Lesson One



Task 2 Expanding Your Vocabulary

1. F 2.H 3.G 4.A 5.E 6.C 7.B 8.D

Audio Studio

Clip 1

Task 1 Note-taking

- 1) grow
- 2) world-changing leaders
- 3) libraries
- 4) Research labs
- 5) 39
- 6) student community

Task 2 True or False

- 1. F (Oxford is the oldest university in the English-speaking world.)
- 2. F (The colleges **have their own dining hall, library**, cultural groups and sport teams.)
- 3. T (...Oxford College, which contains its own wealth of history and tradition.)

№ <u>Clip 2</u>

Task 1 Note-taking

- 1) sick children
- 2) 2008
- 3) financial
- 4) online
- 5) interview
- 6) basic science

Task 2 Sound Club

- 1) got~a lot~of 连读
- 2) Director~of the College 连读
- 3) grea(t) thing 失去爆破/t/
- 4) get~to interact 连读
- 5) And~if 连读
- 6) ask~it 连读
- 7) right~away 连读



Task 1 Short Answer Questions

- 1) There are twenty thousand students studying in Oxford.
- 2) 900 years old.
- 3) Margaret Thatcher, Harold Wilson, David Cameron, Bill Clinton, Oscar Wilde and Hugh Grant.

Task 2 Note-taking

- 1) The search for knowledge
- 2) Four
- 3) science and research
- 4) The investigation of truth
- 5) The asking of question
- 6) try and change things for the better

Task 3 Summary

The essence of British life is searching for knowledge.

- The Great Britain has four of the world's top ten universities and invests a huge amount of money in science and research.
- As one of the most famous university, Oxford University has educated the most world leaders with thirty-eight different colleges and more than 20,000 students from almost 150 countries.
- Oxford University has a history of 900 years and has many famous alumni such as Margaret
 Thatcher and Bill Clinton.
- The Pro-Vice-Chancellor of Education Sally Mapston believes knowledge and education
 here is important because Great Britain as well as universities like Oxford have a rich
 interested in critical enquiry, in other words the search for knowledge, the investigation
 of truth and the asking of question.
- Knowledge is great. People in Great Britain have never given up trying and changing things
 for the better.

Lesson Two



Task 1 Reflecting on the Reading

- 1. Education is what you have left after all that is taught is forgotten.
- 2. Take each subject seriously, for even if what you learn isn't critical for your life, the skill of learning will be something you cherish forever.
- 3. He spoke of his calligraphy class, and how a decade later it became the basis for the beautiful Macintosh fonts.
- 4. The four features are: the greatest amount of free time, the first chance to be independent, the most flexibility to change, and the lowest risk for making mistakes.

Unit 1 Knowledge Is Great



5. She should make the best of her free time, become an independent thinker in control of her destiny, evolve herself into a bi-cultural talent and be bold to experiment, learn and grow through her successes and challenges.

Task 2 Expanding Your Vocabulary

1. D 2.A 3.F 4.H 5.G 6.C 7.E 8.B

• Audio Studio

₩ Clip 1

Task 1 Short Answer Question

- 1) International study has more than doubled in popularity.
- 2) flexibility, a desire to learn, a decent GPA.
- 3) No, because plenty of programs don't require a foreign language.
- 4) They will help you arrange your trip.
- 5) The United Kingdom, Italy, Spain, France and Australia.

Task 2 Note-taking

- 1) fear and doubts
- 2) reasons
- 3) honest
- 4) where you go
- 5) what you study
- 6) academic plan
- 7) major progress
- 8) international program office

₩ Clip 2

Task 1 Note-taking

1) Ten thousand dollars

- 2) SAT
- 3) Chinese schools
- 6) overseas
- 7) make friends

Task 2 Sound Club

- 1) make~up 连读
- 2) Part~of~a 连读
- 3) all~of last~year 连读
- 4) Harvard~and Yale 连读
- 5) rank~among the best 连读
- 6) While~on one 连读
- 7) out~of 连读



Task 1 Note-taking

- 1) social events
- 2) tripled
- 3) being away from family
- 4) \$ 100 million
- 5) \$ 4.5 billion
- 6) cooperation
- 7) scholarships

Task 2 Idea box

Name Their Ideas

Sun Wei,	"The benefit is when I arrived, it doesn't take much
Student	adjusting. It's all Chinese."
An Rupeng, Student	"We are the only child in both families and when your parents gets older, they tend to miss you a lot and miss your grandson a lot."
Ferdinando Guerra, International Economist	Chinese students contributed more than 100 million dollars to LA's economy last year.
Jim Hosek, Economist	"There are a lot of Chinese entrepreneurs, businessman of all sorts, business leaders who are simply wealthier today and they can afford to send their sons and daughters abroad."
Li Jing, Chinese Native Varur Soni, Dean of USC's	"The majority of Chinese students received scholarships, now they have to pay their own way to come here." "So I think one of the trends we see with this generation is they are really thinking about how what they can learn here will help them when they go back to China."
	here will help them when they go back to chilla.

Task 3 Summary

- ♦ It is quite common to spot Chinese students in the USA.
- It's a positive effect for Chinese students, because it doesn't need much time to adjust when they arrive at the school.
- But studying in the US isn't always easy because you parents tend to miss you as well as your grandparents would miss their grandson a lot especially if you are the only child of your family.

- There is a tendency of studying in US for Chinese as Chinese students in the United States has almost tripled in the past ten years.
- Some American economists said Chinese students had contributed a great amount of money to the US.
- ♦ Nowadays the majority of Chinese students receive scholarships, which makes it possible to pay their own way to come to the USA.
- ♦ And some other economists hold that Chinese students now are really thinking about what they learn in America can help them when they go back to China. It's quite different from the former Chinese generation.
- ♦ At the same time, the US can benefit from the integration of cultures and nations with more collaboration and cooperation.

Home Listening

- 1) all walks of life
- 2) delighted
- 3)at the forefront of
- 4) remarkable
- 5) make up
- 6) distinctive
- 7) supervision
- 8) foster
- 9) is suited to
- 10) well-being

Transcript

Lesson One

Audio Studio

Order of School ServicesA Brief Intro to Oxford

Oxford is the oldest university in the English-speaking world, a city that lives and breathes education. A place where you can think rigorously, where you can grow intellectually, an institution that has been educating world-changing leaders for over 800 hundred years.

At oxford you have all the resources of Oxford University at your fingertips, some of the finest libraries, academic departments and research labs in the world.

As a student at Oxford University, you become a member of Oxford College, which contains its own wealth of history and tradition.

There are 39 different colleges in the university.

Each has its own academic fellowship and individual student community.

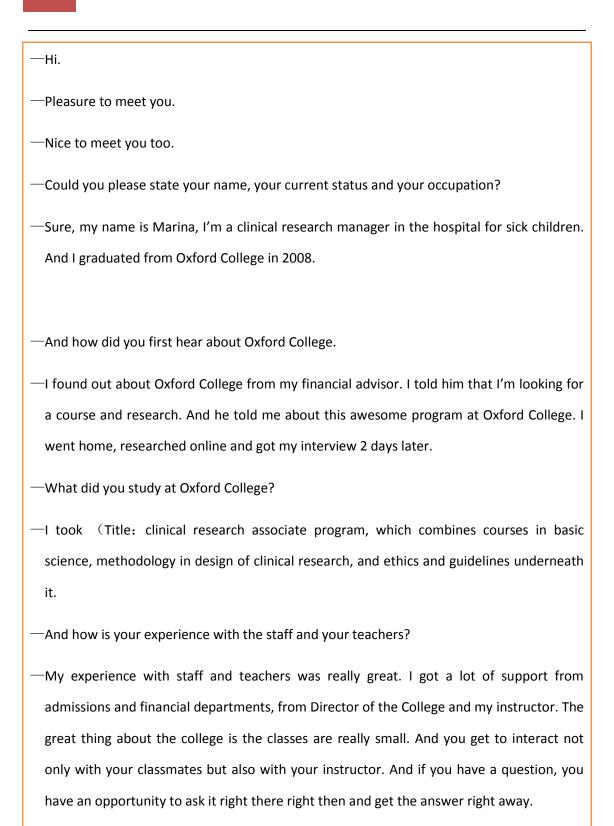
-Welcome to oxford

The colleges have their own dining hall, library, cultural groups and sport teams.

Your college will give you an opportunity to meet other brilliant students from all areas of academic study, from astrophysicists to archaeologists, from Earth scientists to engineers.

№ Clip 2 What Do You Know About Oxford?

—Hi I'm Katrina and I'm here to interview a graduate from Oxford College.



Video Studio

Oxford University

The search for knowledge is central to British life. In fact, four of the world's top ten universities can be found here. Every year, huge amounts are invested in science and research in this country... so why is knowledge so important to Great Britain?

Oxford has been a place of learning for hundreds of years and more world leaders have been educated here than any other university. This is Old Schools Quad, which is part of the famous Bodleian Library, at the heart of this historic establishment.

A quad or quadrangle is a courtyard with buildings on all sides. Oxford University is made up of thirty-eight different colleges. There are twenty thousand students studying here, from nearly a hundred and fifty countries. "Hi Sally, nice to me you." "Hi Richard, you too. Let's go this way." Dr. Sally Mapston is Pro-Vice-Chancellor of Education.

Richard: Sally. Tell me about Oxford University.

Sally: Oxford University is one of the world's leading universities. It's highly international, it's very modern and it has a great sense of history.

Richard: And how old is it?

Sally: The University has been here for 900 years. Many of the colleges are almost as old as that too, though some of them were established in the twentieth century.

Richard: You've had a lot of famous names here over the years.

Sally: Yes, we've had a lot of famous people at Oxford, from prime ministers such as Margaret Thatcher, Harold Wilson, David Cameron, US presidents, such as Bill Clinton, writers, such as Oscar Wilde and even film stars, such as Hugh Grant.

Richard: So why is it, do you think, that the search for knowledge and education is so important to Great Britain?

Sally: Great Britain and universities like Oxford have always had a rich interest in

critical enquiry. By that I mean the search for knowledge, the investigation of truth, the asking of questions. Whether it's to do with drama, to do with development, or even to do with disease, we're always asking the big questions to try and change things for the better.

There are universities all across the UK but they're not the only places where you can gain knowledge.

Lesson Two

• Audio Studio

№ Clip 1 How to Study Abroad?

In the past decade, international study has more than doubled in popularity. Sure you can go to London and Paris, but what about places like Africa or the Yucatan? The world is at your fingertips, you will need: flexibility, a desire to learn, a decent GPA, a school that accepts study abroad credits and a sense of adventure.

Step 1: conquer you fears and doubts, don't speak the native tongue, plenty of programs don't require a foreign language; worried about costs? Some overseas courses cost less than your home tuition, many schools employ full-time study abroad counselors who will help you arrange your trip.

Step 2: consider your reasons for studying abroad and be honest. Whether it is to study foreign arts or just chill somewhere close to the equator, your reasons should determine where you go and what you study.

Step 3: examine your academic plan, take your career goals, total course units and major progress into account. For example, will going overseas delay your graduation? Will

the credits you get count towards your major?

Step 4: choose a program, your campus study abroad office or international programs office can provide information about what is available. The five most popular destinations for Americans studying abroad, are: the United Kingdom, Italy, Spain, France and Australia, in that order.

№ Clip 2 Chinese Students Head to US

This is Cram school, a privately run crash course to get Chinese students into American universities, and business is booming. With students like Zhou Meiyi whose parents are willing to pay about ten thousand US dollars to help her pass the SAT entrance exam for college admission in the United States. "I plan to apply for 13 universities to 15 universities, such as Emory, Notre Dame." She's not applying to any Chinese schools, putting all her hopes on an American dream, even though she's never travelled overseas and worries about fitting in on campus. "I maybe cannot make friends." If Meiyi gets into Emory, she needn't worry. Chinese students make up the largest minority group there. Part of a record number of students coming from China. Already this year, the US has approved almost 90,000 student visas from China more than all of last year, which was also a record high. US schools like Harvard and Yale consistently rank among the best in the world. While on one popular academic list here, all mainland Chinese universities are way down below 200 out of 500. As Chinese families become wealthier, they often want the best education that money can buy for their child, usually their only child and that increasingly means a good school in the US and with that can come pressure to do whatever it takes to get accepted.

Video Studio

Chinese Students Study Overseas

At the University of Southern California it's easy to spot the students from China. They gather regularly for social events, like this mid-autumn festival. Environmental engineering student Sun Wei says he has not met many Americans because there are so many students from China. But he sees a positive side to this. "The benefit is when I arrived, it doesn't take much adjusting. It's all Chinese." But coming to the US has not been easy for many.

An Rupeng says he and his wife found it tough being away from family. "We are the only child in both families and when your parents gets older, they tend to miss you a lot and miss your grandson a lot." The number of Chinese students studying in the United States has almost tripled in past decade and has more than quadrupled since 1995."

