

SFLEP – Longman Secondary English Graded Readers

外教社 — 朗文中学英语分级阅读

新课标百科丛书

性格解析

PERSONALITY

新课标
第7级
之十三

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外教社 SHANGHAI FOREIGN LANGUAGE EDUCATION PRESS



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出 版 说 明

随着新《英语课程标准》(以下简称《新课标》)的颁布,中学英语教学改革推进到了一个新的阶段,对学生的知识面、交际能力、文化意识等方面的要求提到了新的高度。课外阅读不再是课堂教学可有可无的补充,而已成为英语学习不可或缺的部分。《新课标》对学生课外阅读在数量上作出了明确的规定,在培养目标上提出了一系列新的要求。为此,上海外语教育出版社与朗文合作编写了这套“外教社·朗文中学英语分级阅读:新课标百科丛书”。其目的是将《新课标》的教学理念贯彻到课外阅读当中,帮助学生达到《新课标》所提出的各项要求。

丛书的编写以《新课标》为指导,主要有以下特点: 1. 在总体设计上,根据《新课标》分级编写,针对性强,充分满足各阶段中学生的阅读需求; 2. 在选材上,突出个性化特征,根据不同年龄段学生的不同阅读兴趣,选择具有时代感、内容丰富的题材,帮助学生在完成《新课标》阅读任务的同时,扩大知识面,培养跨文化交流意识; 3. 在难度的把握上,兼顾能力的提高和阅读兴趣及自信心的培养,为学生营造宽松的学习氛围; 4. 在学习策略的指导上,根据《新课标》对各级的要求为每册书编写阅读技巧指南,引导学生养成良好的学习习惯; 5. 在单元后的练习编排上,突出灵活性、开放性及参与性,将读、说、写等相结合,激发学生的想象力和创造力,帮助学生全面达到《新课标》的各项要求。

丛书共80册,分3、5、7、9四级,每级各20册。本丛书与“外教社·朗文小学英语分级阅读”一脉相承,是外教社与朗文合作推出的阅读精品。

作为以《新课标》为指导编写课外阅读的积极尝试,我们衷心希望广大读者能够多与我们联系、沟通,提出宝贵的意见和建议,协助我们精益求精,将丛书不断提高、完善。

上海外语教育出版社

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Contents

Do you know?	2
All the Basics	3
Theories Made Easy	13
Frequently Asked Questions	25
Famous Personalities	37
Your Personality and Your Future	49
Reading Skills	59
Answer Key	61



Do you know?

- What is the difference between introversion and extroversion?
- What do left-brain dominant people do best?
- If your birthday is the 1 November, what is your star sign?
- What are people born in the Year of the Dragon supposed to be like?
- What are ENTP, ISTJ and INFP?
- Is personality the same with EQ?
- What Myers-Briggs personality type was Einstein?
- How can knowing your own personality help you to choose a job?

Read this book and find the answers to these and other questions. Learn about your personality and the personalities of those around you. You'll be amazed at what makes us who we are!



All the Basics





Who are you?

Who are you? Sure you know your name, but your name is just a label; it does not define who you are. In a world with over six billion people, there can be millions of Johns or Jennys, but there is only one YOU. So what makes you special and unique?

There are three things that make you different from every other person on the planet: your looks, your fingerprints and your personality.

Your looks and fingerprints certainly make you unique but these are just physical characteristics. It is your personality that really defines who you are.



NOTES

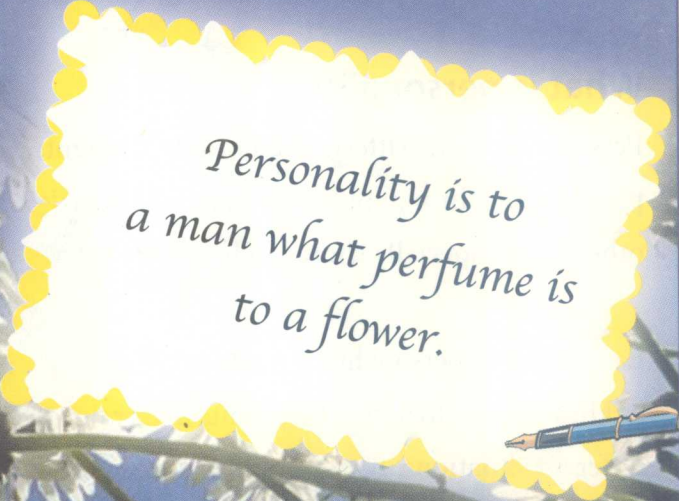
define / dr'fain / 是……的特征

unique / ju:'ni:k / 唯一的，独一无二的，独特的

characteristic / ,kærɪktə'rɪstɪk / 特性，特征

So, what is your personality? And where did it come from? Are there certain types of personalities? What type are you? Do you think the music you listen to or whether you prefer to read a book or go to a party can tell you more about your personality type? Can you change your personality? And how does your personality affect the choices you make and the life you will lead?

