



Unit 1 Kindness

Lead-in

Quotes

有朋自远方来，不亦乐乎。

——《论语》

It is always a pleasure to greet a friend from afar.

—*The Analects of Confucius*

If everything is good, everything is beautiful.

—Tolstoy

如果一切皆善，就一切皆美。

——托尔斯泰

Think and Talk

1. Should we be polite to everyone? Why or why not?
2. Will you ask for help from your friends when you are in trouble?
3. What's your understanding of the saying, "A friend in need is a friend indeed"?

Part One

Reading Comprehension

Section A Reading in Depth

Exercise 1

Directions: Match the words in the left column with their appropriate explanations in the right column.

- | | |
|------------------|---|
| 1. share | a. increase |
| 2. boost | b. give an account of something |
| 3. devote | c. know the meaning of something |
| 4. describe | d. feeling |
| 5. understand | e. at once |
| 6. popular | f. totally |
| 7. friendly | g. use something with others |
| 8. incomplete | h. not finished |
| 9. secret | i. a principle or a fact that something is based on |
| 10. emotion | j. commit oneself to something |
| 11. attitude | k. known about by only a few people |
| 12. foundation | l. liked by a large number of people |
| 13. circumstance | m. behaving in a kind and pleasant way |
| 14. absolutely | n. the way that you think and feel about something |
| 15. immediately | o. the conditions that are connected with a situation |

Exercise 2

Directions: Below is a passage with ten blanks. You are required to select one word for each blank from a list of choices given in the word bank following the passage. Read the passage through carefully before making your choices. Each choice in the bank is identified by a letter. Write the corresponding letter in each blank. You may not use any of the words in the bank more than once.

Having some precious friends in our life is as important as having a heartbeat in a heart. But still, have we 1 the value of friendship in our life properly? Probably not, because the meaning of friendship is not as easy as we

have made it. Maybe you are entirely 2 to your friends, but what are your friends able to give you? Everyone knows that it is unnecessary to give or take anything in friendship. The value of friendship cannot be 3 in words, even if you are the most significant philosopher.

There are moments in everyone's life that are mentally unbearable or hopeless. In such 4, a true friend can stand shoulder to shoulder with you, which helps you stay away from mental problems. Friendship is the 5 of every kind of relationship. It can also be said that your life would be worthless and boring without your friends. It is truly difficult for us to 6 the quality of life without having some precious friends in our life. If we have no friends, we cannot 7 happiness and sadness with anyone else. Everybody has some 8 in their lives, and friends are the ones who know those secrets. If you have real friends, they will act like some secret banks where all of your secrets are 9 safe. Whether it is about family problems, first love, or any other thing, you can share all such talks with your friends. Life without friends is 10 because friends are our shadow in a way, which always helps us to know the reality. A genuine friend is the most incredible gift in life.

- A) share B) boost C) devoted D) described E) understood
 F) popular G) friendly H) incomplete I) secrets J) emotion
 K) attitude L) foundation M) circumstances N) absolutely O) immediately

Section B Fast Reading

Directions: You are going to read a passage with ten statements attached to it. Each statement 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 each question by writing the corresponding letter.

Why You Should Talk to Strangers

A) There are things we say when we catch the eye of a stranger or a neighbor walking by. We say, "Hello, how are you? It's a beautiful day. How do you feel?" These sound kind of meaningless, right? And, in some ways, they are. They have no semantic meaning. It doesn't matter how you are or what the day is like. They have something else. They have social meaning. What we mean when we say those things is: I see you there.

B) I'm obsessed with talking to strangers. I make eye contact, say hello, and I offer help. About seven years ago, I started documenting my experiences to try to figure out why. What I found was that something really beautiful was going on. This is almost poetic. These were really profound experiences. They were unexpected pleasures. They were genuine emotional connections. They were liberating moments.

C) In many parts of the world, we're raised to believe that strangers are dangerous by default, and that we can't trust them, that they might hurt us. But most strangers aren't dangerous. We're uneasy around them because we have no context. We don't know what their intentions are. So instead of using our perceptions and making choices, we rely on this category of "stranger".

D) There are two huge benefits to using our senses instead of our fears. The first one is that it liberates us. When you think about it, using perception instead of categories is much easier said than done. Categories are something our brains use. When it comes to people, it's sort of a shortcut for learning about them. We see male, female, young, old, black, brown, white, stranger, and friend, and we use the information in that box. It's quick, it's easy and it's a road to bias. And it means we're not thinking about people as individuals. I know an American researcher who travels frequently in Central Asia and Africa, alone. She's entering towns and cities as a complete stranger. Her survival strategy is this: get one stranger to see you as a real, individual person.

E) The second benefit of using our senses has to do with intimacy. I know it sounds a little counterintuitive, intimacy and strangers, but these quick interactions can lead to a feeling that sociologists call "fleeting intimacy". So, it's a brief experience that has emotional resonance and meaning. It's the good feeling I got when I talk to somebody on my train on the way to work.

