

普通高等教育基础课规划教材

# 《新编大学英语》学习辅导

## 第 4 册

主编 丁毅伟

编委 李士芹 蒋 静

乔小六 杜 娟



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本套教材为《新编大学英语》(外研社版)的配套学习用书,是作者结合多年教学实践,在总结、思考、了解学生的实际需求的基础上,按照英语学习的规律和特点,结合最新学习理念和最新版本教材精心编写而成的。

本套教材共分4册,每册有12个单元,每个单元有7个板块,即单词导学、课文概述、词汇与短语、难点解析、参考答案、课文译文和同步训练。

本套教材适用于以《新编大学英语》(外研社版)为教材的师生学习辅导。

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# 前 言

本套丛书为《新编大学英语》(外研社版)的配套学习丛书,是多位教师在教学实践的基础上,不断地总结、思考、了解学生的实际需求,按照英语学习的特点和规律,结合最新教学理念精心编写而成。

《新编大学英语》强调的是以学生为中心的教学模式。英语学习的成效不仅仅依靠有限的课堂实践,很大程度上取决于学生的课后学习过程。语言技能是需要通过学生个人的实践才能培养和提高的。本套丛书恰恰从“学”的角度出发,以系统性、科学性、知识性为指导,为学生提供思考、实践的机会,帮助学生培养独立的学习能力和良好的学习方法,使学生打好扎实的语言基础,实现英语应用能力的突破。

本套丛书和《新编大学英语》同步配套,并紧跟教育部最新颁布的教学大纲,旨在培养学生的语言综合应用能力,提高学生学习的兴趣和效率。同时针对四、六级考试的题型和特点,有的放矢地设计了同步训练,并给出了详细的解析,使学生能够举一反三,提高四、六级通过率。全套丛书共四册,每册12个单元,每单元的结构分七大板块。

每单元的结构设计:

1. 单词导学:列出每个单元中可能涉及到的主题词汇,并给出这些词汇的英汉双解,鼓励学生不断进取,使学生能有选择地掌握、利用这些词汇,扩大词汇量。

2. 课文概述:『背景点滴』提供一些写作背景、作者简介,并涉及到人文、地理、文化背景知识的介绍,目的是扩大学生知识面,更多地了解一些英美文化。『课文大意』(英汉对照)对课文的概述力求精练,使学生更好地理解课文,学会如何归纳文章大意。

3. 词汇与短语:详解每个单元中重点词汇与短语,并采用联想、比较、对比等方法;提供这些词汇的常用词组,同义词(组)辨析,同形、同音异义词辨析等;巩固扩展语言基础知识。

4. 难点解析:对课文中的难句和重点语法进行分析和讲解,旨在帮助学生吃透教材的重点和难点。

5. 参考答案:给出客观题和主观题的参考答案,并做了详细解析。

6. 课文译文:给出课内、课后阅读文章的参考译文。译文力求与原文保持一致。

7. 同步训练:设计具有典型性和启发性的四、六级题型,并做了详细解析,培养学生的悟性,以达到强化知识的目的。

本套丛书为南京工程学院从事教学第一线的资深教师合力编写,参加第4册学习辅导编写的教师有:丁毅伟、李士芹、蒋静、乔小六和杜娟。

由于编者水平有限,疏漏之处在所难免。我们诚挚地希望广大师生批评指正。读者对本书如有意见和建议,请与我们联系,以便我们改进。

编 者

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# Unit 1 Happiness



## Part I

contented 满足的/excited/grin 露齿而笑/harmonious 和谐的/optimistic 乐观的/pessimistic 悲观的/low-spirited 情绪低落的/greedy 贪婪的/disappointed / discouraged / furious / at a loss 不知所措/sentimental 多愁善感的/moody 喜怒无常的