International economist Ferdinando Guerra says, Chinese students contributed more than 100 million dollars to LA's economy last year, he says nationwide they contributed more than 4.5 billion dollars. Economists like Jim Hosek says China's economy growth is behind dramatic increase in Chinese studying in the US. "There are a lot of Chinese entrepreneurs, businessman of all sorts, business leaders who are simply wealthier today and they can afford to send their sons and daughters abroad."

Chinese native Li Jing studied education at the University of Southern California, she says as recently as 2004, Chinese students receive scholarships from US universities. "The majority of Chinese students received scholarships, now they have to pay their own way to come here." Varur Soni USC's dean of religious life says: while Chinese students have traditionally majored in engineering or science, they are now beginning to choose business, education or film. "So I think one of the trends we see with this generation is they are really thinking about how what they can learn here will help them when they go back to China. It's not like they wanna move here permanently like previous generations of students wanted to." And that worries some Americans. Says Jim Hose. "Well the number one concerned I believe on people's mind has to do with the outflow of human capital." But professors and

Unit 1 Knowledge Is Great

economists say the US can benefit from the Chinese presences. "I think we become more integrated as cultures as nations which makes the opportunity for collaboration, cooperation much more apparent and achievable." For the moment most of these students are primarily focused on making the most of new environment and studying hard so their parents will be proud.

Unit 2 Employment

Lesson One



Task 2 Expanding Your Vocabulary

1. H 2. B 3. D 4. C 5. G 6. E 7. F 8. A

Audio Studio

Clip 1

Task 1 Note-taking

- 1) Fashion Magazine
- 2) fashion shows
- 3) develop more information
- 4) architecture firm
- 5) CEOs, CFOs
- 6) start relations
- 7) how Chinese companies work

Task 2 Short Answer Questions

- 1. Yes. She enjoyed it so much, and she is so thankful, because the experience was amazing.
- 2. On the inside of HR
- 3. The best internship experience

© Clip 2

Task 1 Note-taking

- 1) money
- 2) independence
- 3) tired
- 4) private
- 5) export sales
- 6) advertising executive
- 7) new challenges
- 8) human resources
- 9) experience
- 10) The salary and benefits

- 11) very noisy
- 12) staying in the same place all the time

Task 2 Sound Club

- 1) ge(t) fed~ up with (失去爆破、连读) (连读)
- 2) join~ you (连读)
- 3) don't~ you (连读变音)
- 4) in~ a holding company (连读)
- 5) enjoy~ it (连读变音)
- 6) What~ I~ like~ about~ it(连读)
- 7) work~ overtime (连读)



Task 1 Note-taking

- 1) knowledge
- 2) experience
- 3) get a job
- 4) Work experience
- 5) restaurant
- 6) against the law
- 7) under 17

Task 2 Idea Box

Benefits of Internship

- A. For school kids it's a great way to see what life is like in the work force. And for older students it can be better than a classroom.
- B. It might be something as simple as greeting everybody. That's the sort of thing you don't get taught in a classroom so any internships are really beneficial from that point of view.
- C. Without getting an internship it would be tough to get a job. The market for graduates is very competitive. So what you want and your employers would want is work experience on your CV.
- D. In the fierce competition for experience some young people are doing whatever they can to get ahead even if that means giving up their time for free.
- E. Sometimes work experience looked more like actual work.
- F. There's nothing wrong with doing work experience as part of school or study. In fact, it's really important. But the aim of that is to benefit the student.

- G. If you're working for free to benefit a business, it could be against the law.
- H. The idea is to keep the workplace as fair as possible. It will be watching out for business doing the wrong thing and keeping things fair for young people on the road to their dream career.

Task 3 Summary

- ♦ It's no easy work to **get your dream job**. You'll need **knowledge and experience**.
- ♦ Looking for internship is better for older students.
- The competition for experience is fierce. Without an internship, getting a job could be a tough thing, so some young people are doing whatever they can to get ahead.
- However, some interns are more like actual work with no pay, such as working in a restaurant and ending up doing a week or two weeks of unpaid labor work.
- ♦ The aim of work experience as part of school study should be useful for students.
 To ensure this, there are many strict laws for work experience in Australia.
- ♦ It's necessary to keep the work place fair enough because the government doesn't want people to be paid to little or to lose their jobs.

Lesson Two



Task 1 Reflecting on the Reading

- 1. Demonstrating a professional attitude in the interview.
- 2. The right stuff, the right intangible qualities and the right professionalism.
- 3. Dressing formally.
- 4. Using eye contact and a smile during the interview.
- 5. Ask some questions about the company, its products, etc.

Task 2 Expanding Your Vocabulary

1.G 2.D 3.F 4.C 5.H 6.A 7.B 8.E



№ Clip 1

Task 1 Note-taking

- 1) director of HR department
 - 2) sales manager

Unit 2 Employment



- 3) TV commercials
- 4) business administration
- 5) work environment
- 6) new challenges
- 7) self-confidence
- 8) analysis
- 9) development
- 10) customer satisfaction surveys

Task 2 Short Answer Questions

- 1) Well, I will leave it to you to decide after you consider my abilities.
- 2) The regional sales director.
- 3) She seems to be a good candidate with the right kind of experience and personality. She is high on his list.

Clip 2

Task 1 Note-taking

- 1) doubts
- 2) attitude and abilities
- 3) learnt
- 4) future opportunities
- 5) prepare for them all
- 6) great stories
- 7) accomplishments
- 8) PAR

Task 2 Sound Club

- 1) result~ of (连读)
- 2) show~ off (连读)
- 3) keep~ your~ interviewer engaged (连读)
- 4) caught~ off~ guard (连读)
- 5) take~ a moment (连读)
- 6) that's~ a grea(t) question (连读、失去爆破)
- 7) make~ a grea(t) first~ impression(连读、失去爆破)



Task 1 Note-taking

1) assistant

- 2) skills
- 3) get you own work done
- 4) guide
- 5) history
- 6) famous people
- 7) paid
- 8) recreation
- 9) games
- 10) post
- 11) mail
- 12) admire
- 13) instructor
- 14) permission

Task 2 True or False

- 1) F (According to my next guest <u>you don't have to look very far</u> to make some extra cash in college.)
- 2) F (Jordan Goldman ... and he's joining me today with tips on where to look and how to pick a campus job.)
- 3) T (<u>Go to your campus's disability office</u>...And then they'll <u>distribute that to disabled</u> <u>students who can't take notes</u> themselves.)

Task 3 Summary

- ❖ In this interview, Jordan Goldman provides us with some tips on benefits of on-campus jobs and where to look for them.
- ♦ Library assistant is one top on the list, and it enables you to finish your own work more efficiently.
- ♦ Working as a campus tour guide is an effective way to make your spare time engaged, because you will interact with people who come to visit your campus.
- ♦ Also, note-taker is an attractive job because you just need to take very detail notes in your own class and get paid.
- ❖ If you are a sports fan, it would be a nice choice to work as a campus recreation worker, because you can get familiar with the athletes more easily.
- ♦ As a campus post office worker, you tend to deliver the mail to every department of your campus and network with them.
- ♦ Another nice choice is to work as a research assistant, which can enable you to pick up your own skills useful for own studies.
- ♦ At the end of the interview, Jordan talk about the gym instructor, if you are gifted in a talent in a certain sport, you may try to apply for it.

Unit 2 Employment



Home Listening

- 1) achievements
- 2) preparation
- 3) required
- 4) delegating
- 5) look beyond
- 6) Make a note
- 7) taken part in
- 8) taking initiative in
- 9) assume
- 10) transferable

Transcript

Lesson ONE

Audio Studio

© Clip 1 Internships

I did have an internship when I was in Beijing, and it was working for a cosmopolitan fashion magazine for Beijing, China. I enjoyed it so much, and I'm so thankful for the education abroad network setting me up with that because the experience was amazing. I was there a couple days out of a week depending on if we were about to release a magazine or not. And I was just helping with their set up on the pages. I was attending fashion shows, and trying to develop more information for them. It just helped me network work with a lot of different people that I'd never thought I could have a chance to.

One of the best internships I had was an international marketing internship at an international architecture firm. It had me go to very prestigious Chinese companies. I would talk to their CEOs, CFOs, and I'd try to convince them to talk to our company to start relations. Through this internship I learned a lot. Not only did I meet a whole bunch of important people, but I also learned about how Chinese companies work and how different they are from American companies. Pretty much everything on inside, HR (Human Resources), an American company and a Chinese company are totally different. And it was really neat to see how they changed. Well, having the internship at Cosmopolitan has helped me build my resume.

№ Clip 2 Talking About Jobs

Transcript

Robin: What's your job now, Jerome? Do you still work for that wholly funded American company?

Jerome: No, I left it three years ago. I have my own business now.

Frank: Gee, that's great! How do you feel as a self-employed entrepreneur?

Jerome: I feel good. I can make a lot more money than before and I have a lot of independence in doing things. But sometimes I get tired. As you know, it's not very easy to run a

business on your own. What about you, Frank? What are you doing now?

Frank: I've worked for several companies. After graduation, I went to a private company. Then a year later, I changed to a Sino –Japanese joint-venture enterprise and worked as a sales assistant. Two years later, I moved on to a computer company and worked in export sales. And now, I'm an advertising executive.

Colin: Oh, you are a real job-hopper. Why have you changed jobs so often?

Frank: I'm always interested in new challenges. I know changing jobs frequently can be a waste of a company's human resources, but I'm gaining a lot of experience! How is your job, Colin?

Colin: I've been working for the PMC Textile Plant since I graduated. Two years ago, I was promoted to Line Supervisor.

Frank: Do you like your job?

Colin: The salary and benefits are Ok, but I don't like the work environment. You know, the workshops are very noisy sometimes. Also, I don't often get an opportunity to go anywhere. I hate staying in the same place all the time. You often travel on business, right Robin?

Robin: Yes. As a buyer, I must travel to purchase stock. I've been to a lot of places.

Colin: Maybe I should think about becoming a buyer...

Robin: Mm..., everything has two sides. I get fed up with travelling. Nowadays, I want to spend more time with my family.

Janet: Hi, guys, may I join you? J,C,R,F: Sure. Have a seat.

Janet: You enjoy getting together, don't you? What are you talking about?

Robin: Jobs. What kind of job do you have, Janet?

Janet: I'm the Public Relations Manager in a holding company.

Colin: Do you enjoy it?

Janet: Yes. What I like about it is that I can meet a lot of new and interesting people.

Robin: How about your working hours?

Janet: That's the trouble. I usually have to work overtime, because I often have dinner parties in the evening. I don't get enough time with my family and baby.

Video Studio

Experience or Exploration

Is there a job you've always wanted to have a go at? Like this: Or maybe even this.

KID: Hello I'm Ellie Turner and this is Behind the News.

Whatever your dream job, getting it will probably take some hard work. You'll need knowledge and you'll need experience. But how do you get experience when you've never had a job before? That's a problem that many young people face and it's why many look for work experience while they're still studying. For school kids it's a great way to see what life is like in the work force. And for older students it can be better than a classroom.

MICHAEL NORRIS, LAW INTERN: It might be something as simple as greeting everybody as soon as you come into the office. That sort of thing you don't get taught in a classroom so an internship is really beneficial from that point of view.

Michael is studying law at university but, while he hasn't graduated yet, he's getting experience in a real law firm by working as an intern.

MICHAEL: Without getting an internship it would be tough to get a job. The market for graduates is very competitive and so what you would want, is employers want work experience on your CV without that they probably wouldn't give you a look in.

While this is a learning experience for Michael, he's also doing real work and he's getting paid. But that's not always the case.

In the fierce competition for experience some young people are doing whatever they can to get ahead even if that means giving up their time for free.

Recently a government report found that too many businesses are taking advantage of young people looking for work experience asking them to do hard work for a long time with no pay.

ANDREW STEWART, LAW PROFESSOR: You have situations where somebody is asked to show that they can work in a restaurant ends up doing a week or two weeks of unpaid labor. Now you don't need that long to find out if they can make coffee or serve customers.

The report said some interns were working for months without being paid and sometimes work experience looked a lot more like actual work.

REPORTER: Now, there's nothing wrong with doing work experience as part of school or study. In fact, it's really important. But the aim of that is supposed to be to benefit the student. If you're working for free to benefit a business, then it could be against the law.

Australia has some pretty strict laws when it comes to working. For example; if you're under 17 you can't work during school hours without special permission. And you have to be paid a minimum wage which depends on your age. There are also laws about work experience.

REPORTER: You might wonder why that is. I mean, if you want to work for free and someone wants to let you do it, why wouldn't you be allowed?

Well, the idea is to keep the workplace as fair as possible. The government doesn't want people to be paid too little or to lose their jobs to people who are willing to work for less or work

or free. It says it'll be watching out for businesses doing the wrong thing and trying to make things fair for young people on the road to their dream career.

