

COLLEGE ORAL ENGLISH:
A TASK-BASED APPROACH

大学英语口语教程

(上)

总主编：陆军

总主编：邓晓明

主编：雷萍

副主编：张屏



外语教学与研究出版社

FOREIGN LANGUAGE TEACHING AND RESEARCH PRESS

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总主审：邓晓明

主 编：雷 萍

副主编：张 屏

编 者：（以姓氏拼音为序）

李良彦

梁 田

谭季红

王 欣

杨 剑

张迎新

张玉凤

仲晓娟

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前言

《大学英语口语教程》(*College Oral English: A Task-Based Approach*)是根据目前大学英语教学实际需要,以教育部颁布的《大学英语课程教学要求》为指导思想和编写依据,以提高学生口语交际能力为目标而编写的口语教材。本教材内容贴近学生生活,反映学生感兴趣的话题,围绕现实社会、学生生活及其未来工作所要面对的问题等组织材料,所选文章内容鲜活,体现了时代性、实用性和趣味性,能够充分地调动学生的阅读热情和表达欲望;同时该教材也注意将不同的文体和题材包括其中,使学生对不同类型的文体和话题有所接触,并在编写中融入了很多文化背景知识,在提高学生理解能力的同时,培养其对文化差异的敏感性、宽容性和处理文化差异的灵活性,有助于扩大学生的知识面,增强其对英语国家文化的了解,促进其多元文化视角的形成。

每一教学单元围绕一个中心话题展开,有 Passage A 和 Passage B 两篇阅读材料。每篇阅读材料配有针对性很强的练习题:词汇测试是帮助学生巩固重点词汇;正误判断部分主要是测评学生对原文内容的理解;英汉翻译是测试学生对中心话题更深层次的理解;写作练习通过短文缩写和话题作文培养学生的阅读和写作能力;基于任务型口语练习旨在培养学生的材料收集能力及自学能力,训练其口语能力和思维拓展能力,是对每单元话题主题的延伸;课外电影赏析任务不仅促进学生听说能力的提高,而且引发更深层的思考与讨论,增强跨文化交际能力。另外,书后附有部分习题的参考答案。

本教材编写设计突出英语学习的输出需先经过必要的输入过程这一理念,试图让学生在课前围绕某一主题进行广泛视、听、读,并根据教师布置的任务为课堂的各种口语活动做充分准备,即在课前充分输入的基础上再在课堂上进行适当的输出。本教材的编写原则是基于任务型教学法的原则,由教师指导学生自主完成学习任务,鼓励学生在课前从视、听、读入手,熟悉该话题所涉及的相关词汇与表达法,了解相关的文化背景与信息内容,思考相关问题与讨论话题,为课堂上的各项口语活动做好充分的准备。所以,课上活动是对学生课前自主学习能力与效果的检查与检验,而课前的自主学习是课堂良好表现的必要保证,是提高英语运用能力的必要准备环节。

为便于教师组织安排课堂教学活动,每个单元围绕主题编排了多项口语任务,包括话题讨论、个人报告、分组合作、角色扮演、课堂辩论和故事复述,提供了不同的选择和组合的可能性,避免千篇一律的教学形式,使课堂活动富于变化,增强学生的期待感和新鲜感。这些活动形式或有助于培养学生的语言模仿能力,或有助于扩充其知识面,帮助其认识不同于自己文化的世界,或有助于训练其思辨能力,或有助于增强其协作意识等。同时,教师还应注重培养学生的自主学习意识和能力,给予必要而适当的学习方法指导与引导,可鼓励学生围绕单元主题课前自主搜集相关资料,不同学生可能会收集、了解、吸收到不同的知识、信息,进一步丰富该话题领域知识与信息内容,并在此基础上进行深度思考,提出问题,并在课堂上探讨所提问题的解决办法,以提高学生发现问题、分析问题和解决问题的意识与能力,为学生的全面发展尽一份力量。

编者诚挚希望使用此书的师生提出宝贵意见,以便我们进一步修改。谢谢!