## Part II

### Listening I

1. Barcelona /bə'si:ləunə/ 巴塞罗那 (西班牙东北部港市)
2. Spanish /'spæniʃ/ I *adj.* 西班牙的, 西班牙人的, 西班牙语的 II *n.* 西班牙人
3. ceremony /'seriməni/ *n.* formal act or series of formal acts performed on a religious or public occasion 仪式, 典礼
4. grin /grin/ I *v.* smile broadly II *n.* act of grinning 露齿而笑, 裂开嘴笑
5. profoundly /prə'faundli/ *adv.* deeply, extremely 深深地
6. automatic /ɔ:təu'mætik/ *adj.* (of a machine) working by itself without direct human control 自动的
7. commentator /kə'menteɪtə/ *n.* person who commentates 广播、电视的时事评论员, 实况转播解说员

### Listening II

1. well-being *n.* 健康快乐, 幸福
2. Sherwood 男子名
3. Portugal /pɔ:tju:ɡəl/ *n.* 葡萄牙
4. Holland /'hɒlənd/ *n.* 荷兰
5. Bangladesh /bɑ:ŋɡlə'deʃ/ *n.* 孟加拉
6. lottery /'lɒtəri/ *n.* way of raising money by selling numbered tickets and giving prizes to the holders of the numbers selected at random 彩票
7. temporary /'tempərəri/ *adj.* lasting or meant to last for a limited time only 暂时的
8. proportion /prə'pɔ:ʃn/ *n.* comparative part or share of a whole; fraction 比例, 比率
9. decline /di'klaɪn/ *v.* become smaller, weaker, fewer, etc; diminish 下降
10. prosperity /prɒ'speriti/ *n.* state of being successful or rich 繁荣

## 二、课文概述

### 「背景点滴」

#### 1. 西赛罗 (Cicero, Marcus Tullius)

西赛罗为罗马的政治家、律师、学者、作家、诗人、演说家和修辞学家，公元前 106 年生于现在意大利的 Arpino，公元前 43 年 12 月 7 日卒于现在的 Formia。他流传于世的作品包括修辞学、演讲术、哲学、政治以及书信。

西赛罗出身富家，在希腊和罗马接受教育。他在法庭上的精彩辩护为他赢得了声誉，并成了罗马的执政官。他因为对凯撒的养子 Octavian 的不恭之词而被处决，头和手被示众。

#### 2. 亚历山大·蒲伯 (Alexander Pope 1688—1744)

Alexander Pope, 1688 年生于伦敦，是 17~18 世纪英国著名的诗人和讽刺文学作家。最著名的诗歌作品有 *An Essay on Criticism* (1711), *The Rape of the Lock* (1712~1724), *The Dunciad* (1728), 以及 *An Essay on Man*。

在当时，天主教徒不能接受大学教育，Pope 靠自学学会了拉丁语、希腊语、法语、意大利语等多国语言，并模仿其他诗人的风格创作了许多诗歌。他的作品早已成为英语世界的经典，频频被人们所引用。

#### 3. 让·保罗·萨特 (Jean-Paul Sartre 1905—1980)

法国作家、哲学家、社会活动家，存在主义哲学的开创者和大力推进者。萨特的文学作品几乎全都有存在主义的色彩。他开创的存在主义文学影响了二战以后将近三十年的现代文学。

萨特 1905 年出生于巴黎，很早就能够阅读福楼拜的著作。1924 年进入大学学习哲学，三年后获得哲学博士学位。二战期间，他投笔从戎，后被俘。期间酝酿哲学巨著《存在与虚无》。1943 年该书出版，成为法国存在主义的最伟大的著作。1945 年他创办了极左翼的《现代》杂志。同年他的《存在主义是一种人道主义》轰动了整个西方社会，堪称存在主义的宣言书。50 年代萨特曾到中国访问。

#### 4. 亨利·沃德·比彻 (Henry Ward Beecher 1813—1887)

美国自由派公理教会牧师，当时最有影响力的新教发言人。他的著作包括：《进化与宗教》(*Evolution and Religion*) (1885); 《耶稣的一生》(*Life of Jesus the Christ*) (1871~1891); 《在耶鲁关于传道的讲座》(*Yale Lectures on Preaching*) (1872~1874); 以及小说《诺伍德：新英格兰村庄生活的故事》(*Norwood: A Tale of Village Life in New England*) (1867) 等。