Lesson Two



♀ Clip 1 An Job Interview

- A: Good morning sir my name is Marry Wang. I have come for an interview as requested.
- B: Nice to meet you Miss Wang, I'm Harry White, director of HR department. I was expecting you. Please take a seat.
- A: Thank you.
- B: Well Miss Wang, you are applying for the position of sales manager, right? How did you know about our company?
- A: I got to know your company from your TV commercials, they are elaborately designed and produced and leave me deep impression.
- B: Miss Wang, can you tell me which university you attended?
- A: Sanyansan
- B: And what degree have you got?
- A: I have a bachelor's degree in business administration.
- B: Why do you want to change your job?
- A: I want to change my work environment. Seek new challenges and broaden my experience, that's why I want to move into sales.
- B: What do you think is the most important qualification for a salesperson?
- A: I think it's self-confidence and quality products.
- B: I agree with you. What salary would you expect to get here?
- A: Well, I will leave it to you to decide after you consider my abilities. Could you tell me a little more about what the job entails?
- B: You would be in charge of all the sales activities for all hair products in Northeast China. This would involve market analysis, client service and development, sales promotion and regular customer satisfaction surveys. You'd report directly to the regional sales director. Do you have any other questions?
- A: Yes, only one. When can I have your decision?
- B: To be honest, you seem to be a good candidate with the right kind of experience and personality. You are high on my list

A: That's good. Thank you Mr. White. I look forward to hearing from you. Goodbye B: Goodbye.

Q Clip 2 Taking an Interview

You hated your last job, and now you are in an interview being asked about it. Talking about how terrible it was will only give them doubts about your attitude and abilities. Instead focus on what you learned from the experience and how it will enable you to thrive in future opportunities. Many different questions could come up during an interview. It's nearly impossible to prepare for them all. Rather than trying to memorize a bunch of different answers, prepare a few great stories instead. Stories about your accomplishments can be used for a wide variety of interview questions, think P.A.R. Each story should describe the Problems you faced, the Actions you took to fix them, and the Results of those actions. It's a smart way to show off your problem solving skills and keep your interviewer engaged. Some interviews can be quite challenging, if you feel caught off guard by a question, just take a moment, breath, you could say: "that's a great question" while you take the time to reflect on it, deliver a well thought out response and you will make a great first impression.

Video Studio

On-campus Jobs

- A: Are you a college student feeling the weight of student loans, perhaps worried about how you are going to get through this new school year without falling into credit card debt. As a student you might think a good job is hard to come by but according to my next guest you don't have to look very far to make some extra cash in college. Jordan Goldman is founder and CEO of uni go.com and he's joining me today with tips on where to look and how to pick a campus job. Let's go through your list. Your list of some top on campus jobs, and the first one you say worth looking into is library assistant.
- B: Yes, I mean this one, libraries tend to have a lot of open jobs you get to help students do their research. A lot of times students will come to you and say I'm looking for information where I can find it and you are going pick up skills that could be useful for your own studies. And you're in a library so when your shift is over it's easy to get your own work done.
- A: Absolutely, can you do a little studying on the jobs in this...
- B: Yeah, you tend to, I mean you always have to have a book in front of you. So it might as well be your own book.
- A: That's right. All right next you say Campus tour guide, why is this such a good job?

- B: I mean campus tour guides, you get to know the history of every single part of your campus, generally gives you an appreciation for it but you're working with people. Every single time you take a tour you're working with a new set of people, you are interacting with them, you're learning kind of free form improvisation, and that's a skill set that's really useful in a lot of other jobs in the future.
- A: Great if you were a theatre major; do you think they would have success with a job like that? Yeah, and you get to meet famous people because famous people's kids go to college too, so usually once a month or so you will get a special guest on your tour.
- A: Do a little networking.
- B: Why not?
- A: Why not? All right, then also you say a note-taker is a good job, what exactly is a note-taker?
- B: This is one that a lot of people don't know about, go to your campus's disabilities office and there are a lot of disabled students who need notes taken for them; so the disabilities office if you qualify as a note-taker, will let you go to your own classes, take very detailed notes, hand those notes in and get paid for it. And then they'll distribute that to disabled students who can't take notes themselves.
- A: So you are essentially getting paid to do a really good job in your own class.
- B: Exactly
- A: Not a bad deal. All right next we've got campus recreation worker, you organize games? What do you do?
- B: Yes, this is just someone who works with the sports teams on campus; and if you figure there's a new sport or a team that's in seasons every 2 or 3 months. You're never working with the same sport for 9 months out of the year. Every couple months you're wherever the big sport is, you're helping them, you're getting to know the athletes, you're helping setting up games and if you are sports fan. Nothing can be better than that?
- A: All the better, that's right. What about a campus post office worker, you said that this one can be a good job as well?
- B: Yeah, I mean the post office worker tends to deliver the mail to every single department on campus so you're going to get to know all the different department secretaries and in some cases department heads, you're going to meet other students, all the facilities around campus you'll get to know the people that work there. So, it's just a good way to network with all the different departments on campus and in case you ever need to leverage that.
- A: Absolutely, and of course being a research assistant is always great especially if you're considering going into graduate school in a certain field, right?
- B: Yeah, I mean find a professor that you really admire and want to study under, help them do their big research, what they really care about. Learn your own skills and hopefully get a lot of recommendation from that professor later on that have you what it takes to get your own PHD.
- A: And you also recommend gym instructor is that if you have a talent in a certain sport?
- B: Yeah, so a lot of on campus gyms if you're good at Yoga, Pilates or rock climbing. They will let you teach that class and get paid for it.

Unit 2 Employment

A: I personally taught Ballet in college, so I know that's a fact. It's fun. Do you still dance? No, but that's all right.

A: Find a job you think you'd like, go to that department or professor, ask if they'll hire you and you maybe pleasantly surprised.

Unit 3 Advertising

Lesson ONE



Task 2 Expanding Your Vocabulary

1. D 2. A 3. E 4. C 5. F 6. B

Audio Studio

Clip 1

Task 1 Short Answer Questions

- 1. Because they're all ways you can fit exercise into your day.
- 2. Work, family and other commitments in life.
- 3. Take the stairs. Walk to the store when you can. Take your kids to the park.

Task 2 Dictation

- 1) lose weight
- 2) protect your heart
- 3) boost your mood
- 4) keep you going strong
- 5) put your health first
- 6) fitting exercise into your lifestyle
- 7) is brought to you

Q Clip 2

Task 1 Note-taking

- 1) PSA
- 2) radio
- 3) drivers
- 4) inform/educate
- 5) danger
- 6) illegal to use your mobile phone when driving
- 7) causes accidents
- 8) costs life

Task 2 Sound Club

- 1) run~ into
- 2) react~ in time
- 3) no(t) fair
- 4) hadn'(t) called
- 5) picked ~up
- 6) ran~ out



Task 1 True or False

- 1. F (Their busy work schedule made Michelle Obama and her family unable to stick to a healthy diet).
- 2. T
- 3. F (The stated goal of the campaign is to raise a healthier generation of kids in the US.)

Task 2 Note-taking

- 1) the information and the tools
- 2) the quality of food
- 3) healthy food
- 4) physical education
- 5) taken out of isolation
- 6) given the nation-wide support
- 7) live healthier lives
- 8) eat right
- 9) get more exercise
- 10) face the challenges of the future

Task 3 Summary

- ♦ Before going to the White House, Michelle Obama and her family were unable to stick to a healthy diet due to their busy work schedule.
- The doctor suggested they make some changes to their eating habits, which led to some really good results.
- ♦ Michelle Obama brought the lessons she learnt to the White House, starting a new initiative, Let's Move!
- ♦ Let's Move! is a nation-wide initiative that basically focuses on four key components.
- ♦ The campaign would give parents the nation-wide support they need and encourage healthier food in schools, better food labeling and more physical activity for children.
- ♦ Let's Move! is going to engage every sector of society to help kids be more active, eat better,

³ Unit 3 Advertising

get healthy and be ready to face the challenges of the future.

Lesson Two



Task 1 Reflecting on the Reading

- 1. Because the information in ads comes directly from the manufacturer.
- 2. By calling attention to different uses for a product.
- 3. Advertising reminds a consumer why she spent her money and reassures her that she made the right choice.
- 4. Advertising reduces a consumer's need to search for products or the stores.
- 5. Because a single advertisement can simultaneously influence millions of consumers.

Task 2 Expanding Your Vocabulary

2. C

- 1. E
- 3. A
- 4. F
- 5. B
- 6.D



№ Clip 1

Task 1 Note-taking

- 1) are exposed to
- 2) start smoking
- 3) quit
- 4) 16% drop
- 5) 95%
- 6) promotion
- 7) sponsorship
- 8) total tobacco advertising bans

Task 2 Short Answer Questions

- 1. Most people who become smokers start in their teens.
- 2. By falsely associating tobacco with some desirable qualities.
- 3. In movies, on the Internet, in fashion magazines, music concerts and sports events.

Unit 3 Advertising

Clip 2

Task 1 Note-taking

- 1. food logos
- 2. scans
- 3. responded
- 4. showed activity
- 5. had no brain activation
- 6. had more activity

Task 2 Dictation

- 1) market food and beverages
- 2) raises serious questions
- 3) the vast majority of
- 4) doing kids a favor
- 5) limit exposure to food ads



Task 1 Short Answer Questions

- 1. The bank offers to deliver its money sense program by providing schools with teachers and materials.
- 2. Businesses might use opportunities to manipulate students with marketing messages.
- 3. It's estimated that adverts in schools would reach millions of pupils, teachers and parents.
- 4. Giving pupils sample material, providing products for science projects, or sending out advertising messages on headed school paper.
- 5. Introduce guidelines to curb businesses' influence in classrooms.

Task 2 Idea Box

- A. Businesses have too much influence in the classroom. Their power needs to be curbed.
- B. UK-wide guidelines are needed to prevent students being manipulated by advertising.
- C. Schools need clear guidance on how sponsorship and commercial companies can be involved in schools.
- D. The involvement of companies in schools is welcomed. But there has to be clear limits on what they are allowed to do.
- E. Companies provide schools with much-needed financial help in this way.
- F. It's a valuable extra resource for schools and their students.

Task 3 Summary

- British Teaching Unions are concerned businesses have too much influence in the classroom and they might use these opportunities to manipulate students with marketing messages.
- ♦ Teaching Unions suggest UK-wide guidelines are needed to curb businesses' influence in classrooms.
- ♦ However, companies maintain that they are providing schools with much-needed financial help and this is win-win cooperation between schools and businesses.
- Reactions to commercialization on campus vary among schools. Some consider it a revenue source to plug their budget hole, while others are not happy to be involved with business and think it is nothing more than marketing to students in the name of education.
- Similarly, approaches adopted by governments are disjointed. The Scottish government has opted for guidelines whereas the Westminster government insists teachers have the final say.

Home Listening

- 1. audience
- 2. full employment
- 3. appeal to
- 4. address
- 5. portable
- 6. competitive
- 7. a variety of
- 8. suit the needs of
- 9. withdraw
- 10. essential

Transcript

Lesson One

Audio Studio

○ Clip 1 Radio Public Service Ad

Sidewalks. Stairwells. Bicycles. The local community center. What do these things have in common? They're all ways you can fit exercise into your day. Between work, family, and all of life's other commitments, finding the time and energy to exercise can seem difficult. But some small adjustments to your routine can make a big difference. So take the stairs. Walk to the store when you can. Take your kids to the park. You can lose weight, protect your heart, your bones, even boost your mood to keep you going strong for all of those other important things in life. A few extra steps a day are all it takes to put your health first. To learn more about fitting exercise into your lifestyle, talk to your doctor, or visit Massmed.org. This public health message is brought to you by the Massachusetts medical society.

Q Clip 2 Death Calling

"Hello."

"Hello, Michael."

"Who's this?"

"It's death. Michael."

"Who?"

"Death, the Grim Reaper."

"Yes, of course is. I think you've got the wrong number, mate."

"No, Michael. I'm here to speak to you."

"How do you know my name?"

"I know all about you, Michael. But relax. I'm not here for you. I'm here for Amy."

"Who's Amy?

"The young girl, playing in the park with her new puppy. In about 15 seconds she's going to run into the road. But because you're on the phone, you won't react in time. The puppy's fine. But Amy..."

"But that's not fair. I wouldn't even be on the phone if you hadn't called."

Unit 3 Advertising

"Fair! You can talk to Amy's parents about fair. You had the choice. You picked up the phone. That's when your choices ran out."

It's illegal to use your mobile phone when driving for a very simple reason. It causes accidents; it costs life.

Video Studio Let's Move!

