



Unit

1

Education and Teaching

Section A Reading for Blank Filling

When my son completes a task, I can't help but praise him. It's only natural to give praise where praise is due, right? But is there such a thing as too much praise?

According to psychologist Katherine Phillip, children don't benefit from 1. _____ praise as much as we'd like to think. "Parents often praise, believing they are building their child's self-confidence. However, over-praising can have a(n) 2. _____ effect," says Phillip. "When we use the same praise 3. _____, it may become empty and no longer valued by the child. It can also become an expectation that anything they do must be 4. _____ with praise. This may lead to the child avoiding taking risks due to fear of 5. _____ their parents."

Does this mean we should do away with all the praise? Phillip says no. "The key to healthy praise is to focus on the process rather than the 6. _____. It is the recognition of a child's attempt, or the process in which they achieved something, that is essential," she says. "Parents should encourage their child to take the risks needed to learn and grow."

So how do we break the 7. _____ of praise we're all so accustomed to? Phillip says it's important to 8. _____ between "person praise" and "process praise". "Person praise is 9. _____ saying how great someone is. It's a form of personal approval. Process praise is acknowledgement of the efforts the person has just 10. _____. "Children who receive person praise are more likely to feel shame after losing," says Phillip. 【CET4 2020.12】



Exercises

I. Reading Comprehension

Directions: Try to fill in the ten blanks in the passage above by selecting one word for each blank from a list of choices given in the word bank below. Read the passage through carefully before making your choices. Each choice in the bank is identified by a letter. You may not use any of the words in the bank more than once.

A) choose B) constant C) disappointing D) distinguish E) exhausting
F) experienced G) negative H) outcome I) pattern J) plural
K) repeatedly L) rewarded M) separately N) simply O) undertaken

II. Words in Use

Directions: Fill in the following blanks with the words given in the bank above. Change the form where necessary. Each word can be used only once. Note that there are five words more than you need.

1. A new study challenges that belief, questioning whether brains really can be _____ by gender.
2. In the new world of work, you can look forward to being in _____ training to acquire new skills that will help you keep up with improved technologies and procedures.
3. It should be made clear that not everyone has a device to record their sleep _____; in some of these nations, it's likely that only the richest people do.
4. It now turns out that exercise can _____ not only your muscles, but also your eyes.
5. Although the _____ emotions associated with romantic love—fear of loss, disappointment, and jealousy—are fairly consistent across cultures, the positive feelings can vary.

6. More recently, however, some companies have been investing money in a more ambitious _____: learning how to adjust the fundamental make-up of the food they sell.
7. Thankfully the emergency services have again worked well together to ensure a positive _____.
8. Confronted by a setback such as a(n) _____ test grade, students with a growth mindset said they would study harder or try a different strategy.
9. Those people continue to reap rich _____ into old age because these days the educated elderly are more productive than the preceding generation.
10. Whitman _____ reworked “Song of Myself” between 1855 and 1891.

Section B Speed Reading

Doctor's Orders: Let Children Just Play

- A) Imagine a drug that could enhance a child's creativity and critical thinking. Imagine that this drug were simple to make, safe to take, and could be had for free. The nation's leading pediatricians (儿科医生) say this miracle compound exists. In a new clinical report, they are urging doctors to prescribe it liberally to the children in their care.
- B) “This may seem old-fashioned, but there are skills to be learned when kids aren't told what to do,” said Dr. Michael Yogman, a Harvard Medical School pediatrician who led the drafting of the call to arms. Whether it's rough physical play, outdoor play, or pretend play, kids derive important lessons from the chance to make things up as they go, he said.
- C) The advice, issued Monday by the American Academy of Pediatrics, may come as a shock to some parents. After spending years fretting (烦恼) over which toys to buy, which apps to download, and which skill-building programs to send

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their kids to after school, letting them simply play—or better yet, playing with them—could seem like a step backward. The pediatricians insist that it's not. The academy's guidance does not include specific recommendations for the dosing of play. Instead, it asks doctors to advise parents before their babies turn two that play is essential to healthy development.

- D) "Play is not a silly behavior," the academy's report declares. It fosters children's creativity, cooperation, and problem-solving skills—all of which are critical for a 21st-century workforce. When parents engage in playing with their children, it builds a wall against the harmful effects of all kinds of stress, including poverty, the academy says. In the pediatricians' view, essentially every life skill that is valued in adults can be built up with play. "Collaboration, negotiation, decision-making, creativity, leadership, and increased physical activity are just some of the skills and benefits children gain through play," they wrote. The pediatricians' appeal comes as kids are being squeezed by increasing academic demands at school and the constant invasion of digital media.
- E) The trends have been a long time coming. Between 1981 and 1997, detailed time-use studies showed that the time children spent at play declined by 25%. Since the adoption of sweeping education reforms in 2001, public schools have steadily increased the amount of time devoted to preparing for standardized tests. The focus on academic "skills and drills" has cut deeply into recess (课间休息) and other time for free play.
- F) By 2009, a study of Los Angeles kindergarten classrooms found that five-year-olds were so burdened with academic requirements that they were down to an average of just 19 minutes per day of "choice time", when they were permitted to play freely with blocks, toys, or other children. One in four Los Angeles teachers reported that there was no time at all for "free play". Increased academic pressures have left 30% of U.S. kindergarten classes without any recess. Such findings prompted the American Academy of Pediatrics to issue a policy statement in 2013 on the "crucial role of recess in school".
- G) Pediatricians aren't the only ones who have noticed. In a report titled "Crisis