This book will answer all these questions and more. At the end of it, you will know yourself and those around you a lot better.



*Personality is to
a man what perfume is
to a flower.*



NOTES

affect / ə'fekt / 影响

perfume / 'pɜ:fju:m / 香味, 芳香



What is personality?

Personality is the pattern of emotions, thoughts, and behaviour that people show throughout their lives, which makes them different from others. It is especially shown in how they behave towards other people.

Each person's personality is made up of different personality traits such as kindness or shyness. These traits determine how people behave in different situations. For example, if someone shy is served the wrong meal in a restaurant, they probably won't say anything. On the other

hand, someone outgoing will probably complain and get the meal they ordered. A person's personality determines everything they say and do.



NOTES

emotion / i'məʊʃən / 感情, 情感

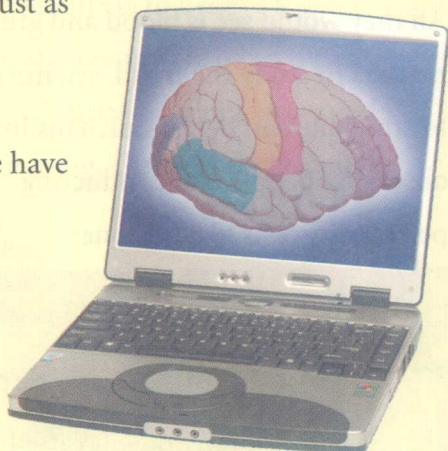
throughout / θru:'aʊt / 遍及, 贯穿

trait / treɪt / 特征, 特点, 特性

Where does your personality come from?

The human brain is like a computer because it controls the human body just as a computer controls a robot.

However, humans are not robots! We have personalities. The human brain has a special part that gives us personality and allows us to think for ourselves, unlike a computer. This part of the brain is called the *mind*.

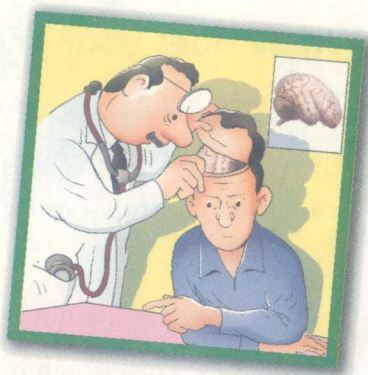


Someone's personality can change if their brain is damaged in an accident. This proves that personality is seated in the brain.



Personality types

Obviously scientists cannot study the mind by looking inside someone's brain! All they would see is blood and grey matter. To study the mind, scientists have to study human behaviour. This involves observing people and conducting personality tests like this one:



- 1 Do you think you're pretty or good-looking?
- 2 Would you rather read a book or go to a party?
- 3 Do you have a large group of friends or just one or two close friends?
- 4 Do you mind talking in public or does it scare you?
- 5 Do you worry a lot?
- 6 Do you arrive on time or are you always late?
- 7 Are you messy or neat?
- 8 Do you plan your work well or do you do things at the last minute?

NOTES

matter / 'mætə' / 物质

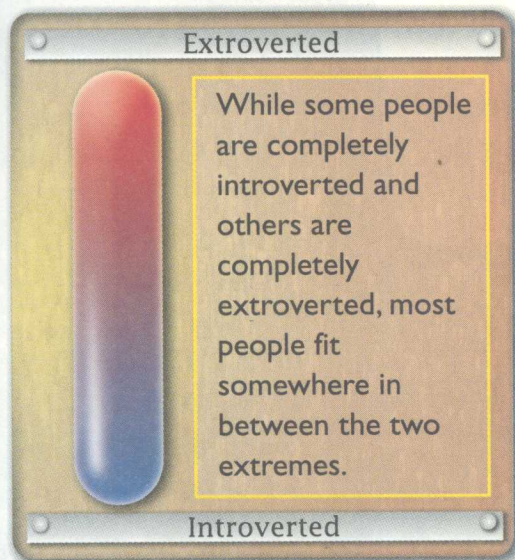
involve / ɪn'vɒlv / 涉及, 牵涉

display / dɪ'spleɪ / 展示, 表现

Behaviour is a mirror in which everyone displays his own image.