#### 5. 威廉·库柏 (William Cowper 1731—1800)

英国诗人，为 18 世纪的英国自然诗歌带来了新的手法。在诗歌中表现出对劳苦大众的同情。他的笔触简洁清新，和当时提倡的手法格格不入。他被看作是罗伯特·彭斯等人的前驱。

Cowper 自幼丧母，一生中处于忧郁状态。曾经因为精神压力过大而被送进精神病院。

Cowper 的诗作如 *God Moves in a Mysterious Way* 和 *Oh! For a Closer Walk with God*, 已经成为英国文学史上的经典。

(Cowper, William (1731—1800), English poet, who wrote about simple pleasures of country life and expressed a deep concern with human cruelty and suffering. He is best known for the poem praising rural life, *the task* (1785), written in a conversational style of blank verse.)

下面是 Cowper 的一首诗,看看你是否读得懂:

God moves in a mysterious way,  
 His wonders to perform;  
 He plants his footsteps in the sea,  
 And rides upon the storm.

Deep in unfathomable mines  
 Of never-failing skill,  
 He treasures up his bright designs,  
 And works his sov'reign will.

Ye fearful saints, fresh courage take,  
 The clouds ye so much dread  
 Are big with mercy, and shall break  
 In blessings on your head.

Judge not the Lord by feeble sense,  
 But trust him for his grace;  
 Behind a frowning providence  
 He hides a smiling face.

His purposes will ripen fast,  
 Unfolding ev'ry hour;  
 The bud may have a bitter taste,  
 But sweet will be the flower.

Blind unbelief is sure to err,  
 And scan his work in vain;  
 God is his own interpreter,  
 And he will make it plain.

## 6. David G. Myers & Ed Diener

David G. Myers is professor of psychology at Hope College and Ed Diener is a professor of psychology at the University of Illinois. The passage is adapted from "The Science of Happiness", *The Futurist*, September-October 1997

### 「课文简介」

Everyone wants to be happy but it would appear that some people are more prone to happiness than others. Social scientists have exploded some myth that happiness favors those of a particular age, sex, or income level. Certain personality traits, inherited or otherwise, seem to increase one's propensity for happiness. In study after study, four traits are typical of happy people. They like themselves; they feel personal control; they are usually optimistic; they tend to be extroverted. And

those who enjoy a supportive network of close relationships are more likely to be happy.

每个人都渴望快乐，但人们快乐的程度却不一样。社会科学家指出，快乐并不特别青睐于特定年龄、性别或特定收入水平的人。某些先天遗传或后天养成的性格特征——如自重、自信、乐观和外向——会使人更加快乐。另外，有着良好的支持自己的人际关系网的人更有可能得到快乐。

### 三、词汇与短语

#### ▲重点词汇

engender, committed, extroverted, pursuit, rebound, restraint

1. **engender** (I.2) /in'dʒendə/ vt. (*formal*) cause to happen 造成，引起

【记忆法】en + gender (产生) = engender 使产生

【同义与区分】**engender, cause, evoke**

几个词都有“引起”的意思，区别不大。**engender** 一般用于正式场合；**evoke** 指“引起，唤起（记忆情感）”；**cause** 用得最广泛，意思为“lead to; effect”。

e.g. Her singing evoked admiration from the public. 她的歌唱引起大家的赞美。

Two much smoking can engender many kinds of diseases. 抽烟过多可能会引起多种疾病。

2. **pursuit** (I.4) /pə'sju:t/ n. an activity to which someone gives his time 从事的事务，研究

【记忆法】pursue v. 追捕 pursuer n. 追捕者

【考点】in (the) pursuit of 追赶 in hot pursuit of 穷追不舍

e.g. The whole magazine is produced and edited in the pursuit of excellence.