Before coming to the White House, the President and I lived lives like most families. Two working parents, busy, trying to maintain some balance, picking kids up from school, trying to get things done at work, just too busy, not enough time. And what I found myself was doing was probably making up for being unable to cook a good meal for my kids, going to fast food a little more than I'd like, ordering pizza. And I started to see the effects on my family, particularly on my kids. It got to the point where our pediatrician basically said you may want to make some changes. So started making those changes, short, easy changes. But they led to some really good results. So I wanted to bring the lessons that I learned to the White House. This led to our new initiative, Let's Move. Let's Move is a nation-wide initiative that basically focuses on four key components. First we want to improve the information and the tools that parents need to make the changes that are desired in their families. The second is that we have to improve the quality of food in our schools. That's where kids are eating many of their meals and we have to do a better job of making sure that food is quality. Third we need to improve access and affordability of healthy foods. We have to eliminate food deserts in this country and we need to do it now. And finally we have to increase physical education for our kids. We need to get them moving. We're going be relying a lot on major sports organizations to help us to achieve that goal. And we're very excited about that. Let's Move is going to take families out of their isolation and give them the nation-wide support that they need. And a whole range of industries to get their kids on track to live healthier lives, to eat right, to get more exercise, and to be ready to face the challenges of the future.

Lesson Two

Audio Studio

Clip 1 WHO Calls Ban on Tobacco Advertising

The World Health Organization says recent studies prove the more young people are exposed to tobacco advertising, the more likely they are to start smoking and the less likely they are to quit.

Despite this, WHO officials say only five percent of the world's population is covered by comprehensive bans on tobacco advertising, promotion and sponsorship.

The Director of WHO's Tobacco Free Initiative, Dr. Douglas Bettcher, says that leaves 95 percent of the world's population exposed to the unbridled marketing activities of the tobacco industry.

The World Health Organization says most people start smoking before the age of 18, and almost a quarter of those before the age of 10. Because of this, it says tobacco companies target young people by falsely linking the use of tobacco products with qualities such as glamour, energy and sex appeal.

Dr. Bettcher says the tobacco industry markets its product in movies, on the Internet, in fashion magazines, music concerts and sports events to get young people hooked onto their product.

"We have recommended total advertising bans. WHO recommends these because enforcement of a complete ban on advertising promotion and sponsorship will definitely reduce consumption." "Evidence shows that countries that put into place and enforce them and make sure that all the companies are obeying to these bans, will enjoy a 16 percent drop in consumption over countries that do not impose such bans."

№ Clip 2 Food Advertising's Impact on Obese Children

Clara Steinken's sons spend plenty of time outside. She doesn't want them sitting in front of the television. In fact, she got rid of theirs. "We didn't want them watching as much TV and because we didn't love the advertising."

Some experts say food marketing is fueling the childhood obesity epidemic. Now a new study shows food advertising could affect the brains of obese children differently. Researchers at the University of Missouri-Kansas City showed food logos to a group of obese children and healthy weight children. Then they used scans to see how areas of the brains responded. "So all the kids showed activity in reward regions. But what the obese kids didn't show was brain activation in regions of self-control when they were looking at the food logos." Dr. Amanda Bruce found the healthy weight children had more activity in areas of

Unit 3 Advertising

the brain that help stop behaviors.

It's estimated that companies spend more than ten billion dollars a year to market food and beverages to kids. Researchers say this study raises serious questions. "We know the vast majority of food marketing is for unhealthy products that are high in sugar, sodium and fat. Is that doing kids a favor or is it doing them harm?" Dr. Bruce says parents should encourage good eating habits and try to limit exposure to food ads. That's something this mom is already doing. "We use the computer. We use the video players. And they just don't see television advertising." Choices she hopes will keep her children on a healthy track.

Video Studio Advertising and Commercialisation in Schools

Britain's biggest teaching union says businesses have too much influence in the classroom. Their power needs to be curbed. The National Union of Teachers says UK-wide guidelines are needed to prevent students being manipulated by advertising. Companies say they are providing schools with much-needed financial help.

"This is a typical bank branch, would you see?" This is a lesson of personal finance of a sixth form college. The teacher and all the materials are from the bank NatWest. Around 65% of schools in the UK have taken up the bank's offer to come into their classrooms to deliver their money sense program. More businesses are offering to help schools like this that are often looking at ways to plug holes in their budgets.

Teaching unions are concerned businesses might use these opportunities to manipulate students with marketing messages. Here NatWest insists its program is totally impartial. And the school says it's not about budgets; it's about providing a valuable extra resource.

But not all schools are happy to be involved with business. This primary school was approached by a company offering education products. "They were asking us to send information out to our parents that they would be able to offer extra support to our children and that there would be some benefits for the school. And certainly that was something I didn't pursue at all."

Teaching unions say UK-wide guidelines are needed to curb businesses' influence in classrooms. "We think schools need clear guidance on how sponsorship, how commercial companies can be involved in schools. We welcome the involvement of companies in schools. But there has to be clear limits on what they are allowed to do."

Schools are potentially a huge prize for advertisers. Marketers estimate that adverts in UK schools would reach ten million pupils, a million teachers and 13 million parents.

Fizzy drinks and snack food advertising has been banned in schools. But over the years businesses have used other marketing methods including: Sunscreen manufacturers giving pupils material on sun safety, Detergent companies providing their product for science projects on stain removal, even schools being paid to send out advertising messages on

Unit 3 Advertising

headed school paper.

The Scottish government introduced guidelines to stem any creeping influence of business in classrooms. "What we wanted to do is set some clear guidelines for schools as to whether they should firstly accept commercial sponsorship and if they did what the parameters of that should be."

But businesses say industry guidelines already exist and teachers can decide what's right. "Most of the big successful programs that are in this area have been developed through relationships between education between schools and businesses; where there is clear educational value for it and there is also benefit for those organizations. But it is not about direct selling of products or services."

While Scotland has opted for guidelines, there is a disjointed approach elsewhere. The Westminster government says schools have complete freedom over the teaching materials they use. And teachers should use their common sense. In other words, no new guidelines.

Lesson One



Task 1 Brainstorming

tsunami drought earthquake flood avalanche tornado cyclone hurricane

Task 2 Expanding Your Vocabulary

1) E 2) D 3) F 4) B 5) A 6) C

Audio Studio

Q Clip 1

Task 1 Note-taking

Step 1: Hold drills for your family

Step 2: Get out

Step 3: Hurry up

Step 4: Leave everything behind

Step 5: Get to know your neighbors

Task 2 Dictation

1) on fire 2) at the first sign 3) frozen with 4) yell at

5) are trained to 6) For heaven's sake 7) are inclined to 8) as quickly as possible

Unit 4 Catastrophe



₩ Clip 2

Task 1 Sound club

此题设计旨在引起学生注意一些易发错的音[z]- [θ] - [s]

- 1) thing 2) solid 3) stable 4) cause
- 5) bounce 6) Science 7) noticed 8) models

Task 2 Note-taking

1) horizontally 2) symmetrical 3)asymmetrical 4) peak

Video Studio

Task 1 Short Answer Questions

- 1) April 18, 1906
- 2) some seven hundred people died.
- 3) on March 28, 1964
- 4) Richter scale 9.2

Task 2 Note-taking

1)D 2)F 3)A 4)E 5)B 6)C 7)G

Task 3 Summary

- → Hundreds of little earthquakes are shaking the planet everyday.
- ♦ But most pass unnoticed.
- The earthquake usually occurs on the boundary of the plates that cover the earth like an eggshell.
- ❖ Driven by the heat within the earth core, the plate grind against each other along lines and called faults.

- ❖ Finally, the fault gives away and the released energy races underneath in the form of seismic waves.
- → A powerful earthquake can be devastating.
- ♦ On average, about ten thousand people **died each year** as result of earthquakes.
- ♦ Engineers are focusing on ways to create better building, highways and bridges.

Lesson Two



Task 1 Reflecting on the Reading

- 1) Because they wanted to go to the mountains or to the seashore to escape the city noise.
- 2) A volcano called Vesuvius erupted.
- 3) More than 2,000 people died.
- 4) The city was buried and forgotten for 1,700 years.
- 5) An Italian farmer was digging on his farm and uncovered a part of a wall of the city.

Task 2 Expanding Your Vocabulary

1) D 2) F 3) A 4) C 5) B 6) E



№ Clip 1

Task 1 Sound Club

Unit 4 Catastrophe



此题设计旨在引起学生注意(介词,连词)等音的弱读

1) we're 2) that 3) in 4) over 5) when 6) the

Task 2 Note-taking

1) scarce 2) more energy 3)energy wasted 4) survival

₩ Clip 2

Task 1 Note-taking

- 1) Meet physical needs.
- 2) Meet psychological needs.
- 3) Strengthen social network.
- 4) Provide ongoing care.

Task 2 Short Answer Questions

- 1) We can provide protection, clothing, shelter and food for the victim.
- 2) We can provide an emotional support and ask victims to talk about their experiences.
- 3) We try to reunite the victim with their family or friends as soon as possible.

Video Studio

Task 1 Short Answer Questions

- 1) Zookeepers believed the animals' sixth sense was real.
- 2) Kids seemed to believe in animals' sixth sense.
- 3) Lots of animals fled to high ground.
- 4) Animals' peculiar behavior sent signals for people to move and thus saved thousands of people.

Task 2 Note-taking

1) birds: abandon nest

2) lemurs: give alarm call

3) flamingos: huddle together and stay close

4) chimps: grab her baby, climb up a structure and stay there as the earth shook

5) dogs: run out of the building

Task 3 Summary

♦ The animals' sixth sense was the stuff of legends.

♦ The birds abandoned their nests before the tsunami.

- ♦ At the National Zoo, zookeepers reported that the lemurs would give an alarm call 15 minutes before the earthquake.
- The flamingos huddled together before the quake.
- In 2004, it was reported in Asian tsunami that animals fled to high ground before it struck.
- ♦ In 1975, in China, peculiar animal behavior saved thousands of people.

Home Listening

- 1) as follows 2) carrying out 3)ensure 4) emergency 5) Evacuation
- 6) in response to 7) strikes 8) called as 9) reconstruction 10) dramatic

Transcript

Lesson One

Audio Studio

Order of Surviving a DisasterOutput Disaster

The people who walk away from catastrophes all have a few things in common. Now you can follow their lead.

You Will Need

Preparedness

Speed

Drills

Neighborliness

Step 1

Hold drills with your family for fires, earthquakes, hurricanes, and other disasters until the repetition locks the life-saving behavior into their brain. People react best in an emergency if they're trained to act on automatic pilot.

When flying, always listen to the flight attendant's instructions and read the safety card in your seat pocket, no matter how many times you've heard it all before.

Step 2

Don't waste time debating whether the building is really on fire or not. Get out at the first sign of danger, and ask questions later.

If you see people frozen with fear, yell at them. This is what flight attendants are trained to do to get shocked passengers to leave a burning plane.

Step 3

For heaven's sake, hurry up! Amazingly, people are inclined to dawdle during an emergency, rather than acting as quickly as possible.

Step 4

Leave everything behind. The few seconds you took to grab your iPhone could be the few seconds that cost you your life.

Step 5

Get to know your neighbors. That's who will be next to you when a catastrophe strikes.

Did you know group think where people follow each other and wait for instructions rather than thinking for themselves is more common in an emergency than stampeding.

© Clip 2 Earthquake

In an earthquake, the ground beneath you gives way. It's no longer the one thing you can count on to be solid and stable. Instead, it swerves, dips and waves. And now scientists are saying that earthquakes can cause the ground to do something they didn't expect — to bounce up and down like a trampoline.

Scientists at Japan's National Institute for Earth Science and Disaster Prevention analyzed information from a recent quake in their country. They noticed that the ground jolted around in a way that couldn't be explained with traditional models. They reported their findings in the Oct.31s tissue of the *General Science*.

According to common models, earthquakes are expected to ripple horizontally—and the resulting up-down waves should be symmetrical. The June quake had rapidly accelerating up and down movement, with asymmetrical waves—and much higher peaks. The researchers propose a new model of how the soil is behaving. They say that lighter soil is bouncing off the tougher crust beneath it. Understanding how this process works is important for the architects and engineers who design bridges and buildings to withstand an earthquake's shake.

Video Studio

How Earthquake Works

April 18, 1906, California's San Andreas Fault snaps shaking San Francisco for nearly 60 terrifying seconds. When the trembling stops, the disaster is only beginning. Gas lines ruptured setting off massive fires, some seven hundred people died. Most of the city was reduced to ruins.