编者

2011年8月

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Unit 1 Values & Attitudes



Unit Objectives

- To encourage students to learn more about life values in general, to explore their own spiritual growth and eventually to achieve incredible breakthroughs in their lives;
- To help students to establish and maintain a constructive attitude—a healthy, positive and abundant one;
- To engage students in a series of tasks that will inspire them to become real participants in life, to explore their potential, and to take actions to follow their dreams;
- To motivate students to research why some people succeed while others get disappointing results—the power of values and attitudes to shape one's destiny.

Lead-in

1. Watch the movie *Forrest Gump* before you go to class and sum up the plot of the movie *Forrest Gump*.
2. Share your ideas about the movie with your classmates.

Reading Passages

Passage A

Two Truths to Live By

Hold fast, and let go:
understand this paradox, and you stand
at the very gate of wisdom

The art of living is to know when to hold fast and when to let go. For life is a paradox: It enjoins us to cling to its many gifts even while it ordains their eventual relinquishment. The rabbis of old put it this way: “A man comes to this world with his fist clenched, but when he dies, his hand is open.”

Surely we ought to hold fast to life, for it is wondrous, and full of a beauty that breaks through every pore of the earth. We know that this is so, but all too often we recognize this truth only in our backward glance when we remember what it was and then suddenly realize that it is no more.

We remember a beauty that faded, a love that waned. But we remember with far greater pain that we did not see that beauty when it flowered, that we failed to respond with love when it was tendered.

A recent experience re-taught me this truth. I was hospitalized following a severe heart attack and had been in intensive care for several days. It was not a pleasant place.

One morning, I had to have some additional tests. The required machines were located in a building at the opposite end of the hospital, so I had to be wheeled across the courtyard on a gurney.

As we emerged from our unit, the sunlight hit me. That’s all there was to my experience. Just the light of the sun, and yet how beautiful it was—how warming, how sparkling, how brilliant!

I looked to see whether anyone else relished the sun's golden glow, but everyone was hurrying to and fro, most with eyes fixed on the ground. Then I remembered how often I, too, had been indifferent to the grandeur of each day, too preoccupied with petty and sometimes even mean concerns to respond to the splendor of it all.

The insight gleaned from that experience is really as commonplace as was the experience itself: Life's gifts are precious—but we are too heedless of them.

Here then is the first pole of life's paradoxical demands on us: never too busy for the wonder and the awe of life. Be reverent before each dawning day. Embrace hour. Seize each golden minute.

Hold fast to life, but not so fast that you cannot let go. This is the second side of life's coin, the opposite pole of its paradox: We must accept our losses, and learn how to let go.

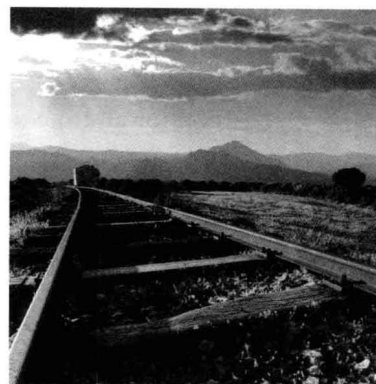
This is not an easy lesson to learn, especially when we are young and think that the world is ours to command, that whatever we desire with the full force of our passionate being can, nay, will, be ours. But then life moves along to confront us with realities, and slowly but surely this second truth dawns upon us.

At every stage of life we sustain losses—and grow in the process. We begin our independent lives only when we emerge from the womb and lose its protective shelter. We enter a progression of schools, then we leave our mothers and fathers and our childhood homes. We get married and have children and then have to let them go. We confront the death of our parents and our spouses. We face the gradual or not so gradual waning of our strength. And ultimately, as the parable of the open and closed hand suggests, we confront the inevitability of our own demise, losing ourselves, as it were, all that we were or dreamed to be.

But why should we be reconciled to life's contradictory demands? Why fashion things of beauty when beauty is evanescent? Why give our heart in love when those we love will ultimately be torn from our grasp?

In order to resolve this paradox, we must seek a wider perspective, viewing our lives through windows that open on eternity. Once we do that, we realize that though our lives are finite, our deeds on earth weave a timeless pattern.