这本杂志在出版和编辑的过程中都力求完美。

3. **restraint** (I.10) /ris'treint/ n. ①calm, controlled, and unemotional behavior 限制 ②rules or conditions that limit or restrict someone or something 约束措施，约束条件

【记忆法】restrain v. 克制 restrained adj. 克制的，遏制的

在一些动词的后面加上 t 将动词变为名词: complain → complaint

【考点】be put/kept under restraint (精神病人) 被关在精神病院

without restraint 自由地；无拘无束地

e.g. Suffering too much stress, William Cowper was kept under restraint.

由于压力过大，William Cowper 被关在了精神病院。

I dreamed of a place where people could live without restraint.

我曾经梦想有一个地方，在那儿人们可以自在地生活。

4. **rebound** (I.19) /ri'baund/ vi. recover in value, amount, strength, etc. 恢复，振作，回升

【记忆法】前缀 re (再次) + bound (跳，跃) = 再次跳跃，弹回；恢复

【考点】①rebound on 有意想不到的影响

e.g. His lies rebounded on himself because nobody trusted him any more.

他的谎言损害了自己，因为再没有人相信他了。

②rebound from: 从……中恢复过来

e.g. Teens can rebound from either gloom or joy within an hour's time.



青少年在一个小时内就能从忧郁或快乐的情绪中恢复过来。

5. **extroverted** (I.53) /'ekstrəvɜ:tɪd/ *adj.* active, lively, and sociable 性格外向的

【记忆法】extro(外)+vert(转)→向外转→性格外向 extroverted → ←introverted

6. **committed** (I.79) /kə'mɪtɪd/ *adj.* feeling great dedication and loyalty to something 坚定的, 献身的, 忠诚的

【记忆法】同源派生词 commit *v.* 承诺; 约定; 作奸犯科 commitment *n.* 承诺; 效忠

【考点】be committed to: 交付; 承诺

e.g. A bill was committed to the committee. 议案交给了委员会。

The candidate is committed to helping those homeless people.

候选人承诺帮助那些无家可归者。

### ▲重点短语

**in short, be grounded in/on, scores of**

1. **in short:** (I.12) in a few words, briefly 总之, 简而言之

e.g. He's disorganized, he's inefficient, he's never there when you want him--in short, the man's hopeless. 这人做事毫无头绪, 效率不高, 你想找他时他从来不在, 总之, 这人没救了。

2. **be grounded in (on):** (I.28) give (something abstract) a firm theoretical or practical basis 以……为基础, 以……为根据

e.g. His argument is grounded in facts. 他的论点有事实作为根据。

3. **scores of:** (I.29) a lot of, a large number of 许多, 大量

e.g. There are scores of such shops in this area. 在这个地区有许多这样的店。

## 四、难点解析

1. Does happiness favor those of a particular age, sex, or income level? (I.1) 快乐是否特别青睐某一年龄阶段、某种性别或是某个收入阶层的人呢?

本句中 **favor** 为动词, 意思是“偏爱, 偏袒”

□和 favor 有关的词组: do somebody a favor 给某人一个恩惠; 帮某人一个忙 in favor of: 赞同, 支持; 有利于 out of favor (with): 失宠(于), 不受……的欢迎 find favor with sb.: 受某人青睐

2. In later centuries, some sages have suggested that happiness comes from living a virtuous life, and others, from indulging pleasures; some that it comes from knowing the truth, and others, from preserving illusions; some that it comes from restraint, and others, from getting rid of rage and misery. (I.7~10) 在此后的几个世纪里, 一些智者认为快乐源于高尚的人生, 而另一些则认为快乐来自尽情享受; 一些智者认为快乐源于知情达理, 而另一些认为快乐来自一直存在的幻想; 一些智者认为快乐源于自律, 而另一些则认为快乐在于摆脱愤怒和痛苦。

本段由三个并列的分句构成, 每个分句基本结构都是“**some..., others...**”。大家还要注意每个分句的后半部分都省略了“**have suggested that it comes**”。

此处的 **suggest** 的意思并非“建议”，而是“认为”，所以后跟的宾语从句没有用虚拟语气。

区分: **virtuous adj.** 有道德的 **virtual adj.** 事实上的

3. To discover the truth about happiness, we must ask how these competing ideas relate to reality. (L11~12) 要想知道快乐的真谛，我们必须搞清楚这些相互对立的观点是否贴近现实。