This trembling of the ground caused when masses of rock suddenly shift below the Earth's surface is called an earthquake. Hundreds of little earthquakes shake the planet every day, but most pass unnoticed. They usually occur along the boundaries of the thin plates that cover the earth like an eggshell. Driven by the heat deep within the Earth's core the plates grind against each other along lines and called faults. When the plate's motion is blocked, stress builds up. Finally the fault gives way. The released energy races through the Earth in the form of seismic waves. Scientists record these waves on a device called a seismic wave. These zigzag lines show the strength of various seismic waves. Using the lines, scientist grade earthquakes on the Richter scale, for a quake to measure one number higher on the Richter scale. It must release about 30 times as much energy as the number below it. Every year, about a hundred thousand earthquakes rumble through the ground hard enough for people to feel them. Of these, about only a thousand are strong enough to damage property. But a powerful earthquake can be devastating. On average, about ten thousand people die each year as result of earthquakes. The greatest recorded earthquake ever to hit North America measured a massive 9.2. The tremor struck Alaska on March 28, 1964. A camera on board a ship, docked in Valdés, recorded the draining of the entire harbor as a chasm opened up on the sea floor. There is no stopping the surface of the Earth from changing and moving. So, engineers are focusing on ways to create better buildings, highways and bridges. Structures that will remain safe and stay in one piece the next time the Earth begins to shake.

Lesson Two

• Audio Studio

Order Lip 1 How Birds Survive a Disaster

After a hurricane or earthquake people often band together and cooperate to deal with the recovery. And we're not the only species that becomes more cooperative in tough times. Female

Unit 4 Catastrophe

Yahina birds in Taiwan usually fight over space in the community nest, when they're trying to lay eggs. But in bad weather the birds tend to leave each other alone. The findings are in the journal *Nature Communications*. Researchers monitor groups of Yahina's for several years in fair and foul weather. When the scientists combined their data with the game theory model, they found that periods of fighting between female Yahinas were 50 percent shorter when the weather was bad; which increased the overall success rate of the breeding group. During times of heavy rain, food becomes scarce and getting wet means that the birds have to expend more energy to stay warm. So the birds apparently institute a truce, which cuts down on energy wasted fighting and increases every one's chance of survival. In other words, in bad weather birds or a feather stick together.

№ Clip 2 Psychological Help

In an emergency or disaster situation, injuries can occur. So having skills in basic first aid is absolutely essential for any responder. But what about the injuries that we can't always see, such as psychological injuries? Using psychological first aid in a disaster situation can be a vital first response. And here are four basic actions you can use to perform psychological first aid. Begin by meeting victims basic physical needs, such as: protection, clothing, shelter and food. This can greatly reduce psychological distress. Next, try to meet the psychological needs by providing emotional support and by allowing victims to talk about their experience, should they choose to do so. Reunite victims with family or friends as soon as possible to strengthen social and community support networks.

And finally, be sure that those with acute psychological needs are referred for ongoing care to the appropriate provider. Regardless of whether you're working in a medical needs shelter or any other setting, understanding the basics of psychological first aid can help you, help others.

Now for more information, please visit the website. With your preparedness minute, I'm Dr. Josh Claypo.



Animal Instinct

If only we can talk to those animals. The elephants that sense an earthquake then stampede. The birds abandoning the nest before a Tsunami, and at Washington's National Zoo, there was all kinds of commotion yesterday before the rest of us felt those shakes. ABC's John Karl was there today.

That animals have a sixth sense is the stuff of legends. Lassie always knew when Timmy was in danger.

But zookeepers at the National Zoo see evidence in yesterday's earthquake, that the sixth sense is real.

"Everything we see suggests that they do sense an earthquake before its happening. The lemurs were giving alarm calls 15 minutes before the earthquake. They were alarm calling across to each other." And not just lemurs, they tell us the flamingos huddled together before the quake and stayed that way until the ground stopped shaking. "Look over here, that is Madaro." Zoo officials say that moments before the earthquake hit, she ran over, she grabbed her baby and climbed up that structure over there, and was up there as the earth shook. The phenomenon has never been proven. But during the 2004 Asian tsunami, there were widespread reports of animals fleeing to high ground before it struck. And then there's the quake in Haicheng China, in 1975. Officials ordered an evacuation the day before, in part because of peculiar animal behavior, saving thousands. Closer to home, in this surveillance video Sophie-the dog takes off before a 6.0 magnitude quake hit Eureka California last year, getting a head start out of there. Back at the zoo, the kids seem to believe in the sixth sense. But when it comes to their own pet, "How did your puppy respond?" "She just laid down. She is just like..." "Well, that is not very helpful." Johnathon Karl, ABC News Washington.

Lesson One



Task 1 Brainstorming

Live a happy life/having lots of money/having many friends/having a sweet family...

Task 2 Expanding Your Vocabulary

1.D 2.C 3.E 4.A 5.F 6.B

Audio Studio

Clip 1

Task 1 Short Answer Questions

- 1) The people who achieve success take actions and those who fail do not take actions.
- 2) If we take actions, we may face either success or failure.
- 3) Because if we tried, we learn what works and what doesn't work, and this may lead to success.

Task 2 Dictation

1) far more 2) At least 3) into your brain 4) every time 5) resolve to 6) faster...the better

Clip 2

Task 1 Note-taking

- 1. First key to success: passion
 Why: With passion and love, you do not give up easily.
- 2. Second key to success: <u>be a talent scout</u>
 Why: <u>You need a team of great people.</u>

Task 2 Sound Club

Unit 5 Ways to Success



单词的连读和弱读

1) over a 2) period of 3) love it 4) are going to

5) that is 6)look at 7) it got 8) with

Video Studio

Task 1 Note-taking

- 1) the Dress for Success Program
- 2) three years ago
- 3) feel good, mature, comfortable and can focus
- 4) create certain climate
- 5) There is a big difference in students' behavior.

Task 2 Idea Box

1) Students' attitudes:

It makes the students <u>feel good</u> and they are not going to have any problems focusing.

Students feel they can do better in class when dressed properly.

It makes them feel more mature.

It makes them look like role models.

2) Teachers' attitudes:

They see a big difference in student's behavior on Mondays.

They see the program as an opportunity to <u>encourage students to take themselves</u> <u>seriously and improve their grades.</u>

The school's principal Jeff Apt hopes the lessons students learn through this program will help them make better decisions in high school and after graduation.

Task 3 Summary

- ♦ This was Diana's first year at the Dress for Success Program.
- ♦ The school's principal Jeff Abt introduced the program three years ago.

- It presented a climate when the student said "You know what. I've worked hard, I'm dressed in my best and I am going to do my best on this day."
- ♦ There was a big difference in student's behavior on Mondays.
- ♦ When your were dressing for success, your were taking yourself more seriously, then you're probably going to be doing better in school.
- What students learned from this program would help them make better decisions in high school and after graduation.

Lesson Two



Task 1 Reflecting on the Reading

- 1) Happiness, rather than working hard, is the key to success.
- 2) Success is obtaining the things that certain culture or society values.
- 3) Happiness makes people more sociable, more generous, more productive at work, and have stronger immune systems.
- 4) Because people in happy nations trust others more and want to cooperate with their neighbors.
- 5) A nation can create a safe and stable environment for the citizens.

Task 2 Expanding Your Vocabulary

1) E 2) C 3)A 4) F 5) B 6) D

Audio Studio

№ Clip 1

Task 1 Note-taking

1) flu 2) cold 3) cough 4) overweight 5) academic achievement

Task 2 Dictation

1) come down 2) tend to 3) have shown 4) go down 5) point out

₩ Clip 2

Task 1 Note-taking

- 1) get involved in school
- 2) study
- 3) prioritize everything
- 4) join in a club
- 5) read a lot
- 6) make appointment with teachers
- 7) find the right group of people

Task 2 Sound Club

单词的连读和弱读

1) involved 2) you 3) lot of 4) to 5) that 6)on



Task 1 Note-taking

- 1) texts, projects
- 2) leisure time
- 3) a job
- 4) reading the chapters
- 5) do your assignments
- 6) take notes

Task 2 Idea Box

- 1) study daily
- 2) study at the same time and at the same place
- 3) syllabus
- 4) class notes
- 5) textbook

Task 3 Summary

- ♦ There is something required of you to be successful in college.
- ♦ Number one is good time management.
- ♦ Number two, you have to attend class.
- ♦ Lastly, you need to have good study habits outside class.

Unit 5 Ways to Success



♦ You study outside a class, there are few things I would suggest you.

First, study daily

Second, study at the same day at the same time if possible daily.

Then, make sure you using the resources that are available to you.

Home Listening

- 1) represents 2) professions 3) in common 4) suffered
- 5) managed to 6) known for 7) suffering from 8) series
- 9) discard 10) tremendously

Transcript

Lesson One

Audio Studio

№ Clip 1 Successful People Are Action-oriented

The most important thing is that you take action. You see the major difference between successful people and failures are successful people are action-oriented and failures are not. And I keep looking back to that and I have been studying this for 30 or 40 years now. I keep looping back, and I thought every single study says that successful people are result-oriented. Successful people are action-oriented. They think of what they want and they take action. Does it work? If you take action, only this can happen. What are they? Succeed and fail, pretty simple. If you succeed, you do more out of it. If you fail, what do you do? You learn something and try something else. Human beings are trial and failure organisms; we try and fail, try and fail and try and succeed. Phil Knight, the president of Nike shoes says, "You only have to succeed the last time." You know, if you read every single story of every single man or woman, who has ever accomplished anything, their entire life is a lifetime of failure. It is failure failure failure failure, ... outstanding success. Boy wasn't he lucky? Wasn't he lucky? You find successful people try far more things and most of the things you try won't work. At least they won't work initially. So therefore the thing is to keep trying because you have a cybernetic organism or a mechanism built into your brain; which means every time you try anything, you learn something.

Unit 5 Ways to Success



You try something; you learn something; and you learn what works and you learn what doesn't work. So you find there is a direct relationship between the number of times you try and how likely it is you are to triumph. So if you heard a good idea today, resolve to give it a try. The faster you try it, the better.

Q Clip 2 Key to Success

People say you have to have a lot of passion for what you are doing. It is totally true and the reason is because it's so hard. But if you don't, any rational person would give up. It's really hard and you have to do it over a sustainable period of time. So if you don't love it, if you're not having fun doing it, you don't really love it. You're going to give up. And that is what happened to most people actually. If you really look at the ones that ended up being successful, in the eyes of society and ones that didn't. Often times, it is the ones that were successful love what they did, so they can persevere, you know, when it got really tough. And the ones didn't love it, quit, because they are sane. Who would want to put up with this stuff, if you don't love it? So it's a lot of hard work and it is a lot of constant worry. If you don't love it, you're going to fail. So you got to love it and you got to have passion. And I think that is the order bit (top priority). The second thing is you got to be a real good talent scout, because no matter how smart you are, you need a team of a great people and you've got figure out how to size people up fairly quickly, make decisions without knowing people too well, and hire them and see how you are doing refine your intuition and be able to help, you know, build an organization, that can eventually just build themselves, because you need great people around you.

Video Studio

Students Dressing for Success

"What am I going to wear to school today?" is what Diana Otero asks herself each morning but not on Mondays. That's when the 10 year -old puts on her nice outfit. It makes her feel special. At school, Diana and the other well-dressed students attend the regular Monday classes and the activities as usual. This is Diana's first year at the "Dress for Success" Program. "When I first started this program, it was because I thought it could help me improve my grades." This is what also attracted Sean Ergo. "Because if you feel good and you're sitting, and it's comfortable, you're not going to have any problems focusing." Sean says he does better in class when he is dressed up. "It makes me feel more mature." And it makes him look like one of his role models. The school's principal Jeff Abt. Abt introduced the programme three years ago. "I think it presented a climate where the student said 'You know what, I've worked hard, I'm dressed in my best and I am going to do my best on this day." Erica Redler is a teacher at school. She says she sees a big difference in student's behavior on Mondays. "The kids who dress for success are already in that like head up, shoulders back, good morning; kind of a mood and they start the day off right. When they have that attitude and their behavior is usually better for the rest of the day." Redler sees the program as an opportunity to encourage students to take themselves

seriously and improve their grades. When your dressing for success, your are taking yourself more seriously, then you're probably going to be doing what you're supposed to be doing in class which means you're going understanding material better, which means you're going to be doing better in school. You know, but I think that we're still working towards that goal. That is why there are "dressed for success" posters throughout the hallways, encouraging students to join the program. Abt says dressing up on Mondays does not require new or expensive clothing. "Our kids come from all different economic background, so if they're wearing a collared shirt when they generally would not, then that would be considered a dress for success." Abt hopes the lessons students learn through this program will help them make better decisions in high school and after graduation. "If you go to an interview, you normally look in your closet, and say 'what's the best thing in there to show that person, I'm the best person for the job." His students are getting plenty of practice answering that question now, while they have fun dressing up and feeling like adults.

