

2022-2023 秋季学期
《实用英语视听说》教材

内部资料，请勿外传

Unit 1 Business

Topic: Business

Focus: Business systems

Issue: what can go wrong when businesses try to 1) _____

The phenomenon observed:

- Once a business has achieved success, 2) _____ wants to repeat that success.
- The fact is most of these attempts 3) _____.

Why do few managers get things right the second or third time?

- 4) _____ in the people who have succeeded.
The trouble is those people 5) _____ the whole complex systems.
e.g. a lots of details 6) _____ to those people

Two mistakes when the managers set up a duplicate system:

- They try to 7) _____.
- They try to 8) _____ from the best parts of different systems.

Causes of problems:

- The information 9) _____
- The business settings were not comparable
- Disadvantages were overlooked.
e.g. the effects of modification on 10) _____

Solution:

- 11) _____
e.g. being more realistic and cautious
- Exert 12) _____ on the organizational systems
i.e. copying the original 13) _____
-- the physical features of 14) _____
-- the 15) _____ of the employees

Unit 2 Geography

Topic: Introductory Geography

Focus: some basics

What do we learn by studying geography?

- The effects all the processes have on 1) _____
- The relationships between 2) _____ and the people living there

Two main branches of study:

- 3) _____ of our planet
- Human lifestyles and 4) _____
e.g. the use of carbon fuels

Some specific areas:

- 5) _____, the study of the natural environment and its living things;
- Topography, the study of 6) _____ of the land and oceans;
- Political geography and social geography, the study of 7) _____;
- Economic geography, the study of resources and their use;
- Historical geography;
- 8) _____ geography;
- Cartography

Key point to remember:

- Geography helps us to understand our surroundings and their 9) _____

What do geographers do?

- 10) _____
 - conduct a census
 - collect information in the form of 11) _____ using computer and satellite technology
- Analyze them
 - identify 12) _____, e.g. cause and effect
- Publish the findings in form of
 - a) Maps
 - easy to carry

--can show the physical features of large or small areas

--But they are two-dimensional and always have some 13) _____

b) aerial photos

--can show areas of diseased trees, 14) _____ on the roads or sea
beds, etc

c) landsats sent to receiving stations

--used for monitoring 15) _____ conditions, etc

Unit 3 What I've Learned about Parenting as a Stay-At-Home Dad

Lead-in: Past working experience

e.g. not getting along with the manager.

40% of the income has been spent on _____.

Reasons to change lifestyle to be a stay-at-home dad: _____ issues.

Experience of being a stay-at-home dad

What I supposed to be as a stay-at-home dad:

e.g. feed kids, change their diapers, let them watch "Sesame Street", keep them _____,

take them to the park, etc.

I began to learn:

What I've learned

- Children needs to get more _____ time, according to a survey.
- when the children sleep, parents can get some sleep
- the best way to teach the children right from wrong is not to _____ them, but to teach them, draw pictures, and make _____ that they understand.
- children needed love
a great way to love: putting diapers on head and play _____
- the hardest thing, underestimated most about being stay-at-home parents
 0. _____: feeling inadequate, feeling selfish for wanting _____
 1. _____ fatigue: had no time for anything, and received no understanding from their _____.

Become an _____ for stay-at-home parents

- When standing in the shoes of the stay-at-home parents, the world is different: starting from a baby steps, wobbling, and then turning into stomps, making _____ for the next generations.
- Parenting has a lot to do with landscaping and needs _____, rather than teaching.
- Be _____ is what I learned: the superpower of a family.

Unit 4 Five Ways to Listen Better

Lead-in:

■ The problem: We are losing our listening.

- We retain just (1) _____ of what we hear.
- Listening = making meaning from sound + a (2) _____ process and a process of extraction.