**relate to sth./sb.:** 与……有关，涉及；与……相处得好

☐ **relating to:** 与……有关 **in relation to:** 关于

**competing** ← **compete** (v. 竞争，对抗) → **competitive** (adj. 有竞争力的) **competition** (n. 竞争) **competitor** (n. 竞争者)

4. Social scientists have exploded some myths about who's happy and who's not by identifying predictors of happiness and life satisfaction. (L13~14) 社会科学家们通过辨别与人生的快乐和满足有关的猜测，推翻了一些关于哪些人快乐、哪些人不快乐的错误观念。

此处 **explode** v. prove something that many people think or believe is wrong or not true 推翻，戳穿

e.g. Although Li Hongzhi's lies have been exploded, some people still believe in Falungong.

尽管李洪志的谎言已被戳穿，但仍有人信奉法轮功。

☐ **explode** v. 爆炸；大发雷霆；激增，迅速扩大

**predict** (v.) → **predictor**

5. Yet knowing someone's age gives no clue to the person's lasting sense of well-being. (L20~21) 但是，一个人是否一直幸福，他的年龄并不能给予任何启示。

**give a (no) clue to sth.:** 给某事（没）提供线索

e.g. The phone gave the police a clue to the case.

那个电话给警方提供了这个案件的线索。

**last** (vi.) → **lasting** (adj.)

6. In study after study, four traits are typical of happy people. (L35) 一次又一次的研究表明，快乐的人有四个典型特征。

**be typical of:** be characteristic of 是……的特征

区分: **trait**, **characteristic**, **attribute**

**trait** 用法比较正式，强调的是“个人的性格，事物的特性”

**attribute** 强调该特征的“有用性”

**characteristic** 常用复数形式，表示“事物的与众不同的特性”

e.g. What attribute should a qualified teacher have? 一位合格的教师应有什么样的品质？

A characteristic of this species is its long neck. 这个物种的一个特征就是它的长脖子。

7. As we might expect of people who are usually happy, they report that they have positive self-esteem. (L35~36) 快乐的人承认他们有很强的自尊心，这与我们猜想的一致。

**expect ... of sb.:** 预料某人……

**as** 为关系代词，引导一个非限制性定语从句。

8. Deprived of control over one's life—a phenomenon studied in prisoners, nursing-home patients etc.—people suffer lower morale and worse health. (L44~45) 一旦失去了生活的自主权，人们就会意志消沉、健康恶化，这一现象曾在囚犯、疗养院里的病人等群体中进行过研究。

**deprive sb. of sth.:** 剥夺某人某样东西

e.g. In the past, many children from poor families were deprived of the right to be educated.

在过去, 许多穷人家的孩子被剥夺了受教育的权利。

**control (n.) over sth.:** 对……的控制

9. Yet happiness seems changeable only within limits imposed by our genetic makeup. (l.64) 然而, 快乐似乎只能在基因组织所限定的范围内变化。

**within limits:** 在一定范围内, 适度地

**impose vt.** 把……强加

□impose A on B: 把 A 强加于 B

10. Depending on our outlooks and recent experiences, our happiness fluctuates around our happiness set point, which disposes some people to be ever cheerful and others gloomy. (l.67-69) 快乐程度在人生观和最近经历的影响下, 会在一个我们固有的快乐值左右变动, 这个固有的快乐值使一些人常常快乐而一些人却愁肠百结。

此处的 **set** 为形容词, 意思是 “不变的, 固定的; 预先准备好的”

**dispose vt.** 使倾向于, 使有意于; 配置, 安排; 处理

□dispose vi. (of) 处理

e.g. A new way has been found to dispose of the wastes. 已经找到了处理这些废料的新方法。

## 五、参考答案

### Part One Preparation

#### 1. Story Behind the Faces



Face 1



Face 2



Face 3

#### Sample 1

Faces:

**Story:** Margaret is a compulsive bargain hunter. Every time there is a sale, she buys a lot, including things she will never use. One day, she found a boutique that offered winter clothes at a surprisingly low price. Though it was a scorching summer day, she went in without any hesitation because she found the prices irresistible and the clothes really beautiful. She spent an hour excitedly selecting the cheap but beautiful clothes (Face 1). After she paid for the clothes with all the money she had on her, she left the boutique satisfied. But as soon as she stepped out of the shop, one of the shop assistants rushed out and asked her to stop. Then she found some passers-by staring at her as if she

were a shoplifter. She was really astonished--she had paid for all the clothes she bought. "What happened?" she wondered (Face 2). When she went back into the shop, she was congratulated by the shop manager. Before she became even more surprised, she was told that she was the lucky customer of the day and that she had bought her clothes free of charge. "That is really a bargain!" she exclaimed (Face 3).

### Sample 2

Faces:



Face 1

Face 2

Face 3

*Story:* Once upon a time, there was a wizard. Though he was the greatest wizard of his time, he had to admit that he was not good-looking. In order to become handsome, he spent years trying to develop a magic medicine that would turn the ugly into beautiful. One morning, he was working in his laboratory as usual. This time, however, he succeeded in making some red liquid turn black, which he thought was the magic medicine. Wild with excitement, he decided to try it on someone else since he dared not experiment on himself (Face 1). At this moment, his cat ran in. "Yes, the cat." The wizard suddenly got an idea. The cat took the test, but nothing happened. Disappointed as usual, he walked slowly out of the laboratory, leaving the door open (Face 2). A few minutes later, realizing that the door was still open, he hurried back. To his great astonishment, he saw a beautiful lady standing there. And believe it or not, she was eating a mouse (Face 3).

## 2. Happiness Test

### STEP TWO

#### *Samples*

- 1) -- I'm most satisfied with the fact that I'm intelligent enough to be enrolled in a prestigious university.
- I'm most satisfied with my strong willpower. I have been taught never to give up even if I am faced with great difficulties.
- I'm most satisfied with the harmonious relationships between the members of my family. We help and learn from each other and enjoy each other's company.
- I'm most satisfied with my major and what I've achieved so far. Hopefully this will enable me to find a good job.

- 2) – I'm most dissatisfied with my communication ability. I'm reserved and so it's difficult for me to make friends with others.
- I'm most dissatisfied with my bad temper. I'm easily annoyed by anything I find unsatisfactory. So I often hurt my friends.
- I'm most dissatisfied with my financial situation. I'm often short of money and cannot afford to go traveling, my favorite hobby.
- 3) --I think I will become even happier after graduation because I can be economically independent and pursue my interests with the money I earn. And I'm quite sure that I will have a good family, which is also a source of happiness.
- I don't think every student can become happier after graduation. We are quite carefree when we are students. After we graduate, we will inevitably meet different kinds of people and will be in different situations that we cannot predict now. I'm afraid that not all the problems of life will be solved. So probably we will feel discouraged from time to time.

## **Part Two Listening -Centered Activities**

### **Listening I**

#### *Tapescript*

#### **Happiness and Smiling**

Happiness is associated with smiling. But do we always smile when we are happy?

During the Olympic Games in Barcelona in 1992, Spanish researchers analyzed the facial expressions of 22 gold medal winners at the medal ceremonies. The researchers were surprised to see that these medal winners didn't smile very much. In fact, throughout the different medal ceremonies, they only smiled about 10% of the time. But during the brief moment when the gold medal was actually put around their neck, the medal winners grinned about 70% of the time.

The researchers interviewed the athletes they had watched to find out how they felt. All the winners interviewed said that they felt intensely happy throughout the ceremony.

Despite the fact that they were profoundly happy, they didn't smile a great deal. The researchers concluded that smiling is not the automatic expression of happiness. The fact that the gold medal winners smiled much more when they were actually being given their medals can be explained because, according to the Spanish researchers, smiling is a form of communication between individuals. The happy athletes were smiling at the people who were giving them their gold medals.

