



UNIT 1

Grit and Success

PART ONE

Vocabulary

- **calculate** determine (the amount or number of something) mathematically
- **stratospheric** (oral English) highest in position, rank or degree, very good
- **decimal** a fraction (= a number less than one) that is shown as a dot or point followed by the number of tenths, hundredths, etc.
- **motivation** a reason or reasons for acting or behaving in a particular way
- **cadet** a young trainee in the armed services or police force
- **rookie** a person who has just started a job or an activity and has very little experience
- **grit** the courage and determination that makes it possible for sb. to continue doing sth. difficult or unpleasant
- **stamina** the physical or mental strength that enables you to do sth. difficult for long periods of time
- **sprint** a race in which the people taking part run, swim, etc. very fast over a short distance
- **mindset** a set of attitudes or fixed ideas that sb. has and that are often difficult to change
- **persevere** to continue trying to do or achieve sth. despite difficulties
- **intuition** the ability to know sth. by using your feelings rather than considering the facts



PART TWO

Background information

- “ Angela Lee Duckworth (1970–): she is an American Psychologist and popular science author and is associated with the study of the psychological trait known as grit. Duckworth earned her bachelor’s degree in neurobiology at Harvard College in 1992, graduated at the University of Oxford in 1996 with a M. Sc., and in 2006 she got her doctoral degree in psychology at the University of Pennsylvania. Her book, *Grit: the Power of Passion and Perseverance* was released in May 2016. A review of this book in *The New York Times* called her “the psychologist who has made ‘grit’ the reigning buzzword in education-policy circles.”
- “ West Point Military Academy: it is also known as The United States Military Academy, West Point, The Academy, or simply The Point. It is a four-year military academic institute and national renowned historic site, located only 50 miles from the New York City. The Academy traces its roots to President Thomas Jefferson, who shortly after his inauguration in 1801 directed that plans be set in motion to establish it. The purpose is to provide the nation with leaders who serve the common defense. Students are officers-in-training and are referred to as “cadets”. About 1,300 cadets enter The Academy each July, and about 1,000 of them graduate.
- “ National Spelling Bee: it is an annual spelling competition held in the United States. Contest participants cannot be older than fourteen, nor can they be past the eighth grade before the completion. Although most of the participants are from the U.S., in recent years, students from countries such as Canada, People’s Republic of China, Japan, Mexico, and New Zealand have also participated in it. The goal of the Bee is educational: to encourage children to perfect the art of spelling, help enlarge their vocabularies and widen their knowledge of the English language.

PART THREE

Warm-up questions

Discuss the following question with your partner and then share your opinions with the whole class.

As a college student, you must have some experiences of success; what do you think is/are the most important elements that define(s) success? Why?

PART FOUR

Watch the TED speech

“Grit: the Power of Passion and Perseverance” by Angela Lee Duckworth twice. For the first time, you should try to grasp the general idea of the speech. For the second time, you should pay attention to the following questions and write down briefly your answers to them while watching. After watching, please discuss these questions with your partner and then share your opinions with the whole class.

“ According to Angela Duckworth, what struck her most when she was teaching a New York public school?

“ What was the lesson she learned from her teaching experience?

“ According to Angela Duckworth, what is grit? How to build grit?

“ Can you think of other ways to build grit?

“ Do you agree/disagree with the speaker? Why?



- “ Do you know any famous sayings about the relation between grit and success?

PART FIVE

Sentence study

Read the following sentences and paraphrase them. Pay attention to the bold faced and italic words and phrases.

- “ Some of my strongest **performers** did not have *stratospheric* I.Q. scores.

- “ We studied **rookie** teachers working in really tough neighborhoods.

- “ We **partnered with** private companies.

- “ What we need in education is a much better understanding of students and learning from a **motivational** perspective, from a psychological perspective.

- “ In all those very different contexts, one characteristic emerged as a significant **predictor** of success.