Body:

■ How we listen? – Use some tools:

- pattern recognition
 - ✧ to distinguish (3) _____ from signal, esp. names.
- (4) _____ is another tool we use. E.g.: you stop hearing pink noises.
- filters: they create our reality in a way.
 - ✧ (5) _____ is very important in listening: one example of the speaker with his wife.
- one more thing: Sound places us in space and time.
 - ✧ If you close eyes, you can sense the size of the room; time is always (6) _____ in sound.

↓

 - ✧ our listening is the main approach that we (7) _____ the flow of time.
 - ✧ a quote as further evidence

■ Why the speaker said we're losing our listening?

- Reason #1: (8) _____ were invented: writing, audio and now video...
- Reason #2: The world is so (9) _____ → it's just hard to listen.
 - ✧ Some people resort to (10) _____ → nobody's listening to anybody

■ Consequences:

- We become impatient.
 - ✧ we want sound (11) _____ rather than oratory
 - ✧ conversation is being replaced by personal (12) _____
 - ✧ people are desensitized
 - ✧ media shout to catch our attention

◇ it's difficult for people to pay attention to the quiet, the (13) _____, the understand.

■ **Solutions: Five simple exercises**

➤ #1: (14) _____

◇ 3 minutes a day of silence can reset your ears to hear the quiet

➤ #2: the (15) _____

◇ practice the following:

• in a coffee bar: how many (16) _____ of sounds can I hear?

• in a lake: how many birds am I hearing? where? ripples?

➤ #3: savoring

◇ enjoying (17) _____ sounds

• e.g.: my tumble dryer—a waltz: the “hidden choir”

➤ #4: listening (18) _____

◇ moving your listening position to what you're listening to: playing with filters.

➤ #5: an (19) _____:

◇ RASA: Receive + Appreciate + (20) _____ +Ask

■ **Conclusion: An appeal:**

➤ We need to teach listening in our schools as a skill. Transform the word to a conscious and listening world!

Unit 5 Why our screens make us unhappy

Introduction: Anecdotes and examples to start the speech

- The (1) _____ strategy: businesspeople use their own products to show confidence in the products.
- Exceptions to **this rule**: businesspeople don't use their products:
 - the (2) _____ tech industry
 - ◆ who: Steve Jobs
 - ◆ what: a journalist was staggered by what he said: his kids never used (3) _____
- A school near Silicon Valley: introduce screens in the (4) _____ grade
- All above-mentioned push the speaker to ponder on the influences of screens.

The main content: The speaker's findings

- **An inspection on Time:**
 - sleep: 7.5~8 hours/day; work: 8.5~9 hours/day; (5) _____ activities: 3hours/day
 - the (6) _____ space: our personal time in which we do things that make us unique.
 - hobbies; close relationships; creativity; the meaning of life
 - it's (7) _____ and important to us.
 - Sadly, right now, it just takes a very small proportion.
- **What do we do about this?**
 - Different apps/screens:**
 - Positive: screens help us in many ways; some apps are enriching: focusing on relaxation, exercise, weather, reading, (8) _____ and health. 9 mins/pay on them
 - Negative: apps focusing on dating, networking, gaming, web surfing, etc. 27 mins/pay on them
 - Why we spend so much time on these apps?**
 - they rob us of stopping (9) _____

- They are signals to do something new and different: like newspapers, magazines, books, TV.
- But information from media (twitter, Facebook, emails, etc.) today rolls on and it's (10) _____

An example of SOLUTIONS from Western Europe:

- A Dutch design firm: the desks rise to the ceiling after 6:00 pm; turn the office space into a yoga studio and dance club.
- Daimler: “this person is on vacation, so we’ve (11) _____ your email.”

SOLUTIONS offered by the speaker concerning how to do at home:

- The rule: Never use my phone (12) _____
 - ∴ we are very bad at (13) _____ temptation
 - At beginning, the speaker had FOMO (*fear of missing out*), struggled.
 - Then get used to it: life is more colorful, interesting; better conversations.
- People who tried so: Expanded the rule in their practice.
 - putting away the phone for the 1st hour in the morning
 - weekend: putting the phone on (14) _____ mode

Summary and Conclusion: A metaphor delivered by the speaker

- the way we use screens is like (15) _____ down a fast and long road
- you are the one to make the right choice: make your life richer and meaningful by leaving your phone in your car.