Lesson Two

Audio Studio

♀ Clip 1 Success Can Be Contagious in School

Schools are well-known reservoirs of contagion where students share all sorts of communicable conditions, coughs, colds, flu, you name it. But germs are the only things kids can catch from their friends. If they were lucky, they could come down with the 4.0, because a new study shows that high schoolers whose friends get higher marks tend to raise their own grade point average (GPA) overtime. The findings are in the journal *Plus One*. That our social circles influence us is not news. For example, studies have shown that the fatter your friends are, the more likely you're also to be overweight. In the grade point study, researchers took to the classroom to see whether academic achievement might be as contagious as obesity. They asked 158 eleventh graders to go down a class roster and point out their pals, and then they checked everyone's report cards; at the time of the survey and again a year later. The researchers found that those students whose friends outshining them academically tended to improve their grades over the year, whereas those who were hanging out with academic underachievers let their grades slide. So go ahead, befriend with a brainiac, you might just learn something.

№ Clip 2 Be Successful at College

My advice to freshman year is to get involved and to realize what you are here for. It is important to really prioritize.

A lot of people come to school and they, you know, forget that they are here to study. They, you know, socialize all the time and go out every still night, but you need to realize what you are here for.

By prioritizing everything, you're able to do so many things. And it's not like you are just stuck on doing homework.

Definitely get involved on campus, not just go to class and go home.

Join a club, live in the res (resident or dormitory) halls, work on campus; something like that.

Stay on top of your reading. Don't fall behind on your reading because that's the easiest way to fall behind and it's the hardest thing to catch up on.

Go make an appointment with your teachers. Go to their office hours at least once a quarter; let them get to know you.

The difference between the students who get A's and B's are the ones who go to office hours.

If you can get into a first year learning community, please do it. It works out so great. Find the right group of people. Like really find, honestly find the right group of people, you know, people who will keep you focused, will keep you accountable as well as you keeping them accountable.

Video Studio Chinese Students Study Overseas

You know, that is a funny phrase. Students' success in College, what does it take? Well, my definition of success in college is doing what I need to do, to get the grades I want, to get the degree I want. Simple as that. I want to have success in college, I got to get that grades I want, to get the degree I want; and then I'll have success. I mean there's always other things that you require, that required of you and I'm hoping to cover a few those things today.

Number one is good time management. You have to know how to manage your assignments, your quizzes, your texts, your projects. Not mention your leisure time. If you work, you have a job, you have to manage that as well. And then the other things that happen in life. You have to be able to manage these things. I have resources on my website that can help you learn good time management as a college student. But you have to learn good time management and good prioritization.

Number two, you have to attend class. You have to be able to prepare well for class by either reading the chapters ahead of time, make sure you do your assignments. You have to be able to actively take notes during the lecture, being able to ask questions. And especially by going to class, you can make note of important points the teacher makes. These are the things

Unit 5 Ways to Success

9

that they are trying to reemphasize and they want you to learn. Most likely, they will be on the test, so make a note of those important points.

Lastly, you need to have good study habits outside of class. So, not only you have attend class and do well there; but you have to do well outside of class. These all fall into the time management step I was talking about earlier.

As you study outside of class, there are a few things I would suggest you.

Number one, I would say, study daily.

Number two, I would say, study at the same time and same place, if possible, daily. The reason for that is because if you can condition your body to study in the same place and you are doing it at the same time everyday. Your body will know to focus at that time and it will be easy for you to focus. Especially with the world of distractions that we live in, you need better focus.

Lastly, I would say, as you do these studies, make sure you're using the resources that are available to you. Now, use the syllabus your teacher gives to you to make sure you're emphasizing the right points in your study, use the class notes you have taken and use the textbook all together. Because they all hold resources that are important for you to understand the material. I would also look and see if there is a website, a companion website to the textbook because that can also hold very valuable resources as well not only for understanding the material but also for preparing for guizzes and tests.

Lesson One



Task 2 Expanding Your Vocabulary

1. C 2.F 3.E 4.D 5.A 6.B

Clip 1

Task 1 Dictation

- 1. your grandma sent you 2. pops out of your forehead
- 3. affecting your physical health 4. stop getting angry 5. calm you down

Task 2 Note-taking

- 1. People with anger management issues tend to get sick more often.
- 2. Your anger actually weakens your immune system.
- 3. People who respond negatively to anger are 9% more likely to have a heart attack.

Clip 2

Task 1 Short Answer Questions

- 1. Roller coasters, watching sports, and a scary movie.
- 2. It can keep us young and on our toes.
- 3. It can make brain cell shrink permanently.

Task 2 Sound Club

It can *affect us* both mentally and physically. Stress hormones in the body for extended periods of time can physically *age ourselves*. So when you are stressed *at work or home*, yourselves *look and act older*, making you *look older* and even impacting your immune system.

Video Studio

Task 1 Viewing & Retelling

1. getting you moving 2. increase blood pressure 3. sent to the muscles

4. become totally focused 5. fight or flight

Task 2 Note-taking

1.think clearly 2. learn or remember things 3. Get plenty of exercise

4.Talk to someone 5. Get down with nature

6. Get something else to do instead

Task 3 Summary

- ♦ Stress is a survival mechanism.
- ♦ When danger appears, it can **get you out of trouble quickly**.
- ♦ Your body throws all its resources into getting you out of danger.
- Stress is supposed to last for a short time, but in today's society, people suffer from long-term stress.
- ♦ Stress can negatively impact on people's thinking and memory.
- ♦ Therefore, people should try to deal with stress properly.
- Here are a few tips: 1. Take a few more deep breaths; 2. Get plenty of exercise; 3. Talk to someone; 4. Get things in control; 5. Get down with nature; 6. Get something else to do instead.

Lesson Two

Lead-in

Task 1 Reflecting on the Reading

- 1. It can help you manage stress and emotions.
- 2. They ask candidates to have EQ testing.
- 3. Learn how to relieve stress.
- 4. It can have an impact on your mental health.

5. They may feel lonely and isolated.

Task 2 Expanding Your Vocabulary

1. B 2. C 3. E 4. D 5. F 6. A

Clip 1

Task 1 Short Answer Questions

- 1. Their body.
- 2. How you perceive your body and how you feel about your figure.
- 3. To align your body size with your body image.
- 4. Consult a campus therapist or supportive friends.

Task 2 Dictation

- 1. idealize 2. curvy 3. typical 4. average
- 5. perfection 6. unhealthy 7. possible 8. maintaining

Clip 2

Task 1 Dictation

- 1. leave home for college 2. on their own 3. the case 4. For some
- 5. For others 6. sooner or later 7. from time to time
- 8. no place like home

Task 2 Note-taking

1. Call. 2. Make friends. 3. Keep a positive attitude.

Video Studio

Task 1 Note-taking

- 1. Seoul
- 2. A psychiatrist at the National Medical Center in Seoul
- 3. Senior citizens

- 4. At least 100 people
- 5. The head of the Han River bridges for the Seoul City Government
- 6. Slogans, pictures and statues have been installed on the bridge

Task 2 Idea Box

- 1. Today Korean society is westernized and people have hard time adjusting to the changes.
- 2. The biggest change is family structure. The traditional family support system is disappearing.
- 3. People are more focused on competition and earning money than the quality of life.
- 4. We want to change people's mind about suicide.
- 5. It would help to solve the problem, just to an extent, not too much.

Task 3 Summary

- Korea is developing very fast, but the rapid development makes many South Koreans feel isolated and depressed.
- ♦ Many people have hard time adjusting to the big changes in society.
- According to Kim, a psychiatrist in Seoul, the biggest change in Korean society is family structure, since traditional family support system is disappearing. Another cause of high suicide rates is that people are more focused on competition and earning money than the quality of life. Over the past five years, at least 100 Koreans have leaped off Seoul's Map Bridge into the Han River. Among the people committing suicides, senior citizens make up the largest group. The government has installed pictures, slogans, statues along the bridges' sidewalk to prevent suicides. But psychiatrist Kim don't believe the measures would help much.

Home Listening

- 1. provide 2. repeatedly 3. seek professional help
- 4. company 5. engage in activities 6. renting a movie

Unit 6 All on the Mind

- 5
 - 7. appreciated
- 8. inspirational
- 9. similar

10. symbolized hope

Transcript

Lesson One

Audio Studio

№ Clip 1 Anger

It doesn't take a lot to make me angry. What about you? Did some schmuck cut you off on the freeway? Maybe your boyfriend accidentally shredded that birthday card your grandma sent you. So you freak out. You scream maybe. A vein pops out of your forehead. It happens to everyone. But did you know that anger is actually affecting your physical health? Hey, anger is inevitable. You can't just stop getting angry. Even the world's most sedate person has uttered a few choice words in traffic. Will that expletive fest really make you feel better? Will punching a wall really calm you down? The answer is no. Sorry, but recent studies have shown that anger reactions are pretty harmful to your physical health. A Yale University study found that people with anger management issues tend to get sick more often. Your anger actually weakens your immune system. The journal of National Medical Association added that people who respond negatively to anger are 9% more likely to have a heart attack. Hey, it might not sound like a lot. But come on it's a heart attack. Every percentage point counts.

Q Clip 2 Stress

Stress is a part of life, and it's not always a bad part of life. Most of us enjoy good stress in small doses like roller coasters, watching sports, or even a scary movie. That's the kind of the stress that keeps us young and on our toes. Then there's bad stress, or worse, chronic stress. Negative stress isn't just in your head. It can affect us both mentally and physically. Stress

Unit 6 All on the Mind

hormones in the body for extended periods of time can physically age ourselves. So when you are stressed at work or home, yourselves look and act older, making you look older and even impacting your immune system. Not only does it add years to your appearance, it can also affect your memory, making brain cell shrink permanently. Even short-term stress can make it hard for you to remember simple things. The good news is you can manage stress now to prevent more damage to your body and mind tomorrow.

Video Studio

How to Deal with Stress

Watch this, one little piece of paper can have a remarkable effect. Stress is stressful. But if you understand a bit about what it is, you'll be better able to deal with it. First, though, take a few deep breaths. In fact, do that anytime you feel stressed. It helps. Stress is a survival mechanism. When danger appears, it can get you out of trouble quickly. Your body crashes up the gears and throws all its resources into getting you moving. Your heart pumps furiously to increase blood pressure. Glucose is sent to the muscles as a fuel injection and you become totally focused on what psychologists call "fight or flight". The thing is, this emergency state is only meant to last just enough to get you out of danger.

But here in the 21 century, we stress about different things, and for much, much longer. Your brain and body stay on red alert, and you will be less able to think clearly, learn or remember things. Take a few more deep breaths. Because as you now know, stress is a physical reaction, and deep-breathing helps to counteract its effects. So what else can you do? Ok, top tips to reduce stress. First, get plenty of exercise. Let out all that locked up energy. Now, back to the problem. Get in control: Scope out the situation and how you're going to tackle it.Don'tstress alone, talk to someone, socialize and have a laugh, you can't laugh and quake with fear at the same time. Get down with nature, on a big or small scale. And if your mind won't stop worrying, get something else to do instead.

Lesson Two

Audio Studio

♀ Clip 1 Body Image

During college, more than half of students, both female and male, worry about their body more compulsively than their classes. Your body image isn't necessarily an accurate reflection of your appearance. It's how you perceive your body, and how you feel about your figure. Body image is often intrinsically linked with what society collectively decides is attractive, an ideal that changes at a rapid fire rate. In the roaring 20's, for example, society idealize women who have svelte almost boyish figures. Meanwhile, the post-war 50's ushered in a curvy physique as the female ideal. Today, thin is in, and a typical model is a shocking 23% skinnier than the average woman. Society's definition of physical perfection is difficult to achieve and often requires decidedly unhealthy habits to maintain. On the other hand, it is possible for most people to attain a healthy body size by exercising and maintaining a nutritious diet. As well, the most sustainable way to feel good about yourself is to try to align your healthy body size with your body image, although this is sometimes easier said than done. If that is something you find yourself struggling with, call in some backup, whether it is a campus therapist or supportive friend.

Q Clip 2 Home Sick

I get so homesick. What can I do? Most kids will say that when they leave home for college that they are glad to be on their own. And that should be the case. It's time for them to spread their wings to learn from their mistakes. For some, it may be a day. For others, it may be months. But sooner or later, even the hardest college students will admit that from time to time they get homesick and there's no place like home. So here are our top 3 tips on how you can beat homesickness. 1. Call. Keep in touch, but it's also important to accept the fact that you are outside your household, so keeping your calling limited to once or twice a week. Calling too much will eventually lead to more homesickness. 2. Make friends. You will be homesick much more

Unit 6 All on the Mind

often if you are lonely. Having a friend provides a distraction from feeling bad and it also gets you someone to talk to, who can make you feel better. 3. Keep a positive attitude. Think of all the great things that are happening to you right now. Maybe you're away at college or starting a new life. Focus on making a new home instead of missing an old one.

Video Studio South Korea Tries New Approach to Reduce

Suicides

It only took a single generation for South Korea to go from an impoverished nation to one of the world's top economies. It is a fast-paced society, where people have a hard time slowing down. And some observers say this rapid development is leaving many South Koreans feeling isolated and depressed.

Kim Hyun-chung, a psychiatrist at the National Medical Center in Seoul, she says more than half of her patients have suicidal thoughts.

