

Unit 1

Self-development



Learning Objectives



In this unit you will:

- to learn some basic knowledge of self-development while listening
- to learn some words and expressions about self-development
- to learn how to ask for and give directions

Background

Self-development is simply the process of learning new things and building new skills that help us increase our chances of success, achieving our goals, and manifesting our dreams.

Section A Listening

Pre-listening

Work in pairs and discuss the following questions.

1. How has information technology transformed personal development in the modern age?

2. What are some potential challenges or drawbacks of relying heavily on information technology for personal development?

3. How can individuals strike a balance between utilizing information technology for personal development and maintaining a healthy offline lifestyle?

Getting Started

New Words			
invest	[ɪn'vest]	<i>vt.</i>	投资
generation	[ˌdʒenə'reɪʃ(ə)n]	<i>n.</i>	一代人
reproduce	[ˌri:prə'dju:s]	<i>vt.</i>	再现
sundry	['sʌndri]	<i>n.</i>	杂货
transform	[træns'fɔ:m]	<i>vt.</i>	使转化
lousy	['laʊzi]	<i>adj.</i>	极坏的
lure	[lʊə(r)]	<i>vt.</i>	引诱
determine	[dɪ'tɜ:mɪn]	<i>vt.</i>	下定决心
hone	[həʊn]	<i>vt.</i>	磨炼
provision	[prə'vɪʒ(ə)n]	<i>n.</i>	供应

Activity One

You will hear a short passage about technology as a means of personal development. Give an answer to each of the following questions based on what you have heard.



1. What did the previous generations heavily invest in for their learning needs?

2. According to Lawrence Clark Powell, what has changed and what has not changed in the technological age?

3. How did the friend in the example learn to cook homemade meals?

4. What kind of goals does the article suggest for personal growth?

5. What is the role of technology in personal development according to the article?

While-listening

Text A Practical Ways to Improve Yourself

New Words			
constantly	['kɒnstəntli]	adv.	经常地
passionate	['pæʃənət]	adj.	热诚的
betterment	['betəmənt]	n.	改进
limitless	['lɪmtləs]	adj.	无界限的
concentrated	['kɒnsntreɪtɪd]	adj.	集中的
expose	[ɪk'spəʊz]	vt.	显露
compass	['kʌmpəs]	n.	指南针
acquaint	[ə'kweɪnt]	vt.	使熟悉

Activity One

Listen to a passage about the practical ways to improve oneself, and check (✓) the True statements.



- _____ 1. The more books you read, the more knowledgeable you will be.
- _____ 2. Learning a language can make you know everything about the culture in the world.

- _____ 3. It is not necessary for us to learn certain hobbies like ice skating, pottery or dancing, etc.
- _____ 4. We had better avoid what we fear.
- _____ 5. Everyone has his distinct quality, therefore it is important to learn from others.



Activity Two

Listen to the passage again and complete the notes. Fill in the blanks with the words you have heard from the passage.

- There was nothing _____ to pursue a life of development and betterment.
- The human potential is _____, so it's impossible to reach a point of _____.
- Some main practical ways to _____:
 - _____ a book every day.
 - _____ a new language.
 - _____ a new hobby.
 - _____ your fear.
 - _____ your friends.

Text B Six Core Benefits of Personal Development

New Words			
commitment	[kə'mɪtmənt]	<i>n.</i>	承诺
fulfillment	[fʊl'fɪlmənt]	<i>n.</i>	实现
mindset	['maɪndset]	<i>n.</i>	观念模式
chase	[rɪ'zɪliəns]	<i>vt.</i>	追赶
multiple	[rɪ'zɪliəns]	<i>adj.</i>	数量多的
fundamental	[fʌndə'mentəl]	<i>adj.</i>	基本的
resilience	[rɪ'zɪliəns]	<i>n.</i>	恢复力
interpersonal	[ɪntə'pɜːsənəl]	<i>adj.</i>	人际的



Activity One

Listen to a passage about personal development, and write down the six core benefits of personal development.

- _____



2. _____
3. _____
4. _____
5. _____
6. _____

Activity Two

Listen to the passage again and complete the answers to the questions.

1. What is personal development?

Personal development is about _____ so that you can manage yourself effectively regardless of what life might _____.

2. Why does personal development begin with self-awareness?

Because if you get to know _____, you can be able to chase your own goals and objectives—your values, beliefs and the purpose _____.

3. What does the old saying “Where there is a will there is a way” mean?

When you know what _____, you are more motivated to _____.

4. Why do we need personal development?

Personal development cannot _____ from occurring, but it will help you _____ when they do. You will have greater confidence, resilience, personal and _____ to cope with any eventuality.

5. How can we improve our personal development?

When you improve your personal development, you should see which relationships _____ and which need to be cut loose. You also need to develop the skills to make the most of those relationships which have _____ on your life.