Unit 6 Marine renewable energy (ocean energy)

Introduction

More energy required because of growth in population and

What's needed:

- renewable energy sources
- methods that won't create pollution

Wave energy

Advantage: waves provide asource of renewable energy

Electricity can be generated using offshore or onshore systems

Onshore systems may use a reservoir

Problems:

- waves can move in any
- movement of sand, etc. on theof the ocean may be affected

Tidal energy

Tides are morethan waves

Planned tidal lagoon in Wales:

- will be created in aat Swansea
- breakwater (dam) containing 16 turbines
- rising tide forces water through turbines, generating electricity
- stored water is released through, driving the turbines in the reverse direction

Advantages: not dependent on weather

- no is required to make it work
- likely to create a number of

Problem: may harm fish and birds, e.g. by affectingand building up silt

Ocean thermal energy conversion

Uses a difference in temperature between the surface and lower levels

Water brought to the surface in a pipe

Unit 7 The Era of Corporate Social Responsibility is Ending

Corporate social responsibility (CSR)  _____ social responsibility

- ✓ Context: Work in a _____ company powering the business of _____.

Traditionally, CSR has been for big companies, with the capacity to _____ staff and programs. Many small companies care about giving back.

- ✓ It is not an easy shift, but the shift is on the way for two reasons:

- **Reason 1:** Corporate is _____.

Details: _____ of all people working for corporate in America.

People not work for corporate are excluded by taking social responsibilities.

- **Reason 2:** It reinforces this idea of corporations as faceless monoliths.

Details: Humans {
bring life to the _____ and purpose of every organization,
provide the oxygen and wits that make everything happen,
bring their whole _____ to work,
sign _____ with the world.

- ✓ How to get involved in the shift? → it requires _____ between people and community

- **Step 1:** Take your cue from your people.

Ingredient 1: know what they care about

Ingredient 2: put them _____ your giving

Ingredient 3: _____ them as agents of good.

- **Step 2:** Take your cue from your community.

The more one knows about the people, the more one can

_____.

- ✓ Conclusion: When focusing on humans, the brand can gain _____.

Humans can make their own _____ about how to walk through life and lead the organizations.

Unit 8 Six space technologies we can use to improve life on Earth

I. The speaker's story


- when she was 17 ys
 - time: a hot summer night
 - where: in Florida
 - what: work as an intern at NASA; waiting for a miracle: Columbia Space Shuttle; she wanted to join the team.
- when she was at college
 - at MIT: in her (1) _____ training; joined a student project building (2) _____
 - in Kenya:
 - ✧ her volunteer teaching there
 - ✧ Kenyan girls and the leaders tried to make these girls have the best (3) _____ in life.
 - ✧ she wanted to contribute, but worried: what she learnt couldn't help
 - ✧ A mentor changed her mind: She could choose a career in space and in (4) _____

II. Some facts of space technology and its help in development

- The Outer Space Treaty
 - the exploration and use of space: for the benefit of all people.
 - colonialism and (5) _____ and gender inequality excluded many people from the benefits of space
 - this situation should be bettered
- The Sustainable Development Goals of the UN.
 - priorities between now and (6) _____
 - opportunities to end extreme (7) _____; access to food & water

III. 6 technologies that help us pursue the (8) _____ Development Goals

- Communication satellites
 - provide access to phone, (9) _____ service.
 - particularly helpful during disaster recovery: Typhoon Haiyan