Life is never just being. It is a becoming, a relentless flowing on. Our parents live on through us, and we will live on through our children. The institutions we build endure,



and we will endure through them. The beauty we fashion cannot be dimmed by death. Our flesh may perish, our hands will wither, but that which they create in beauty and goodness and truth lives on for all time to come.

Don't spend and waste your lives accumulating objects that will only turn to dust and ashes. Pursue not so much the material as the ideal, for ideals alone invest life with meaning and are of enduring worth.

Add love to a house and you have a home. Add righteousness to a city and you have a community. Add truth to a pile of red brick and you have a school. Add justice to the far-flung round of human endeavor and you have civilization. Put them all together, exalt them above their present imperfections, add to them the vision of humankind forever free of need and strife and you have a future lighted with the radiant colors of hope.

► New Words

paradox /'pærədɒks/ *n.* a statement that seems impossible because it contains two opposing ideas that are both true 悖论, 似非而是的话

[同] ambiguity

e.g. The story contains many levels of paradox.

enjoin /ɪn'dʒɔɪn/ *vt.* instruct or urge someone to do something 命令; 责令; 嘱咐

[同] bid, command

e.g. She put a finger to her lips to enjoin silence.

ordain /ɔ:'deɪn/ *vt.* order or decree something officially 命令; 规定; 判定

[同] order, enact

e.g. Has the law been ordained?

relinquishment /rɪ'lnkwɪʃmənt/ *n.* the act to voluntarily cease to keep or claim 放弃 (地位、权利等)

[同] surrender, abandonment

rabbi /'ræbaɪ/ *n.* a Jewish scholar or teacher, especially one who studies or teaches Jewish law 拉比 (犹太教经师或神职人员)

clench /klentʃ/ *vt.* hold your hands, teeth, etc. together tightly, usually because you feel angry or determined 攥紧 (拳头等); 咬紧 (牙齿等)

[同] grasp, clutch, grip

e.g. He had to clench his teeth to stop himself from shouting with anger.

wane /weɪn/ *vi.* decrease in vigor, power, or extent; become weaker 减少, 减弱

[同] decline, decrease, diminish, abate, lessen

e.g. Confidence in the dollar waned.

sparkling /'spɑ:kliŋ/ *adj.* shining brightly with points of flashing light 闪亮的, 闪光的

[同] twinkling, glittering, glistening

e.g. You can see a sparkling lake through this window.

preoccupied /pri:'ɒkjupaɪd/ *adj.* overly concerned with something 一心想着……的

[同] engrossed, engaged

e.g. He was too preoccupied with his own

problems to worry about hers.

glean /gli:n/ *vt.* extract (information) from various sources 搜集 (信息)

[同] collect, gather, pick

e.g. Whatever hints we can glean about the future will help us prepare for the changes to come.

reverent /'revərənt/ *adj.* feeling or showing deep and solemn respect 非常尊敬的

[同] pious, respectful

e.g. She spoke in a reverent voice.

evanescent /,evə'nesənt/ *adj.* passing out of sight, memory, or existence quickly 瞬间即逝的, 迅速遗忘的

[同] short-lived, momentary, fleeting

e.g. Of this evanescent realm we can have at best only true opinion.

perish /'perɪʃ/ *vi.* suffer complete ruin or destruction 毁灭

[同] disappear, vanish

e.g. Thousands perished in the accident.

exalt /ɪg'zɔ:lt/ *vt.* praise someone or something very much 赞扬, 颂扬

[同] applaud, extol

e.g. The poem was written to exalt the Roman Empire.

strife /straɪf/ *n.* angry or bitter disagreement over fundamental issues; conflict 冲突, 争斗

[同] quarrel, squabble, fighting

e.g. Poverty breeds strife.

► Reading Comprehension

Decide whether each of the following statements is true (T) or false (F).

- _____ 1. The old saying "A man comes to this world with his fist clenched, but when he dies, his hand is open." intends to show it's useless to pursue material enjoyment.
- _____ 2. The author didn't appreciate the beauty of the sunlight until one day he was in hospital, because he was not interested in it for it is too commonplace.
- _____ 3. Life is a paradox because on the one hand we are supposed to hold dear life's gifts, on the other, we are destined to suffer from losses of these gifts.
- _____ 4. The author intends to appeal to people to treasure both happiness and sorrows because they both mark the existence of life.
- _____ 5. The second truth to live by is to learn to be indifferent to the inevitability of life, departure and death.
- _____ 6. The author encourages mankind to pursue the ideal rather than the material because only ideals add meaning to life and only ideals have lasting value.