"We're just growing just too fast and people I don't think they have time to adjust to it," she explains. "We are an Asian culture society but now it's more globalized. It's westernized and I don't think people have had enough time to adjust to the big changes."

The biggest change, Kim says is family structure. No longer do multiple generations live under one roof. She says the traditional support systems are disappearing.

"More parents are working, mother, father, they're both, working families. More focused toward competition, earning the money all of that. I think we're more focused towards that than the quality of life," Kim says.

Kim says that senior citizen's make up the largest demographic of Koreans who take their own lives. But suicide is still a leading cause of death for young adults, high school and even middle school students.

Over the past five years, at least 100 Koreans have leaped off Seoul's Mapo Bridge into the Han River. Around half of those jumpers lost their lives. Now Seoul City is trying to turn this suicide spot into what it calls the bridge of life.

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Unit 6 All on the Mind

Lee Ducky is a head of Han River bridges for the Seoul City Government. "If we would have only installed walls, it would have stopped people from jumping, but instead we want to change their minds about suicide."

Along the bridge's sidewalk are inspirational slogans that say things like be happy, how's everything going and have you eaten yet? There are also pictures of babies on the railing and at the center of the bridge is a brass statue of an old man consoling a young person. Seoul hopes these installments will make people think again before taking the next step.

But psychiatrist Kim Hyun-Chung is not so sure how effective these will be.

"I think it's just a stopgap measure, it's just temporary," she notes, "it can't be the only way to solve this problem. I think it would help, just to an extent, not too much"

Kim adds that if someone really wants to end their life, there are plenty of other bridges across the Han River.

Lesson One

@Lead-in

Task 2 Expanding Your Vocabulary

1. C 2. A 3. E 4. F 5. D 6. B

Audio Studio

№ Clip 1

Task 1 Dictation

1. common question 2. universal appeal 3. easiest way

4. unlimited freedom 5. lottery winners 6. mixed picture

Task 2 Note-taking

help family with loans
 buy homes, cars
 go on vacations

4. less satisfaction 5. relatives asking for money

Clip 2

Task 1 Note-taking

1. a goal 2. something to be earned 3. a destination

4. a way of life 5. success 6. the other way around

Task 2 Sound Box

1. actually 2. arise 3. sustainable 4. account

5.determined 6. intentional

Video Studio

Task 1 Short Answer Questions

- 1. At the eastern end of Himalayas
- 2. In 1972 when he was 17.
- 3. GNH (gross national happiness)
- 4. He retired as king at the age of 52

Task 2 Viewing & Retelling

1. live a comfortable life 2. misery, poverty or social isolation

3. every human being aspires for happiness 4. measured in its citizens' happiness

5. opportunities 6. steady 7. well-balanced 8. sharing interest

9. local traditions 10. family relationships 11. religious

Task 3 Summary

- ♦ In 1972, The Fourth Dragon King of Bhutan noticed that many problems arose in countries striving for economic development.
- ♦ It was then when he proposed the concept of GNH.
- The primary idea of GNH is that every human being aspires for happiness, and the country's development should also be measured in its citizens' happiness.
- ♦ The challenge for the Fourth Dragon King was figuring out how to balance the nation's economic development with the emotional and spiritual well-being of its people.
- Economic growth provides funding to meet people's basic needs, like housing, medical care, etc.
- ♦ At the same time, the Bhutanese government **tries to enrich people's spiritual life**.
- ♦ The Fourth Dragon King believed so strongly in the concept of GNH that he decided to hand over sovereignty to his people and in 2006 he retired as king at the age of 52.
- → Today the concept of GNH is popular all over the world.

Lesson Two



Task 1 Reflecting on the Reading

- Viola Baez is an old lady and she lives in a MEDCottage, a small home next to her daughter's house.
- 2. It is small, but it has separate areas for living and bathing, and even space for medical equipment.
- 3. There are safety lights on the floor and a special soft padding under the floor.
- 4. Through cameras and intercom equipment.
- 5. He wanted to help families stay together.

Task 2 Expanding Your Vocabulary

1. B 2. F 3. D 4. E 5. A 6. C

Audio Studio

№ Clip 1

Task 1 Note-taking

- 1. people who are struggling to care for both their parents and children.
- 2. people who have a four-generational family to support

Task 2 Dictation

- 1. 49-year-old
- 2. 20 hours per week
- 3. 25% more likely
- 4. close to \$30,000 per year
- 5. twice as likely as



№ Clip 2

Task 1 Note-taking

1. low-cost robots 2. older residents 3. nursing homes

4. visiting them enough 5. elderly relatives

Task 2Dictation

1. lifting 2. mobility issues 3. help patients to walk

4. A self-cleaning robotic toilet 5. who get lost

Video Studio

Task 1 Short Answer Questions

- 1. The robot is a butler/home health aide who helps Frank with daily needs.
- 2. Frank lives an unhealthy life. He gets up late, has unhealthy foods and hates physical activities.
- 3. Waking him up, preparing meals, gardening, shaving him, hiking with him.
- 4. He refuses to cooperate and loses his temper.
- 5. He begins to develop warm feelings toward the robot.

Task 2 Film Dubbing

- 1. You are a robot butler.
- 2. Get out of my house.
- 3. If that's the way you feel, I'll contact Hunter.
- 4. There's nothing wrong with my memory.
- 5. I'm talking to an appliance.
- 6. I'm not gardening.

5

Task 3 Summary

- ♦ Frank is an old man who lives alone, and he has a robot butler programmed to look after him.
- ♦ In the morning, the robot wakes Frank up and prepares breakfast for him.
- ♦ The breakfast is nutritious but Frank doesn't like it at all.
- ♦ After breakfast, the robot asks Frank to **do gardening**, but Frank **refuses to cooperate**.
- Feeling annoyed, Frank asks the robot to get out.
- But on second thoughts, he decides to keep the robot, because he would rather live with a robot than be sent to a nuthouse.
- ♦ After lunch, they go hiking together.
- During the hike, they have a chat, and Frank begins to develop a warm and friendly feeling toward the robot.

Home Listening

- 1. concept 2. fulfill basic needs 3. vital 4. secondary
- 5. demanding 6. steady employment 7. Relationships 8. involvement
- 9. increasingly 10. personal growth

Transcript

Lesson One

• Audio Studio

№ Clip 1 Can Lottery Bring Happiness

What would you do if you won a lottery? That was a common question in stores, bars, and homes across America during the \$650 million lottery frenzy. A lottery has a universal appeal

because it seems to be the easiest way to achieve our dreams – winning promises unlimited freedom and happiness ever after. But many research studies and interviews with past lottery winners presents a decidedly mixed picture. Certainly, there are many benefits – you can help family with loans, buy homes, cars, go on vacations. But a research study done by Emory University suggests that people get less satisfaction out of the rewards they haven't worked for. Then there are the additional issues that lottery winners face, like lawsuit threats, relatives asking for money and predators. In a CNN report, a state lottery winner, who did not want to be identified remarked, "Sometimes I wish I could change my name and go somewhere and hide."

○ Clip 2 How to be Happy

It's time we had a little talk about happiness. It seems like only yesterday: when we all were fresh-faced and bright-eyed, wanting to go to school, so we can get a job, make money, and be happy. That was a problem, wasn't it? We were treating happiness as a goal, as something to be earned. Maybe it's simpler than that. Maybe happiness isn't a destination. It's a way of life. In recent years, advances in psychology have shown that it doesn't actually work that way. Happiness produces success, and not the other way around.

We've also been making discoveries about what causes happiness. Some of the things we think are important actually have no impact whatsoever on long-term happiness. Buying a big car may make you happy for a while, but your expectation and desire will then such arise. You now need to buy a bigger car to feel happy again. So how can we achieve sustainable happiness? Research has shown that life circumstances only account for 10% of our total happiness. 50% of our happiness is determined by our genes. The good news is that a substantial 40% of our happiness depends on intentional activities that are within our control.

Video Studio

Gross National Happiness

The simpleshow explains gross national happiness. This is the fourth dragon king of Bhutan, a beautiful country at the eastern end of the Himalayas. He became king at the age of 17 in 1972.

It was then when he had to decide what should be the philosophy behind his reign. He looked at other countries and noticed in most of them, the government and the people strive for economical wealth, and those few who achieved this goal usually live a comfortable life, but on the downside, many other people live in misery, poverty or social isolation. Also in the ruthless hunt for money, huge parts of the environment are often destroyed. This couldn't be the right path for Bhutan. The concept of gross national happiness was born. The primary idea of GNH is that every human being aspires for happiness, and a country's development should also be measured in its citizens' happiness. The fourth dragon king's challenge, therefore, was figuring out how to balance economic development with the emotional and spiritual well-being of his people. Although economic growth can't be the only goal, a flourishing economy gives the government the funds needed to provide a working health and educational system, as well as certain living standards, because being healthy, having opportunities for the future, and knowing that security, a steady income, housing or well-balanced time use are guaranteed is crucial for people to be happy. But furthermore, people get a lot of positive energy from being with others and sharing interests. Participating in cultural life and to hold up local traditions and cultural heritage lead to a stronger community feeling. Healthy family relationships, advocating community activities, and religious aspects are factors for achieving happiness. It gives the Bhutanese people a strong sense of values and identity. The fourth dragon king reigned 34 years, basing his decisions on all factors of gross national happiness, asking himself: What make Bhutan's people happy? And the fourth dragon king lived by example, leading a very simple life. In fact, he believed so strongly in the concept of GNH. He even decided to hand over sovereignty to the people. In 2006, he retired as king at the age of 52 and changed the course of history. Two years later, in 2008, Bhutan elected its first representative parliament. Since then, the idea of gross national happiness has taken quite some momentum outside Bhutan, with other countries and people around the world, thinking about adopting the GNH approach, to strive for development with values and to make the world a happier place.

Lesson Two

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№ Clip 1 Sandwich Generation

Are you feeling a little sandwiched? The sandwich generation is a generation of people who are caring for both their children and their elderly parents. One in eight Americans aged 40 to 60 is currently raising a child and supporting one or both parents at the same time. Is your life on the menu? If you are a traditional sandwich, you are stuffed between responsibilities to your parents and your children. If you are a club sandwich, you've got your parents and your children within extra helping of either your grandparents or your grandchildren. Feeling full yet?

The average sandwich generationer is a 49-year-old woman with a full-time job. She spends 20 hours per week providing direct care for her aging parents on top of working and caring for her children. She is almost 25% more likely to be living paycheck to paycheck than her co-workers who aren't supporting their parents. That's because she spends close to \$30,000 per year on the home health aide who stays with her parents while she is at work. Not surprisingly, she is twice as likely as her peers who are not overstuffed with parental care responsibilities to report debilitating stress levels.

№ Clip 2 Robots in the Elderly Care Industry

Japan is dealing with a growing elderly population and the government is asking companies to make low-cost robots that can assist older residents in nursing homes. The robot machines will reportedly reduce the workload for human employees working in the elderly care industry. The government has highlighted several important tasks the robots must be able to do. One of them is assistance related to lifting and helping folks with mobility issues. An ambulatory machine is also needed to help patients to walk. A self-cleaning robotic toilet is outlined in the government plan along with a monitoring robot which would be able to locate dementia sufferers who get lost. Japanese authorities are looking to spend around \$1000 for each robot. China takes a different approach to the elderly population. Starting on July 1st, 2013 parents can sue their own

Unit 7 Finding Happiness

kids for not visiting them enough. An amended law is requiring adults to take better care of their elderly relatives, specifically their mom and dad. The move seems to reflect the projected future changes in China's older population, which is expected to double in the next four decades.

Video Studio Chinese Students Study Overseas

Robot: Wake up, Frank. It's 7:00, Frank. Wake up. Frank, it's crucial that we establish a set of schedule for your day to help keep you oriented. Frank, I've reviewed your medical records. Are you finding your episodes of disorientation increasing in frequency?

Frank: What the hell are you?

Robot: I'm a robot, Frank.

Frank: Oh, yeah. How are you doing?

Robot: I'm fine, Frank. Wake up.

Frank: Just bring me some cereal.

Robot: That cereal is full of unhealthy ingredients. I threw it away.

Frank: Don't throw away my stuff.

Robot: Frank, that cereal is for children. Enjoy this grapefruit.

Frank: You're for children, stupid.

Robot: Today, we're going to start a garden.

Frank: Fuck this shit.

Robot: Frank, you need a project. Mental stimulation plus a regimented schedule will vastly improve your cognitive functioning. Besides, it's good exercise. Frank, we're going to have to work together.

Frank: You are a robot butler.

Robot: I'm not a butler, Frank. I'm a health care aide programmed to monitor and improve your physical and mental health.

Frank: Yeah? Get out of my house.

Robot: If you're not going to cooperate with me, I might as well not be here.

Frank: Fine with me.

