and operated by Facebook, Inc.
- 3. Twitter:** Created in 2006 by Jack Dorsey, Twitter is an online social networking service and microblogging service which enables its users to send and read text-based messages of up to 140 characters, known as "tweets".
- 4. YouTube:** YouTube is a video-sharing website created by three former Paypal employees in 2005. Users of the website can upload, view and share videos.

Words and Expressions

accomplish [ə'kʌmplɪʃ] <i>vt.</i>	to succeed in doing something 完成
addictive [ə'dɪktɪv] <i>adj.</i>	making unable to stop doing 上瘾的
beeline ['biːlaɪn] <i>n.</i>	the most direct route 最短距离, 直线
chime [tʃaɪm] <i>v.</i>	to make ringing sounds 敲出和谐的乐声, 鸣, 打
chipper ['tʃɪpə] <i>adj.</i>	cheerful and lively 爽朗的, 活泼的
chronically ['krɒnɪkli] <i>adv.</i>	in a slowly developing and long lasting manner 长期地, 慢性地, 习惯性地
concentrate ['kɒnsəntreɪt] <i>v.</i>	to give all attention to 专心于
designate ['deɪzɪneɪt] <i>v.</i>	to assign a name or title to 指定, 指派
detrimental [dɪ'trɪmentl] <i>adj.</i>	harmful 不利的, 有害的
dissect [dɪ'sekt, daɪ'sekt] <i>v.</i>	to cut open or cut apart; (to make a mathematical analysis of) to examine (a theory, an event, etc.) in great detail 切细, 仔细分析; 剖析
dynamic [daɪ'næmɪk] <i>n.</i>	the force causing change or progress to 动力
expertise [ekspɜː'tiːz] <i>n.</i>	skillfulness by virtue of possessing special knowledge 专门知识, 专门技术
gossip ['gɒsɪp] <i>n.</i>	informal conversation, often about other people's private affairs 闲话
grumble ['grʌmbəl] <i>v.</i>	to complain in a low and indistinct tone 抱怨, 嘟囔
impede [ɪm'piːd] <i>vt.</i>	to make movement, development, or progress difficult 阻碍
indulge [ɪn'dʌldʒ] <i>v.</i>	to allow to enjoy the pleasure of 迁就, 纵容
integral ['ɪntɪgrəl] <i>adj.</i>	being essential to 必需的; 不可或缺的
irreplaceable [ɪrɪ'pleɪsəbəl] <i>adj.</i>	impossible to replace 不能替代的, 不能调换的