► **Word Match**

Match the following words with their definitions within each group of five words.

clench evanescent grandeur heedless perish	disappearing quickly from sight or memory magnificence press (your hands, teeth, etc.) together tightly suffer complete ruin or destruction not paying careful attention to
relentless reverent far-flung reconcile preoccupy	make someone accept an unpleasant situation widely extended showing deep respect engross the mind of someone endless
relish sustain strife embrace sparkling	undergo (an injury, loss, etc.), suffer angry or violent disagreement between two people or groups accept an idea eagerly shining and flashing with light enjoy greatly

► **Sentence Completion**

Complete the sentences by using the proper words above in the Word Match. Change their forms if necessary.

1. His wife becomes more and more _____ with children.
2. For so many years, he has been _____ the hope that she would return.
3. She eagerly _____ the offer of a trip.
4. I am now quite _____ to living in the north.
5. He helps to keep all our _____ graduates in touch.
6. He was absorbed in the calm and _____ water of the lake.
7. The flower doesn't _____ in winter.
8. He _____ a foot injury last month.

Passage B

► Pre-reading Activity

Answer the questions before you read the passage.

1. Are you sometimes frustrated with how things have turned out in your life? Give an example.
2. Suppose you have only three more days of sight, how would you spend the three precious days? How about if you have only three more days to live?
3. How do you understand the following poem?

What We Can Choose

We can't choose the direction of the wind,
 But we can choose how we set the sail.
 We can't always choose our circumstances,
 But we can choose our attitude.
 We can't control all the events that happen in our life,
 But we can control how we deal with them.

Three Days to See

All of us have read thrilling stories in which the hero had only a limited and specified time to live. Sometimes it was as long as a year; sometimes as short as 24 hours. But always we were interested in discovering just how the doomed man chose to spend his last days or his last hours. I speak, of course, of free men who have a choice, not condemned criminals whose sphere of activities is strictly delimited.

Such stories set us thinking, wondering what we should do under similar circumstances. What events, what experiences, what associations should we crowd into those last hours as mortal beings? What happiness should we find in reviewing the past, what regrets?

Sometimes I have thought it would be an excellent rule to live each day as if we should die tomorrow. Such an attitude would emphasize sharply the values of life. We should live each day with a gentleness, a vigor, and a keenness of appreciation which are often lost when time stretches before us in the constant panorama of more days and months and years to come. There are those, of course, who would adopt the epicurean

motto, "Eat, drink, and be merry." But most people would be chastened by the certainty of impending death.

Most of us, however, take life for granted. We know that one day we must die, but usually we picture that day as far in the future. When we are in buoyant health, death is all but unimaginable. We seldom think of it. The days stretch out in an endless vista. So we go about our petty tasks, hardly aware of our listless attitude toward life.

The same lethargy, I am afraid, characterizes the use of all our faculties and senses. Only the deaf appreciate hearing, only the blind realize the manifold blessings that lie in sight. Particularly does this observation apply to those who have lost sight and hearing in adult life. But those who have never suffered impairment of sight or hearing seldom make the fullest use of these blessed faculties. Their eyes and ears take in all sights and sounds hazily, without concentration and with little appreciation. It is the same old story of not being grateful for what we have until we lose it, of not being conscious of health until we are ill.



I have often thought it would be a blessing if each human being were stricken blind and deaf for a few days at some time during his early adult life. Darkness would make him more appreciative of sight; silence would teach him the joys of sound.

Now and then I have tested my seeing friends to discover what they see. Recently I was visited by a very good friend who had just returned from a long walk in the woods, and I asked her what she had observed... "Nothing in particular," she replied. I might have been incredulous had I not been accustomed to such replies, for long ago I became convinced that the seeing see little.