Scientists believe that answers to these types of questions tell us something about a person's personality traits. After asking thousands of people thousands of questions, they have found that some personality traits seem to go together. This has led scientists to believe that there are certain personality types. For example, shy people are often quiet. They have an *introverted* personality type. The opposite is an *extroverted* personality type — people who are outgoing, chatty and like being around other people.

- 1 shy, quiet, hardworking
- 2 extroverted, loud, chatty
- 3 caring, gentle, helpful
- 4 independent, creative, confident



Defining personality types is not easy. In fact, scientists do not all agree on how many personality types there are, or how exactly they are defined.



NOTES

introverted / 'ɪntrəvɜːtɪd /
内向的

extroverted / 'ekstrəvɜːtɪd /
外向的

PERSONALITY

Are you left-brain or right-brain dominant?

Your brain is divided into two parts and either the left or the right side of your brain is dominant. This affects your personality. Look at the words and as quickly as you can, say the COLOUR that the word is typed in. Don't read the word itself.

YELLOW**ORANGE****BLUE****BLACK****GREEN****RED****YELLOW****PURPLE****RED****ORANGE****GREEN****YELLOW**

Did you find it easy to say the colours? Or did you keep reading the words? If you found it easy to say the colours, then you are a right-brain person; if you found it easier to say the words, then you are a left-brain person.

Left-brain people are usually more logical and rational and they talk more. They are usually good engineers or accountants.

Right-brain people are usually more dreamy and imaginative. They are often good writers or musicians.

NOTES

dominant / 'dɒmɪnənt /
支配的, 占优势的

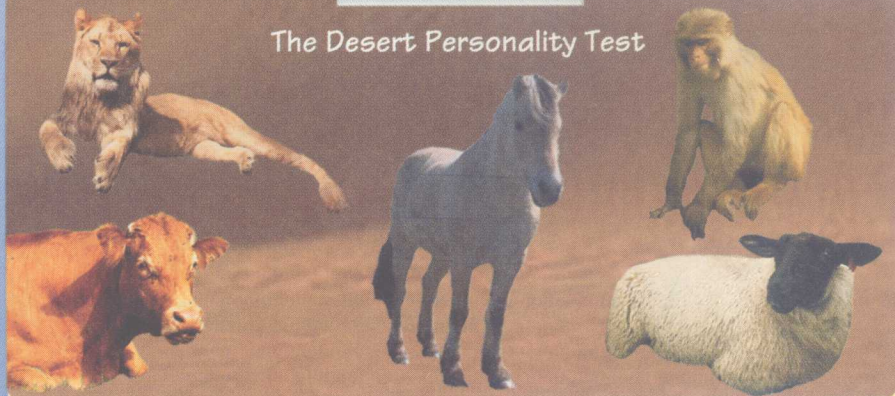
logical / 'lɒdʒɪkəl / 合逻辑的, 合理的

rational / 'ræʃənəl / 理性的, 明事理的

imaginative / ɪ'mædʒɪnətɪv /
有想象力的

TESTS

The Desert Personality Test



1. You are travelling in a desert with five animals: a lion, a cow, a sheep, a monkey and a horse. Your water supply is running low. You have to leave one animal behind. Which one?
2. Your water supply is running even lower. Which is the next animal you leave behind?
3. It is so hot! You have to leave another animal behind. Which one?
4. Only two animals are left, but you only have enough water for one animal. Which do you leave behind now?

In this personality test, the desert represents a hardship. Each of the animals represents an aspect of your life: sheep = friendship, cow = basic needs, horse = passion, lion = pride, monkey = family. The order in which you leave the animals is said to represent the importance of these aspects to you. The one that you left first is the least important, and the one that you kept is the most important.

Do you think that this test can really tell you anything about your personality? It is very unlikely. It is more likely to tell you what your favourite animal is!

NOTES

hardship / 'hɑ:dʃɪp / 困难

aspect / 'æspekt / 方面

passion / 'pæʃən / 热情, 激情

Describe your personality

Answer the questions and then describe your personality. Use the words and expressions below to help you.

1. What would you like to do when you leave school and why?
2. How would you feel and react in these situations?
 - Your friend borrowed your school notes without asking.
 - Your best friend forgot your birthday.
 - You failed a test you didn't study for.
 - You didn't get chosen for a sports team you really worked hard for.
 - You've made a plan with a friend but then you get invited to a great party by another friend.
 - Your teacher asks you to give a presentation to the school.

kind	shy	outgoing	patient	impatient
helpful	cautious	chatty	organised	messy
loyal	introverted	extroverted	logical	imaginative
in touch with other people's feelings			have strong beliefs	
enjoy teamwork			prefer to work alone	

How well do you know yourself? Ask your parents if they think your description is accurate.