F) Sometimes it goes further. Researchers have found that people often feel more comfortable being honest and open about their inner selves with strangers than they do with their friends and their families—that they often feel more understood by strangers. This gets reported in the media with great lament. "Strangers communicate better than spouses!" It's a good headline, right? I think it entirely misses the point. The important thing about these studies is just how significant these interactions can be; how this special form of closeness gives us something we need as much as we need our friends and our families.

G) How is it possible that we communicate so well with strangers? There are two reasons. The first one is that it's a quick interaction. It has no consequences. It's easy to be honest with someone you're never going to see again, right? That makes sense. The second reason is that it gets more interesting. We have a bias when it comes to people we're close to. We expect them to understand us. We assume they do, and we expect them to read our minds. So imagine you're at a party, and you can't believe that your friend or your spouse isn't picking up on it and that you want to leave early. And you're thinking, "I gave you the look."

H) With a stranger, we have to start from scratch. We tell the whole story, we explain who the people are, and how we feel about them; we spell out all the inside jokes. And guess what? Sometimes they do understand us a little better.

I) Now that we know that talking to strangers matters, how does it work? There are unwritten rules we tend to follow. The rules are very different depending on what country you're in, and what culture you're in. For example, people from Denmark tell me that many Danes are so averse to talking to strangers, that they would rather miss their stop on the bus than say "excuse me" to someone that they need to get around.

J) Sometimes we should break the rules a little bit. So here's how it's going to go. Find somebody who is making eye contact. That's a good signal. The first thing is a simple smile. If you're passing somebody on the street or in the hallway here, smile. See what happens.

K) In fact, when you talk to strangers, you're making beautiful interruptions into the expected narrative of your daily life and theirs. You're making unexpected connections. If you don't talk to strangers, you're missing out on all of that. We spend a lot of time teaching our children about strangers. What would happen if we spent more time teaching ourselves? We could reject all the ideas that make us so suspicious of each other. We could make a space for change.

_____ 1. Talking to strangers can bring unexpected pleasures and genuine emotional connections.

_____ 2. Categories are something our brains use. When we use them to describe people, it means we're not thinking about people as individuals.

_____ 3. "Hello, how are you?" may sound kind of meaningless, but it has social meaning.

_____ 4. Sometimes strangers do understand us a little better because we would like to tell them the whole story.

- _____ 5. We're raised to believe that strangers are dangerous by default in many parts of the world.
- _____ 6. Interaction with strangers can lead to a feeling of "fleeting intimacy".
- _____ 7. The rules largely depend on what country you're in, and what culture you're in.
- _____ 8. We expect our friends or our spouses to read our minds.
- _____ 9. People often feel more comfortable being honest and open about their inner selves with strangers.
- _____ 10. We could give up all the ideas that make us so suspicious of each other.

Section C Close Reading

Directions: *There are 3 passages in this section. Each passage is followed by some questions. For each of them there are four choices marked A, B, C and D. You should choose the best answer for each question.*

Passage 1

One way of understanding Asian societies is through the family. The concept of *Xiao*, or filial piety, has been a part of Chinese values for a very long time. Today it remains an important pillar of the Chinese family structure.

At this family in downtown Shanghai, 71-year-old Chen Zukang lives with his wife in a cozy apartment. As usual, his son Chen Lei brings his wife and daughter to visit him at his apartment. While the rest of the family watches TV in the living room, Chen starts preparing a typical but straightforward Shanghainese meal. He says since he has retired, there is one thing that he looks forward to every day: the entire family enjoys his cooking together.

Chen says that compared to decades ago, the definition of filial piety has changed. It's no longer solely about providing material comfort for the old, but also now focuses on their spiritual and mental well-being. Now, Chen and his son's family live in the same neighborhood, within just walking distance between them. The physical proximity brings more family bonding time and more convenience for taking care of each other.

An important concept of Confucius's thinking, filial piety, is now finding a new interpretation in contemporary Chinese society. But certain aspects of it remain unchanged. The Chinese character *xiao* (孝) can illustrate filial piety. The character is a combination of the characters *lao* (老), which means old, and *zi*

(子), which means son. This placement is symbolic and shows what filial piety means to Chinese people.

A sociologist at Shanghai's Academy of Social Sciences, Lu Zhen, says the concept of filial piety stems from the survival need of an agricultural society where parents take charge of production and support their children. "In return, children care for their parents when they are old. It is based upon blood relations, and is fundamentally different from Western individualism." Professor Lu says no matter how Chinese society evolves, this value of filial piety will remain as the pillar of the family structure.

1. What plays a pillar role in the Chinese family structure according to the passage?
 - A. Responsibility.
 - B. Kindness.
 - C. Filial piety.
 - D. Trust.
2. Why do Chen Zukang and his son's family choose to live in the same neighborhood?
 - A. Because they can enjoy Chen's cooking together.
 - B. Because they can take care of each other more conveniently.
 - C. Because they can share the same apartment.
 - D. Because they can watch TV together.
3. What does filial piety focus on nowadays?
 - A. Material comfort.
 - B. Spiritual and mental well-being.
 - C. Wealth.
 - D. Both A and B.
4. What does the concept of filial piety stem from according to Professor Lu?
 - A. The survival need of an agricultural society.
 - B. Chinese value.
 - C. Confucius's thinking.
 - D. Blood relations.
5. What can be inferred from the passage?
 - A. Family is important for everyone.
 - B. Chen Zukang is a Shanghainese.
 - C. The concept of filial piety has never changed.
 - D. Filial piety is similar to Western individualism.