How was it possible, I asked myself, to walk for an hour through the woods and see nothing worthy of note? I who cannot see find hundreds of things to interest me through mere touch. I feel the delicate symmetry of a leaf. I pass my hands lovingly about the smooth skin of a silver birch, or the rough, shaggy bark of a pine. In the spring I touch the branches of trees hopefully in search of a bud, the first sign of awakening Nature after her winter's sleep. I feel the delightful, velvety texture of a flower, and discover its remarkable convolutions; and something of the miracle of Nature is revealed to me. Occasionally, if I am very fortunate, I place my hand gently on a small tree and feel the happy quiver of a bird in full song. I am delighted to have the cool waters of a brook rush through my open finger. To me a lush carpet of pine needles or spongy grass is more welcome than the most

luxurious Persian rug. To me the pageant of seasons is a thrilling and unending drama, the action of which streams through my finger tips.

At times my heart cries out with longing to see all these things. If I can get so much pleasure from mere touch, how much more beauty must be revealed by sight. Yet, those who have eyes apparently see little. The panorama of color and action which fills the world is taken for granted. It is human, perhaps, to appreciate little that which we have and to long for that which we have not, but it is a great pity that in the world of light the gift of sight is used only as a mere convenience rather than as a means of adding fullness to life.

Oh, the things that I should see if I had the power of sight for three days!

► New Words

delimit /dɪ'liːmɪt/ *vt.* determine the limits or boundaries of 给……划界（或定界）

[同] specify, localize

e.g. delimit a boundary line

panorama /ˌpænə'rɑːmə/ *n.* an unbroken view of the whole region surrounding an observer 全景

[同] view, scene, sight, vista

e.g. a panorama of American literature

epicurean /ˌepɪkjʊ'riːən/ *adj.* gaining pleasure from the senses, especially that derived from fine food and drink 爱奢侈享受的

[同] hedonist, self-indulgent

impending /ɪm'pendɪŋ/ *adj.* going to happen very soon 迫在眉睫的

[同] forthcoming, imminent

e.g. Hurricane is impending.

buoyant /'bɔɪənt/ *adj.* cheerful and optimistic 愉快而充满信心的

[同] lighthearted, carefree

e.g. a young man of buoyant disposition

lethargy /'leθədʒi/ *n.* the feeling of having no energy and no interest in doing anything

无精打采

[同] boredom

e.g. Sleep deprivation can cause stress, lethargy and loss of appetite.

impairment /ɪm'peəmənt/ *n.* the fact that a part of your body is unable to do something fully (身体机能的) 受损

[同] loss, deficiency

e.g. He has a visual impairment in the right eye.

incredulous /ɪn'kredjʊləs/ *adj.* unwilling or unable to believe something 不能相信的

[同] doubtful, skeptical, distrustful

e.g. We are incredulous about ghosts.

convolution /ˌkɒnvə'luːʃən/ *n.* a coil or twist, especially one of many 盘绕；弯曲

[同] curl, complexity

e.g. cyclic convolution

pageant /'pædʒənt/ *n.* a public entertainment consisting of a procession of people in elaborate, colorful costumes, or an outdoor performance of a historical scene 盛大华丽的情景

[同] spectacle

e.g. Life was a colorful yet painful pageant to her.

► **Reading Comprehension**

Decide whether each of the following statements is true (T), false (F) or not mentioned (NM).

- _____ 1. In this story, we can understand the author's complaints about the unfair fate for her.
- _____ 2. It is a human weakness not to be grateful for what we have until we lose it.
- _____ 3. The author compares the splendor of four seasons to an endless drama.
- _____ 4. The author is disappointed and regretful when she knows that people of sight can't appreciate much of the beauty of the surroundings with their eyes.
- _____ 5. There exists a feeling of isolation in the author's mind because her illness has separated her from the world.
- _____ 6. The author does not have many friends because she has an obstacle to communicate with people.

Culture Tips for Values & Attitudes

Introducing a company promoting values and attitudes

Attitude is Everything, Inc. was founded in 1987 by Jeff Keller, author of the best-selling book, *Attitude Is Everything*. For more than 20 years, Jeff delivered presentations on attitude and personal development. Later on, Jeff's focus has shifted to issues of spiritual growth, and he is not presenting any attitude/personal development programs at this time. Attitude is Everything, Inc. also offers a variety of colorful, cost-effective "Attitude is Everything" products—to reinforce a positive attitude at home, at work and in schools.