in the Kindergarten”, a group of educators, health professionals, and child advocates called the loss of play in early childhood “a tragedy, both for the children themselves and for our nation and the world”. Kids in play-based kindergartens “end up equally good or better at reading and other intellectual skills, and they are more likely to become well-adjusted healthy people,” the Alliance for Childhood said in 2009. Indeed, new research demonstrates why playing with blocks might have been time better spent, Yogman said. The trial assessed the effectiveness of an early mathematics intervention (干预) aimed at preschoolers. The results showed almost no gains in math achievement.

- H) Another playtime thief: the growing proportion of kids’ time spent in front of screens and digital devices, even among preschoolers. Last year, Common Sense Media reported that children up through age eight spent an average of two hours and 19 minutes in front of screens each day, including an average of 42 minutes a day for those under two. This increase of digital use comes with rising risks of obesity, sleep deprivation, and cognitive, language, and social-emotional delays, the American Academy of Pediatrics warned in 2016.
- I) “I respect that parents have busy lives and it’s easy to hand a child an iPhone,” Yogman said. “But there’s a cost to that. For young children, it’s much too passive. And kids really learn better when they’re actively engaged and have to really discover things.”
- J) The decline of play is a special hazard for the roughly one in five children in the United States who live in poverty. These 14 million children most urgently need to develop the resilience (韧劲) that is cultivated with play. Instead, Yogman said, they are disproportionately affected by some of the trends that are making play scarce: academic pressures at schools that need to improve test scores, outside play areas that are limited or unsafe, and parents who lack the time or energy to share in playtime.
- K) Yogman also worries about the pressures that squeeze playtime for more affluent kids. “The notion that as parents we need to schedule every minute of their time is not doing them a great service,” he said. Even well-meaning parents may be

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“robbing them of the opportunity to have that joy of discovery and curiosity—the opportunity to find things out on their own”.

- L) Play may not be a hard sell to kids. But UCLA pediatrician Carlos Lerner acknowledged that the pediatricians' new prescription may meet with skepticism (怀疑) from parents, who are anxious for advice on how to give their kids a leg up in the world. They should welcome the simplicity of the message, Lerner said. “It's liberating to be able to offer them this advice: that you spending time with your child and letting him play is one of the most valuable things you can do,” he said. “It doesn't have to involve spending a lot of money or time, or joining a parenting group. It's something we can offer that's achievable. They just don't recognize it right now as particularly valuable.” 【CET4 2020.09】



Words and Expressions

advocate	/ˈædvəkət/	<i>n.</i>	a person who supports or speaks in favor of sb. or of a public plan or action 拥护者, 支持者; 提倡者
affluent	/ˈæfluənt/	<i>adj.</i>	having a lot of money and a good standard of living 富裕的
alliance	/əˈlaɪəns/	<i>n.</i>	a group of people, political parties, etc. who work together in order to achieve sth. that they all want 结盟团体; 联盟
clinical	/ˈklɪnɪkl/	<i>adj.</i>	relating to the examination and treatment of patients and their illnesses 临床的; 临床诊断的
collaboration	/kəˌlæbəˈreɪʃn/	<i>n.</i>	the act of working with another person or group of people to create or produce sth. 合作; 协作
cooperation	/kəʊˌɒpəˈreɪʃn/	<i>n.</i>	the fact of doing sth. together or of working together towards a shared aim 合作; 协作
crisis	/ˈkraɪsɪs/	<i>n.</i>	a time of great danger, difficulty, or confusion when problems must be solved or important decisions must be made 危机; 危急关头
crucial	/ˈkruːʃl/	<i>adj.</i>	extremely important, because it will affect other things 至关重要的; 关键性的
demonstrate	/ˈdemənstreɪt/	<i>v.</i>	to show sth. clearly by giving proof or evidence 证明; 证实; 论证; 说明