2. Positioning satellites
 - tell us where we are
 - can be used to track (10) _____ wildlife: a turtle example
3. Earth observation (11) _____
 - tell us what's going on in our environment
 - Now: (12) _____ satellites owned by 60 agencies
 - provide images
 - take measurements:
 - ✧ combine measurement with complex computer models and make beautiful and global visualizations; ocean currents and temperature.
 - ✧ the salt and smoke and dust in the (13) _____
 - ✧ rainfall and snowfall; vegetation—to understand where there will be famine or (14) _____
4. microgravity research
 - when astronauts are in this environment:
 - ✧ bones and muscles weaken
 - ✧ cardiovascular system and their (15) _____ system change
 - ✧ techniques used for astronauts can be applied to people on Earth
5. Space Spinoffs
 - transfer inventions for astronauts and (16) _____ to life on Earth
 - example: a system: based on the technology to (17) _____ wastewater
 now used worldwide.
6. Inspiration
 - through education, research, and astronomy
 - countries increase their local knowledge of space

IV.3 satellite engineers

1. Elyka Abello: from Venezuela; designed a (18) _____ tool to better design the power systems
2. Adel Castillo-Duran: from the Philippines; a meteorologist and a satellite engineer; uses data in (19) _____

3. Hala: from the Sudan; built their own satellite

V. Conclusion

- Space truly is useful for sustainable development for the benefit of all peoples.
- still, lots need to be done because of various barriers
- the speaker recently set up a research group called (20) _____
- the mission of it

Glossary:

Spinoffs: /'spɪnɒf/ n. A spinoff is an unexpected but useful or valuable result of an activity that was designed to achieve something else. 意外收获; 意外效应

Unit 9 Throwaway Nation—Food Waste and Food Insecurity

➤ Introduction of the Issue

■ People who are food insecure

e.g. seniors, students, families with minimum-wage jobs, 1. _____, veterans and those who look like the speaker.

■ Statistics

2. _____ people are food insecure on any given day.

3. \$ _____ billion worth of food never leaves the farm

Food waste accumulated across the supply chain equates to 4. _____ of all food grown in the US.

Agricultural production uses up 5. _____ of the energy budget, 6. _____ of land use, and 7. _____ of fresh water in the US.

➤ Purpose of the talk

■ share and propose ways to deal with food insecurity by cutting food waste

➤ What has been done

■ prevent food waste before it occurs

e.g. take product that's going off date and produce that may not look so happy but is still 8. _____ viable, and make healthy meals for the seniors or match snap purchases with free produce.

■ recover food

e.g.

- harvesting crops that were unwanted. e.g. squash left in the field to rot because it was 9. _____, not the right size, and not worthy of the labor to be harvested.

- turning recovered produce into dehydrated, 10. _____.

- converting highly perishable foods into meals or for use 11. _____.

- 12. _____ fruits and vegetables that are deemed too ugly to sell

■ recycle food

e.g. picking up waste from grocery stores, restaurants, from food distributors, college campuses etc., 13. _____ it and use it to feed the soil or livestock.

➤ **What you can do more**

- 14. _____ and financially supporting organizations that provide food recovery services helps build their capacity to get even more food.
- telling your grocer that you don't have expectations of 15. _____.
- suggesting that they start a discount bin for 16. _____ fruits and vegetables
- contacting your school board and have them reassess school 17. _____ so that those food insecure students have enough time to finish their meals.

➤ **Conclusion**

If we could save 18. _____ of food waste, we could feed 19. _____ million people, but it's going to take each and every one of us to make 20. _____.

Unit 10 What Makes a Good Life? Lessons from the Longest Study on Happiness

Lead-in: A recent survey of _____ investigating people's most important life goals

- ✧ Over 80 percent: to get rich
- ✧ Another 50 percent: to _____

We're constantly told to lean in to work, to _____ and achieve more.