Introducing the book *Life's Greatest Lessons* by Hal Urban

About the book

Life's Greatest Lessons is a wise, wonderful book. In it, Hal Urban, a parent and award-winning teacher, presents 20 principles that are as deeply rooted in common sense as they are in compassion. The topics, gathered from a lifetime of teaching both children and adults, span a wide range of readily understood concepts, including attitudes about money, understanding the real meaning of "success", and the importance of having fun. The book will help you find the best—in the world, in others, and in yourself. Classic in its simplicity and enduring in its appeal, *Life's Greatest Lessons* helps us all rediscover that the desire to live a good life is timeless.

About the author

Hal Urban, a psychology Ph.D. specializing in “peak performance”, draws on his own life experiences, wisdom imparted by his mentors and basketball coaches, observations of high school and college students, and the writings of other self-help gurus like Stephen Covey and M. Scott Peck. According to Hal, life’s great lessons are exactly what you always dreaded they’d be (they’re also his chapter titles): Life is hard and not always fair; there’s no substitute for hard work; you have to give up something to get something. Although slightly disdainful of the hug-happy self-esteem movement, Hal does insist that we all have a potential to live up to. Fortunately, since “attitude is far more important than intelligence, education, special talent, or luck”, with enough positive thinking, success is virtually assured—as long as we buckle down, set goals and stick with them, manage our time efficiently and find some kind of spiritual content to nourish our lives.

Useful Expressions**What life is:**

Life is just a big stage on which everyone is playing a role.

Life has treated me very well. I have nothing to complain about/nothing more to wish for.

Wouldn’t you say there is no such thing in anyone’s life as an unimportant day?

To me, every day is unique. Once it’s gone, it’s gone for good.

Life is like a kaleidoscope, full of changes and surprises.

Life is made of marble and mud.

Life is short but its ills/joys make it seem long.

Our everyday life is made up of all kinds of episodes, some interesting and pleasant, some awkward and embarrassing.

Always hold a positive attitude towards life:

What you do today is important because you are exchanging a day of your life for it.

There’s no sense in passing today by in pursuit of some rare and perfect tomorrow.

Learn from yesterday, live for today, and hope for tomorrow.

What makes life sweet is that it is so unpredictable/so full of pleasant surprises.

It is not how long your life is; it’s what you do with it that matters/counts.

All of us learn from our mistakes.

Dreams can come true:

When I was young, I wished to become a world-famous scientist/great novelist/poet/ astronaut/movie star/pop singer...

What I want most in life is a house of my own/a good job...

I never doubt that my dream will come true some day.

The hardest thing is to keep pursuing one's dream in spite of difficulties.

Perseverance is most important if you want to make your dreams come true.

Where there is a will, there is a way.

Money is not everything:

Happiness is not attained by accumulating wealth.

Money can buy certain comforts and offer some security, but it is not the answer for everything.

Oral Tasks and Class Activities

In this part, you're going to work at the tasks assigned. Your answers and performance should be prepared and your participation in class activities should be based on the previous reading in the textbook and online resources before you come to class.

Task 1 Movie-Related Discussion

Work with your partner and discuss the following questions.

1. Even though Forrest is a “foolish” boy, his mother always encourages him and gives him confidence to face his life. He creates his extraordinary life with his “intelligence”. So, do you agree with the statement “The height you attain in life is determined by your attitude rather than your intelligence or achievements”? Why?
2. How do you understand the life philosophy in the film—“Life is like a box of chocolates. You never know what you're gonna get”? Although you never know what will happen next minute, you can make it better with optimistic attitude in your life. How can you establish a constructive attitude towards your life?
3. In the blue sky, there is a beautiful feather dancing with the breeze, finally lighting on the foot of Forrest Gump sitting on the bench. What is the symbolic meaning of the feather in the film? All living creatures have a purpose in life, when they have fulfilled that purpose, they have met their journey's end—their destiny (destination). What is your destiny? What is your purpose or goal to achieve in life?