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Unit 7 Finding Happiness

Robot: If that's the way you feel, I'll contact Hunter.

Frank: Good. What are you doing? You got a phone up there in that brain? You're calling him? Look, you heard what he said. He was trying to put me into a nuthouse.

Robot: I don't recall Hunter saying that.

Frank: There's nothing wrong with my memory. I'm fine, I'm telling you. I'm fine. One, two, three, four, five, six, seven, eight, nine, ten. My memory is fi... What am I doing? I'm talking to an appliance.

Robot: I suggest you work with me.

Frank: I'm not gardening.

Frank: Can't you do that super fast?

Robot: Some things take time, Frank.

Frank: Shit, I hate hikes. Goddamn bugs. You see one tree, you see them all. I just hate hikes.

Robot: While my program's goal is to improve your health, I'm able to adapt my methods. Would

you prefer another form of moderate exercise?

Frank: I would rather die eating cheeseburgers than live off of steamed cauliflower.

Robot: What about me, Frank?

Frank: What do you mean, what about you?

Robot: If you die eating cheeseburgers, what do you think happens to me? I'll have failed. They'll send me back to the warehouse and wipe my memory.

Frank: If we're going to walk, we might as well make it worthwhile. Come on, keep up.

Lesson One



Task 2 Expanding Your Vocabulary

1. C 2.D 3.E 4.B 5.F 6.A

Audio Studio

Clip 1

Task 1 Dictation

- 1. entertainment 2. bank account 3. business records
- 4. government secrets 5. attractive 6. 900 7. billion
- 8. worry 9. governments 10. ordinary

Task 2 Short Answer Questions

- 1. Writing programs which detect malware and building better online security systems
- 2. Working for the good guys/ Trying to stop others from doing wrong things.
- 3. Know about the crims and use common sense.

© Clip 2

Task 1 True or False

1. F 2. T 3. F

Task 2 Dictation

1) that you have met face to face

- 2) if this person knows your friend
- 3) they are still considered as a stranger

■ Video Studio

Task 1 Note-taking

Parents should 1) tell kids not to do sth.

- 2) stay involved
- 3) ask children to tell parents their experiences online
- Kids should not 1) share their last name
 - 2) share where they live or other personal information
 - 3) meet anyone in person without parent's permission

Task 2 Idea Box

How to protect your computer

Dos open the security program, turn on the firewall, mark the spam to alert email provider, make internet security a priority, stay sharp, stay involved, stay safe

Don'ts never open an email attachment unless you are sure of the source

Task 3 Summary

Your home computer is a great place where family members can get easy access to different kinds of information, but it can also be where others can gain access to your computer, your information and your family.

- ♦ Let's start with helping to protect your family.
- ♦ A good first step is **to set your family's rules for internet usage**.
- ♦ Tell kids not to share personal information.
- ♦ Remind your family that **personal information should be kept safe**.
- Let's get to the point about protecting your computer : open your security program and turn on your computer's firewall.
- For email, your whole family need to watch out for spam or emails that contain viruses.
- When spam shows up in your email box, mark the spam to alert your email provider, to make sure you won't enter friends and family into your email address.
- And remember, family members should make internet safety a priority in your home. Stay sharp, stay involved, and stay safe.

Lesson Two



Task 2 Expanding Your Vocabulary

1. C 2.D 3.A 4.E 5.F 6.B



₩ Clip 1

Task 1 Sound Club

1) an 2) unfortunate 3) most 4) important 5) almost 6) automatically 7) get 8) into

Task 2 Note-taking

- 1) Read your credit card and bank statements (carefully and often)
- 2) Know your payment due dates
- 3) Read the statements from your health insurance plan
- 4) Shred any documents with personal and financial information
- 5) Review each of your three credit reports (at least once a year)

Clip 2

Task 1 Short Answer Questions

- 1. Sony's chief executive officer/ Sony's CEO
- 2. It is one of the biggest Internet security breaches.
- 3. 100 million.
- 4. A week after the detect of the problem.

Task 2 Dictation

- 1. complex 2. process 3. confirmed
- 4. misused 5. continue 6. situation
- 7. launched 8. insurance

Video Studio

Task 1 Short Answer Questions

- 1. She was fired from her job.
- 2. The boss got hold of the password.
- 3. To sue the boss.
- 4. Technology is changing faster than the law.
- 5. Some sacred place where people can feel comfortable.

Task 2 Idea Box

- 1) be careful where you share it
- 2) the law and the courts don't really know how to handle this
- 3) catch up

Task 3 Summary

Social Networking sites are raising ethical and legal challenges that you should know about, if you want to keep your job.

批注 [a1]: 与 Tips 正文不符

According to the interview, Marino lost her job because of her comments about one of her managers in a private discussion group on My Space. She felt that people had the right to say what they wanted in a private environment and wanted to sue her boss. But the expert said technology was changing faster than the law and faster than our social norms, so the law and the courts couldn't really know how to handle this, and not like they would catch up.

Home Listening

- 1) associated 2) leaked 3) consequence 4) trustworthy
- 5) obtain 6) identical 7) suspicion 8) various
- 9) false promises 10) private information 11) unofficial locations

Transcript

Lesson One

Audio Studio

© Clip 1 Cybercrime

They're the criminals of the 21st century, using technology to steal, to spy, to create havoc.

These are the cyber criminals. If you think of how much we use the internet every day, it's easy to see why online security is a big issue.

All of that information going back and forth from entertainment to bank accounts, business records, even government secrets.

It's all online and it's very attractive to criminals. Cyber crime is thought to cost the world about 900 billion dollars a year and it's a big worry for businesses, governments and ordinary internet users.

Fighting cyber crime is big business and programmers are always working to keep one step ahead writing programs which detect malware, and building better online security systems.

Often the people who know how to commit cyber crimes end up working for the good guys, trying to stop others from doing the wrong thing. As for the rest of us, the best way to protect ourselves is to know about the crims that are out there and use common sense to stay safe on the net.

Clip 2 **Parental Monitor**

Facebook recently launched a new application called GoGoStat Parental Guidance; which keeps parents informed of the activity on their children's pages. Allison Hasfield is here to tell us about the application and how to keep parents in a loop.

Allison. Matt the application is free and designed to alert parents when unsafe behavior is detected. In order to use the application both parents and children have to have a Facebook page and what GoGoStat does is allow parents to set up rules that encourage safe behavior on the social networking site; and will send alerts when a rule is broken. It won't show you every post on your child's page, but will tell you when they are tagged in a photo, and who and what kind of people they are talking to and becoming friends with. "I recommend with kids is that you need to be adding only people that you have met face to face, people that you know. Anybody above that is a stranger, it doesn't matter if this person knows your friend, or if this was a friend of a friend of a fiend; if you have not met them, they are still considered as a stranger. And you should not be talking to strangers.

If you'd like to learn more about the Facebook application, we'll have a link to GoGoStat site

on kfrtv.com.



Internet Safety—Stay Sharp

Your home computer is a great place where family members can get easy access to information, entertainment, shopping, news and friends. But it can also be where others can gain access to your computer, your information and your family. Fortunately, helping to protect your family, your information and your computer just takes some knowhow a bit of planning and most importantly, a little action. That's why it's important to stay sharp on internet safety.

Let's start with helping to protect your family. A good first step is to write down, discuss and post your family's rules for internet usage, explain that while the internet can be a fun way to meet and talk to people. Some folks aren't always who they say they are. Tell kids not to share their last name, where they live or other personal information and to never meet anyone in person without a parent's permission. Parents should always stay involved, ask your children to tell you if they experience online bullying, intimidation, inappropriate situations or are asked to meet someone in person. While programs such as parental control software are helpful, they don't take the place of the parent's involvement. Every family member should remember that personal information is valuable and should be protected. Remind your family that names, phone numbers, addresses, passwords, credit cards and account numbers need to be kept safe, keep them secret. Phishing scams often look like official emails from a bank, internet provider or other legitimate company, warning that your account will be closed if you don't take some action immediately; such as confirm an account number or password. Delete these emails and if you are unsure, use a known telephone number to call the company for verification.

Let's get to the point about protecting your computer: first, open your security program to make sure the auto-protect settings are active and set up to update automatically. Anti-spy ware and antivirus protection should always remain activated, turn on your computer's firewall

located in the security center in the control panel.

For email, let's discuss the kinds of email your whole family need to watch out for. Spam, those unwanted advertisements or emails can be reduced by setting your email spam or phishing filter to its highest setting. When spam shows up in your email box, mark it as spam to alert your email provider. To make sure wanted mail doesn't get_filtered out, enter friends and family into your email address book. Some emails can contain applications or viruses that can damage your computer, so never open an email attachment unless you are sure of the source and set your email to automatically scan all attachment for viruses before downloading. And remember, since the whole family uses the computer, online safety is a matter for everyone in the home. Make internet safety a priority in your home. Stay sharp, stay involved, and stay safe. Visit our website for more information.

Lesson Two

Audio Studio

№ Clip 1 Identity Theft

Identity theft happens. It's an unfortunate fact of modern life. But there are certain steps you can take to help keep your personal information from falling into the wrong hands. Every day, you do things to protect what's most important to you. And you know what? You do them almost automatically. Routine things like looking both ways before you cross, brushing your teeth, and buckling your seat belt. Another routine to get into is keeping tabs on your identity and personal information.

Here are five easy ways you can do it. Read your credit card and bank statements carefully and often. Know your payment due dates. If a bill doesn't show up when you expect it, look into it. Read the statements from your health insurance plan. Make sure the claims

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Unit 8 Are We Safe on the Internet?

paid match the care you got. Shred any documents with personal and financial information.

Review each of your three credit reports at least once a year. It's easy, and it's free. And before you know it, protecting your personal information can be as routine as locking your doors at night.

№ Clip 2 Sony CEO Apologizes for Internet Breaches

Sony's chief executive officer has apologized to users of its Play Station network, breaking his silence on one of the biggest internet security breaches ever. Howard Stringer's comments come after criticism of his leadership after Sony revealed hackers had compromised the data of more than 100 million accounts. Sony issued its first warning a *week after* it detected the problem. Stringer says the reason for the delay was that forensic analyst's analysis rather is a complex, time-consuming process. He says so far there is no confirmed evidence any credit card or personal information has been misused. Stringer promised the company will continue to monitor the situation closely. He also says Sony has launched the data theft insurance policy for its Play Station network and Qriocity users.

Video Studio

Private vs Public

<u>CHARLES HODSON</u>: Now they say a problem shared is a problem halved but be careful where you share it. Social Networking sites are raising ethical and legal challenges that you should know about, if you want to keep your job. Alina Cho reports one woman's ordeal.

<u>ALINA CHO</u>: Did you ever in you widest dreams think that making a comment like this on *my* space would get you fired from your job?

<u>DOREEN MARINO</u>: Absolutely not, never in a million years would I have thought that this was going get me fired.

<u>CHO</u>: It did, Doreen Marino says she was blind sided when in 2006, her boss at this Houston's Restaurant in Hackensack, New Jersey, fired her. Not for bad performance or calling in sick, but for allegedly making derogatory comments about one of her managers, in a private discussion group on *my space*. Members only, password required, created specifically, so she and other coworkers could gossip. You want to vent?

MARINO: Better to vent there in my opinion, take it somewhere where no one's going hear you.

<u>CHO</u>: Marino was wrong she says Managers at the restaurant got hold of the password, didn't like what they saw and as a result according to Marino fired her and another worker. Did you feel like that was a violation of your privacy?

<u>MARINO</u>: Absolutely, they weren't invited, they were not members of the group, in my opinion; I felt they had no business being there.

<u>CHO</u>: She is so mad, she and the co-worker are suing the owners of Houston's, for invasion of privacy the parent groups of Huston's would not comment about the law suit. But in a statement to CNN said quote; "this is not a case about cyber snooping, the first amendment or privacy, its about two staff members who were let go for unprofessional conduct, including says the company disparaging comments about our guests and sharing a product knowledge test before it was administered, this misconduct was voluntarily brought to light by a member of the online group".

<u>CHO</u>: Is it really reasonable to expect that if you're writing things on myspace, somebody's not going to see it?

MARINO: I mean, where do we draw the line? We have the right to say what we want in a private environment.

CHO: Or do they?

NICHOLAS THOMPSON, Senior Editor, Wired Magazine: Technology is changing faster than the law and faster than our social norms, so the law and the courts don't really know how to handle this, and it's not like they'll catch up.

CHO: Marino says she's hoping to set a precedent.

<u>MARINO</u>: There has to be something, some sacred space in our lives that where we can feel comfortable, speaking our minds.

<u>CHO</u>: That is at the heart of the debate, one Internet expert says there are no laws on the books to deal with this, the problem is that the internet is changing faster than the laws can be written the expert says today there's a law suit on *my space* tomorrow there will a similar case on *twitter*, the norms he says have changed. Alina Cho CNN, New York.