- “ **Grit** is passion and **perseverance** for very long-term goals. Grit is having **stamina**.

- “ In fact, in our data, grit is usually unrelated or even **inversely** related to measures of talent.

- “ Grit is living life like it’s a *marathon*, not a *sprint*.

- “ So far, the best idea I’ve heard about building grit in kids is something called “growth *mindset*.”

PART SIX

Writing

Summarize the speech in about 100 words and then tell your take on the speech.

PART SEVEN

Read the following sayings and share with others your understanding of them.

- “ Success is not final. Failure is not fatal. It is the courage to continue that counts. (Winston Churchill)



“ I can’t give you a sure-fire formula for success, but I can give you a formula for failure: try to please everybody all the time. (Herbert Bayard Swope)

“ Coming together is a beginning; keeping together is progress; working together is success. (Henry Ford)

“ Opportunity is missed by most people because it is dressed in overalls and looks like work. (Thomas Edison)

“ I will tell you how to become rich. Close the doors. Be fearful when others are greedy. Be greedy when others are fearful. (Warren Buffet)

“ It had long since come to my attention that people of accomplishment rarely sat back and let things happen to them. They went out and happened to things. (Leonardo da Vinci)

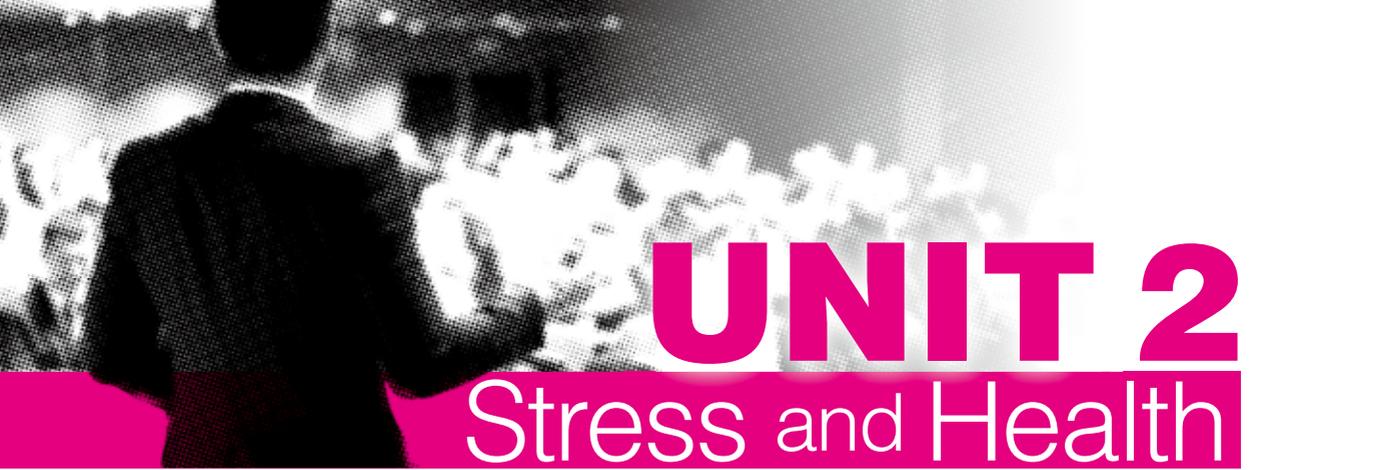
“ If you hang out with chickens, you’re going to cluck and if you hang out with eagles, you’re going to fly. (Steve Maraboli)

“ I’ve come to believe that each of us has a personal calling that’s as unique as a fingerprint and that the best way to succeed is to discover what you love and then find a way to offer it to others in the form of service, working hard, and also allowing the energy of the universe to lead you. (Oprah Winfrey)

“ Walk with the dreamers, the believers, the courageous, the cheerful, the planners, the doers, the successful people with their heads in the clouds and their feet on the ground. Let their spirit ignite a fire within you to leave this world better than when you found it...(Wilfred Peterson)