大学英语主题阅读教程

College English Course: Theme-based Reading

deprivation	/,deprɪ'veɪʃn/	<i>n.</i>	the fact of not having sth. that you need, like enough food, money, or a home; the process that causes this 缺乏; 贫困; 丧失; 剥夺
foster	/'fɒstə(r)/	<i>v.</i>	to encourage sth. to develop 促进; 助长; 培养; 鼓励
hazard	/'hæzəd/	<i>n.</i>	a thing that can be dangerous or cause damage 危险, 危害
intellectual	/,ɪntə'lektʃuəl/	<i>adj.</i>	connected with or using a person's ability to think in a logical way and understand things 智力的, 脑力的; 理智的
invasion	/ɪn'veɪʒn/	<i>n.</i>	the fact of a large number of people or things arriving somewhere, especially those that are unpleasant (尤指烦扰的) 涌入
liberally	/'lɪbərəli/	<i>adv.</i>	generously; in large amounts 慷慨地; 大量地
miracle	/'mɪrəkl/	<i>n.</i>	a lucky or marvelous thing that you did not expect or think was possible 奇迹; 不平凡的事
negotiation	/nɪ,gəʊʃi'eɪʃn/	<i>n.</i>	formal discussion between people who are trying to reach an agreement 谈判; 磋商; 协商
prescribe	/'prɪ'skraɪb/	<i>v.</i>	to tell sb. to take a particular medicine or have a particular treatment; to write a prescription for a particular medicine, etc. 给……开(药); 开(处方)
prompt	/'prɒmpt/	<i>v.</i>	to make sb. decide to do sth.; to cause sth. to happen 促使; 导致; 激起
recommendation	/,rekəmen'deɪʃn/	<i>n.</i>	the act of telling sb. that sth. is good or useful or that sb. would be suitable for a particular job, etc. 推荐; 介绍
squeeze	/skwi:z/	<i>v.</i>	to get liquid out of sth. by pressing or twisting it hard (从某物中) 榨出, 挤出, 拧出
steadily	/'stedəli/	<i>adv.</i>	at a steady rate or pace; in a steady manner 稳定地; 持续地; 稳固地
tragedy	/'trædzədi/	<i>n.</i>	a very sad event or situation, especially one that involves death 悲惨的事; 不幸; 悲剧
urge	/ɜ:dʒ/	<i>v.</i>	to advise or try hard to persuade sb. to do sth. 敦促; 催促; 力劝
burden with			to give sb. a duty, responsibility, etc. that causes worry, difficulty or hard work 加负担于……(某人)

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derive from

to come or develop from sth. 源于

devote to

to give an amount of time, attention, etc. to sth.
贡献, 奉献于



Notes

1. Common Sense Media: Common Sense Media (CSM) is an organization that reviews and provides ratings for media and technology with the goal of providing information on their suitability for children. It also funds research on the role of media in the lives of children and advocates publicly for child-friendly policies and laws regarding media. Founded by Jim Steyer in 2003, Common Sense Media reviews books, movies, streaming/TV shows, video games, apps, music, websites, and podcasts and rates them in terms of age-appropriate educational content. It has also developed a set of ratings to evaluate apps, games, and websites used in a learning environment.

2. the Alliance for Childhood: The Alliance for Childhood is a tax-exempt non-profit research and advocacy organization founded in February 1999, incorporated in the U.S. state of Maryland. The mission of the organization is to build, strengthen, and empower play networks to improve the lives of children, and to reduce stress in children through increased child-initiated and intrinsically motivated free play, reduced screen time and high stakes testing, and increased open-ended, active play opportunities.

3. the American Academy of Pediatrics: The American Academy of Pediatrics (AAP) is an American professional association of pediatricians, headquartered in Itasca, Illinois. It maintains its Department of Federal Affairs office in Washington, D.C.



Exercises

I. Reading Comprehension

Directions: *Each of the following statements contains information given in one of the paragraphs. Identify the paragraph from which the information is derived. You may choose a paragraph more than once. Each paragraph is marked with a letter. Answer the questions by marking the corresponding letter in the brackets.*

- () 1. Increased use of digital devices steals away children's playtime.
- () 2. Since the beginning of this century, an increasing amount of time has been shifted in public schools from recess to academic activities.

- () 3. It has been acknowledged that while kids may welcome pediatricians' recommendation, their parents may doubt its feasibility.
- () 4. According to some professionals, deprivation of young children's playtime will do harm not only to children themselves but to the country and the world.
- () 5. By playing with children, parents can prevent them from being harmed by stress.
- () 6. Playing with digital devices discourages kids from active discovery, according to pediatrician Dr. Michael Yogman.
- () 7. The suggestion of letting children simply play may sound like going backwards to parents who want to help build their children's skills.
- () 8. Dr. Michael Yogman believes the idea that parents should carefully schedule children's time may not be helpful to their growth.
- () 9. One quarter of teachers in an American city said that children in kindergartens had no time for playing freely.
- () 10. According to a pediatrician, no matter what kind of play children engage in, they are learning how to create things.

II. True or False

Directions: *There are ten statements in this part. Decide whether these statements are true or false. Write Y (YES) if the statement is true, or N (NO) if the statement is false, or NG (NOT GIVEN) if the statement is not mentioned in the passage.*

- () 1. The nation's leading pediatricians are urging doctors to prescribe a newly developed drug to enhance a child's credibility and analytical speculation.
- () 2. According to Dr. Michael Yogman, kids can obtain some important lessons more successfully from play, especially pretend play.
- () 3. The academy asks doctors to prescribe free play to parents for their babies' health and development, but doesn't specify the exact dosage of it.
- () 4. Since the extensive education reform in 2001, private schools have increased their exam-oriented preparation for the standardized test.