Post-listening

Work in pairs and discuss the following questions.

1. Is it difficult to make personal development? Why?
2. What are you going to do for your personal development?

Section B Speaking

Speaking Skill: Asking for and Giving Directions

Useful Language

In our daily lives, we usually need to ask for directions to the places that we haven't been to before, or give directions to others.

When you come into a new place, you need to ask for directions. The most frequently-used expressions are as follows:

Excuse me, could you tell me how to get to...?

Excuse me, how do I get to...?

Excuse me, do you know where... is?

I'm new here, I don't know this area very well. Can you give me the directions to...?/
How can I get to...?/What's the best way to...?/Would you please tell me...?

Then, it is necessary to give directions to the strangers. The following major principles are usually recommended:

First, specific street instructions should be emphasized, such as, turn left/right

Go straight on at the lights/when you come to the crossroads/traffic lights

Take the first turn/road/street on your left/right

Go straight on for about 10 minutes/100 meters

Second, we often make reference to landmarks when we give directions to help the other persons. These can be places in a town, such as department stores, libraries, churches, cinemas, banks, bus stops, supermarkets, or post offices, etc. For example:

Go along the fifth Avenue...

Go past a church and then turn left and walk for about 10 minutes.

Keep going until you reach the traffic lights and you won't miss it. It is at the corner of St. Peter Street and Grand Cinema.

Stay on this road until you get to 21st Street. Then take a left.

Third, you had better make good use of some prepositions of directions.

For example: go past, go straight, go across, go along, go through, go out of, go up/
down

... opposite...

... in front of/behind...

... at/on/in the corner...

It is within walking distance.

Activity One

Listen to several short dialogues, and check (✓) the statements that have been used. Pay attention to the sentences that are used to ask for or give directions.



- _____ 1. That's on the third Street. It's close to the sports ground.
- _____ 2. Sorry, I'm new here myself. Why don't you ask the man over there?
- _____ 3. It happens that I am going that way myself, so we can go there together if you like.
- _____ 4. The museum is at the end of this road, on the left, next to the supermarket.
- _____ 5. I am not sure, but I think it's opposite to the office building.
- _____ 6. Go to the East Building, and the Classroom No. 807 is on the seventh floor.

Activity Two

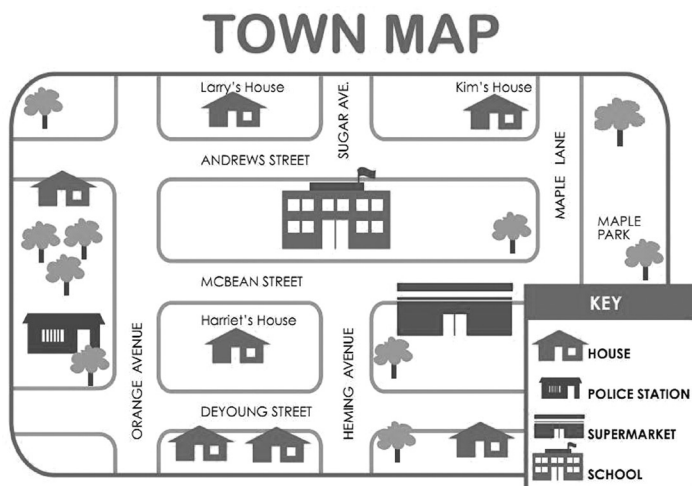
Work in pairs and complete the following conversation by using the expressions of asking for and giving directions.



- A: Excuse me. I'm looking for the library. 1. _____?
- B: Just a minute. Oh, it's near the school clinic. Do you know where the school clinic is?
- A: Sorry, 2. _____.
- B: Never mind. Please look ahead. Can you see 3. _____?
- A: Yes, you mean that white building with a red roof?
- B: You are right! That building is our administration building. You should go ahead along this road, and when you come to the administration building, 4. _____, after that, you will see a 5-storey building on your right. That is the school clinic, and next to the school clinic, the light green building is the library.
- A: Ok, 5. _____, I can find the school clinic. Then I turn left and walk for 5 minutes until I see the 5-storey building on my right, that's the school clinic.
6. _____, the light green building is the library.
- B: Right! You won't miss it.
- A: Thank you very much!
- B: You're welcome.

Activity Three

Work in groups and design a conversation to find out the way to the Maple Park based on the map below. Right now, you are on the Orange Avenue.



Activity Four

Work in groups and design a conversation to find out the way to the museum by using the expressions of asking for and giving directions.

Section C Further Listening

Activity One

You will hear three short passages. Choose the best answer for each of the questions.

Passage One

- A. He is a sign language interpreter.

B. He is a deaf person working in IT.

C. He doesn't like speaking at meetings.

D. He doesn't use email or text messages.