- “ Success is determined not by whether or not you face obstacles, but by your reaction to them. And if you look at these obstacles as a containing fence, they become your excuse for failure. If you look at them as a hurdle, each one strengthens you for the next. (Ben Carson)
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- “ Don't aim at success. The more you aim at it and make it a target, the more you are going to miss it. For success, like happiness, cannot be pursued; it must ensue, and it only does so as the unintended side effect of one's personal dedication to a cause greater than oneself or as the by-product of one's surrender to a person other than oneself. Happiness must happen, and the same holds for success: you have to let it happen by not caring about it. I want you to listen to what your conscience commands you to do and go on to carry it out to the best of your knowledge. Then you will live to see that in the long-run—in the long-run, I say!—success will follow you precisely because you had forgotten to think about it. (Viktor Frankl)
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UNIT 2

Stress and Health

PART ONE

Vocabulary

- **confession** a statement admitting sth. that you are ashamed or embarrassed about; the act of making such a statement
- **moderate** that is neither very good, large, hot, etc. nor very bad, small, cold, etc.
- **cardiovascular** (medical) connected with the heart and the blood vessels
- **premature** happening before the normal or expected time
- **homicide** the crime of killing sb. deliberately
- **freak** ~ (sb. out), behave or cause to behave in a wild and irrational way, typically because of the effects of extreme emotion or drugs
- **impromptu** done without being planned or rehearsed
- **demoralize** cause (sb.) to lose confidence or hope
- **unbeknownst** (unbeknown to), without the knowledge of
- **harass** to annoy or worry sb. by putting pressure on them or saying or doing unpleasant things to them
- **increment** an increase in a number or an amount
- **constrict** to become tighter or narrower; to make sth. tighter or narrower
- **chronic** (especially of a disease) lasting for a long time; difficult to cure or get rid of
- **intervention** the action or process of taking part in sth. so as to prevent or alter a result or course of events; action taken to improve a medical disorder
- **demonize** portray as wicked and threatening

- “ **hype** extravagant or intensive publicity or promotion
- “ **redeem** compensate for the faults or bad aspects of
- “ **prime** ~ (for/with sth.), prepare sb. for a situation, typically by supplying them with relevant information
- “ **compassionate** feeling or showing sympathy and concern for others
- “ **nudge** coax or gently encourage (sb.) to do sth.
- “ **anti-inflammatory** (of a drug) used to reduce inflammation (a condition in which a part of the body becomes red, sore and swollen because of infection or injury)
- “ **resilience** the ability to withstand or recover quickly from difficult conditions

PART TWO

Background information

- “ Kelly McGonigal (1977–): she is an American health psychologist and is known for her work in the field of “science help”—popular explication of scientific research. She got her Ph.D. from Stanford University and is now a lecturer in undergraduate psychology in Stanford University. She also teaches a public course on willpower.

PART THREE

Warm-up questions

Discuss the following questions with your partner and then share your opinions with the whole class.

As a college student, you will experience stress in your life. What kinds of stress do you usually have? How do you cope with your stress?



In your opinion, is stress entirely negative? Why do you think so?

PART FOUR

Watch the TED speech

“How to Make Stress Your Friend” by Kelly McGonigal twice. For the first time, you should try to grasp the general idea of the speech. For the second time, you should pay attention to the following questions and write down briefly your answers to them while watching. After watching, please discuss these questions with your partner and then share your opinions with the whole class.

“ What was Kelly’s opinion of stress in the past? How does she take it now?

“ According to Kelly, how should we reinterpret physical changes under stress? What are the physiological changes if people believe that stress is helpful?

“ According to Kelly, why does stress make people social? What are the functions of oxytocin?

“ Do you agree/disagree with Kelly? Why?

“ Has listening to the speech changed the way you look at stress? How will you deal with stress in the future?