Main body: The Harvard Study of Adult Development

- ✧ **Research aim: To see what really keeps people happy and healthy.**
- ✧ **Longitudinal studies like this are exceedingly rare, because:**
 - too many people _____ of the study,
 - _____ for the research dries up,
 - or the researchers get _____ or die.
- ✧ **Research method: Lives of _____ men were tracked for 75 years.**
 - The first group: _____ at Harvard College
 - The second group: teenagers from Boston's _____.
 - Measurements: questionnaires, interviews, _____, home visits, etc.
- ✧ **Research result: The teenagers' adult lives demonstrated various possibilities.**
 - Some climbed _____ from the bottom to the top.
 - Some developed in _____.
- ✧ **Lessons learned: Good relationships keep people happier and healthier.**
 - Firstly, _____ are really good for us, and loneliness kills.
 - Secondly, it's the quality of your close relationships that matters.
 - Thirdly, good relationships don't just protect our bodies, they protect our brains.

Conclusion: Close relationships are good for our health and _____.

- People really like a quick fix, but relationships are messy and complicated.
- People who _____ were those who leaned in to relationships.

Unit 11 How to Manage Your Time More Effectively According to Machines?

Main idea: The computer science of scheduling can provide us with ideas about time management.		
<ul style="list-style-type: none"> ◆ _____ tells the CPU how long to work on each task. ◆ Computers move _____ between their various responsibilities, giving the illusion of doing everything _____. 		
Insight 1: All the time you spend _____ your work is time you aren't spending doing it.		
<ul style="list-style-type: none"> ◆ Example: When you check your email, you scan all the messages, choose the most important, and sometimes spent more time _____ tasks than doing them. ◆ Problem: _____ always doing the most important task first leads to a _____. 		
	Human beings	The operating system Linux
Solutions	Replying the emails in _____ order, or even at random.	Counter intuitive solution: replacing the full ranking with a limited number of priority _____
Insight 2: There is a fundamental tradeoff between _____.		
The tension between the two principles		
<ul style="list-style-type: none"> ◆ When a computer goes from one task to another, it has to do what's called a context switch. ◆ Getting serious work done means reducing context switches. ◆ Being responsible means _____ anytime something happens. 		
	The obvious one: _____	The less obvious one: _____
Solutions	<ul style="list-style-type: none"> ◆ In computer science, this idea is named as _____. ◆ Rather than dealing with things immediately, the system groups these interruptions together based on their urgency. ◆ In 2013, it triggered a massive improvement in _____. 	

Unit 12 The Mysterious World of Underwater Caves

➤ A description of being an _____

- ✦ People know much more about space than they do about the _____.
- ✦ Exploring the wonders of “inner space” can be more _____.
- ✦ Cave diving is one of the most _____.

➤ Mysterious world of underwater caves

- ✦ The underwater world is like a _____ where materials and life-forms can swim through.
- ✦ The speaker’s endeavors in the underwater caves.
 - In 2000, they went down the Antarctic icebergs to explore ice edge _____.
 - They used “rebreathers” and exotic gases to stay underwater for up to 20 hours.

➤ Explorations with other scientists

- ✦ _____
 - They found that caves are repositories of species that we never knew existed before.
 - Animals swimming in the caves are _____ in the fossil record before dinosaurs.
 - These “swimming dinosaurs” can teach us about _____.
 - The caves are young, but the animals live there are ancient.

✦ Physicists

- They are interested in _____.
- They inspected the layers of rocks to learn about the climate in ancient times.

✦ Paleoclimatologists

- They explored where the _____ stands were at other times on earth.
- They found that the ancient sea level was below current levels.

✦ Paleontologists and archaeologists

- They are looking at remains in caves to know more about the _____ of these regions.

✦ The speaker’s favorite project

- They made the first accurate, _____ map of a subterranean surface.
- They also used _____ radio to report their exact position within the cave.

➤ Meanings of the speaker’s endeavors

- ✦ The explorations help understand human connections with groundwater and other resources.
- ✦ The mapping device will be an _____ (artificial intelligence) to explore other planets.