Perhaps we can support the findings of the Spanish researchers by making some observations of our own behavior. When we are all alone, for example, do we smile to ourselves when we are happy? Probably not very often. If someone greets us with a friendly smile, do we respond with a smile? Yes, we probably do. When a friend gives us a beautiful present, would we show our appreciation with a smile? Yes, of course. But if we are sitting alone watching television, do we smile at a commentator who smiles at us?

#### **Exercise 1**

- 1) facial      2) smile very much      3) communication      4) individuals      5) don't smile

### Exercise 2

- 1) What is the nationality of the researchers?    B
- 2) How much of the time did the gold medal winners smile during the medal ceremonies?    A
- 3) When did the athletes smile quite a lot?    C
- 4) How did the gold medal winners feel during the ceremony?    D
- 5) According to the passage, on which of the following occasions would we most probably NOT smile?    A
- 6) Which of the four statements is true according to the passage you have just heard?    D

### Exercise 3

#### *Samples*

1) -- I agree that smiling is a form of communication between individuals. We can see many commentators smiling on TV, but I never smile at them. Even if they mention something amusing, I don't smile. Instead, I probably laugh.

I don't think the responses from the Olympic gold medal winners are a good example. Those medalists are really very happy at heart. They are extremely excited when they realize that they have become the winners. They would probably express their excitement by crying. When the medal ceremony begins, they are perhaps no longer excited. That is the reason why they don't smile much.

-- I sometimes smile when I read newspapers. For example, if I find a story humorous in the newspaper, I smile. But I don't think I am communicating with others. That's why I don't agree that *smiling is a form of communication between individuals*.

2) -- Yes. Sometimes I will smile when I feel happy. I won't even realize it myself until someone asks me, "Why are you so happy?"

-- No. When I feel happy, I will either laugh or tell others or myself what happy feelings I have. But I certainly don't smile.

3) -- I always smile when I meet someone I know.

-- When I feel really happy and there is nobody around me, I will smile.

-- I always smile when I'm watching some interesting TV programs.

-- Sometimes when I feel embarrassed, I will smile in order to hide my true feelings.

-- Facing a camera, I will smile.

4) Other ways to express one's happiness:

-- to sing and dance;

-- to cry;

-- to yell;

-- to jump;

-- to run wildly;

-- to go shopping;

-- to clap one's hands;

- to eat a lot;
- to chat with others;
- to play games;
- to clean the room and put everything in order.

## Listening II

### *Tapescript*

#### Wealth and Well-being

- Interviewer: Good morning, professor Sherwood. Thank you for your accepting our interview. You have been doing research on happiness for many years, so I'm sure you have some interesting information to share with our audience.
- Pro. Sherwood: Good morning. Thank you for inviting me. I hope I can answer your questions.
- Interviewer: I would like to start with a general question. Are people in rich countries happier than people in not-so-rich countries?
- Pro. Sherwood: Well, I would say there is a relationship between national wealth and well-being. In other words, the economic wealth of a country does not appear to reflect the overall well-being of its citizens. For instance, in Portugal, one in ten people reports being very happy, whereas in Holland, four in ten people say they are very happy.
- Interviewer: Does it mean that rich people in a country are happier than poor people?
- Pro. Sherwood: In some poor countries, satisfaction with one's financial situation does affect happiness. But once people are able to afford the basic necessities of life, having more money doesn't necessarily make them happier.
- Interviewer: What about rich places like Europe and the United States? Are income and happiness related?
- Pro. Sherwood: Very little. Rich people are only slightly happier than the average citizen. People whose income increases constantly are not any happier than people whose income doesn't increase.
- Interviewer: I am always wondering whether winning a lottery can bring happiness. Is there any research on that?
- Pro. Sherwood: Well, as a matter of fact, various studies show that lottery winners only get temporary joy.
- Interviewer: I guess wealth is like health. If you don't have your health or if you are extremely poor, you will be miserable.
- Pro. Sherwood: Yes, that's true. Happiness is wanting what we have rather than getting what we want.
- Interviewer: That's a nice way of putting it. Well, in your opinion, do people become happier as their countries become richer?
- Pro. Sherwood: Well, if take the case of the United States, from 1957 to 1996, the proportion of people who said that they were very happy declined from 35% to 30%. But during that same period, the average income per person in the United States doubled.
- Interviewer: So, you mean that a steady increase in a country's prosperity does not mean an

increase in its people's happiness.

Pro. Sherwood: That's right.

### Exercise 1

#### 1) Questions:

Are people in rich countries happier than people in not – so- rich countries?

#### Answers:

The economic wealth of a country does not appear to reflect the overall well-being of its citizens.

#### Evidence:

In Portugal, one in ten people reports being very happy, whereas in Holland, four in ten people say they are very happy.

#### 2) Questions:

Are rich people in a country happier than poor people?

#### Answers:

In some poor countries, satisfaction with one's financial situation does affect happiness. But once people are able to afford the basic necessities of life, having more money doesn't necessarily make them happier.

In rich places like Europe and the United States, the relationship between income and happiness is rather weak.

#### 3) Questions:

Can winning a lottery bring happiness?

#### Answers:

As a matter of fact, various studies show that lottery winners only get temporary joy.

#### 4) Questions:

Do people become happier as their countries become richer?

#### Answers:

A steady increase in a country's prosperity does not mean an increase in its people's happiness.

#### Evidence:

In the United States, from 1957 to 1996, the proportion of people who said that they were very happy declined from 35% to 30%. But during that same period, the average income per person in the United States doubled.

### Exercise 2

1) Wealth is like health. If you don't have your health or if you are extremely poor, you will be miserable.

2) Happiness is wanting what we have rather than getting what we want.

3) – Yes, I agree . If people can't make ends meet they can't be happy. They will have to worry about daily necessities and will always be thinking about ways to make money. And there will be no chance for them to enjoy life, let alone to feel happy. But once they can support their families and save



a certain amount of money every month, they should feel satisfied with their financial situation. If they love money too much, they would either be misers or risk their health to earn more. Some people even cheat others out of their money, and consequently become criminals. Therefore, it is almost impossible for those people to be happy. So I think we have to be content with our lives. Greed and jealousy are major causes in feeling miserable.

4) – No. First of all, happiness is not wanting what we have. What we have is not always satisfactory. To accept it unconditionally will cause depression rather than happiness. And it is also possible that there won't be much change in our lives, which we will find boring. If all the members in a society were satisfied with what they have, there would be no progress. Second, happiness is getting what we want. The pursuit of happiness itself is a kind of happiness to us, no matter whether we find it or not. The most important thing is that we have tried. Of course, if we succeed, it will bring us a greater sense of happiness.

### Part Three Reading-Centered Activities

#### In-Class Reading

#### II. Pre-Reading

*Sample*

#### STEP TWO

Generally speaking, an extroverted optimist with high self-esteem who does not put too much emphasis on wealth has a good potential for happiness. As far as I'm concerned, I'm rather reserved and pessimistic and my self-esteem is not high, so it seems that I'm not likely to be happy. But the truth is that I feel happy most of the time. Nothing is absolute and perhaps I am an exception to the general rule.

#### VI. Post Reading

#### Reading Comprehension

#### 1. Understanding the Main Idea of the Passage

##### 1) Introduction (Para. 1):

A question is raised: What engenders a sense of well-being/happiness?

##### 2) Different speculations about the source of happiness in history (Para. 2):

A. Ancient philosophers believed that happiness accompanied a life of intelligent reflection.

B. Competing ideas about the source of happiness in later centuries:

a. Happiness comes from living a virtuous life versus indulging pleasures.

b. Happiness comes from knowing the truth versus preserving illusions.

c. Happiness comes from restraint versus getting rid of rage and misery.

##### 3) Some myths about happiness that have been exploded by social scientists (Para.3~6)

A. Question: Does happiness favor people of a particular age?

Answer: No. Knowing someone's age gives no clue to the person's lasting sense of well-being.

B. Question: Does happiness have a favorite sex?