Passage 2

When we brought our puppy home several years ago, I worried that my adult dog would not like the puppy and that my puppy would not bond with my older dog. Thankfully, both dogs got along beautifully. Poe followed his big brother, Revan, around and mimicked the older dog's behavior.

When we brought Poe to puppy class, it was interesting to see how he interacted with other dogs. Initially, the puppies were social butterflies. They greeted and played with whichever puppy was around them. As Poe matured, it was very obvious that there were some puppy friends he preferred to play with and other dogs that he no longer showed interest in.

You can tell that Poe was excited to see his puppy friends based on his body language. His ears were forward, and he had soft eyes with a relaxed facial expression, stance, and tail. Another dog also reacted with similar body language. The two dog best friends would play for hours, chasing each other and wrestling. They would even drink water together and lie down side by side.

It is not an uncommon finding to see pups extend dog companionship to preferred playmates and also have other dog friends hang out with, very similar to human behavior. Based on studies of animals living in natural conditions, we know that social animals can develop bonds with other pack or herd members other than their mates. The presence of BFFs (Best Friend Forever), or preferred associates, can reduce stress and can provide some degree of comfort and safety to an animal living in a group. Animals with preferred associates tend to exhibit less aggressive behavior toward their companions. They do tend to be more tolerant of their companion's presence compared to other animals in the group or unfamiliar animals.

Keep in mind that BFFs do not always have to be other dogs. I have seen dogs develop deep attachments to the cat in the household. They can even become attached to the neighbor's cat or your rabbit or guinea pig (豚鼠). In fact, you could be your dog's best friend.

1. What was the author worried about when she brought the puppy home?
 - A. Whether the puppy liked the home.
 - B. Whether the puppy mimicked the older dog's behavior.
 - C. Whether the puppy got along well with the older dog.
 - D. Whether the puppy followed the older dog.

2. What does the author mean by saying “the puppies were social butterflies” in the second paragraph?
 - A. The puppies look like butterflies.
 - B. The puppies are butterflies’ friends.
 - C. The puppies like to live with butterflies.
 - D. The puppies like to make friends with other dogs.
3. How can you judge that Poe was excited to see his puppy friends?
 - A. Based on Poe’s eyes.
 - B. Based on Poe’s ears.
 - C. Based on Poe’s tail.
 - D. Based on Poe’s body language.
4. What is the benefit of having a BFF to an animal that is living in a group?
 - A. It can reduce stress and provide some degree of comfort and safety.
 - B. It can help the animal learn body language.
 - C. It can help the animal mature.
 - D. It can help the animal make friends with everyone.
5. Which of the following may NOT be the BFF of a dog according to the passage?
 - A. A bird.
 - B. A cat.
 - C. A rabbit.
 - D. A guinea pig.

Passage 3

“I’m a volunteer here in Lotus Lane in Houhai. I’ve lived in Beijing for 24 years and I’m from the United States. I’m 64 years old and I’m retired,” said Terry Crossman. “I spend some of my time volunteering, helping tourists find their way around this beautiful area of Xicheng District in Beijing.”

“The spirit of volunteering is you get more than what you give in a way,” Crossman said. “I love volunteering because I love doing things for people. I like to make people happy. It’s like throwing a stone into the river, and it has little waves, and you can send your happiness to other people.”

Volunteering is a sign of an advanced and civilized society. China’s first regulation on volunteer services took effect in December 2017, clarifying the principles and establishing administrative institutions in this regard. According

to the 2018 Statistical Report on the Development of Civil Affairs Undertakings in China, there are 129,000 voluntary community organizations nationwide and 10.72 million volunteers like Crossman have volunteered for 23.88 million hours.

Volunteers are serving the world beyond borders. Crossman helps out on the streets of China, and plenty of Chinese volunteers are making a difference in other parts of the world. Zhan Weizhen was born in East China's Hangzhou but is now in Lebanon working with Syrian refugees. Since 2011, the outbreak of the civil war has left millions of Syrians homeless, seeking refuge abroad. Among them, children have suffered the worst. The project, which Zhan has joined, was launched by the Peaceland Foundation and the Common Future Foundation in 2016. It aims to support Chinese youth volunteers who venture to the Middle East to lend a helping hand to Syrian refugees, especially teenagers and children.

In recent years, with the increasing number of major international competitions and conferences held in China, volunteers play a vital part in facilitating events such as the 2008 Beijing Olympic Games, the 2010 Shanghai World Expo, the G20 Hangzhou Summit in 2016, etc. "Nowadays, the Chinese government is also paying attention to volunteer service," said Zhan. "The Belt and Road Initiative mentions people-to-people exchanges, which encourages volunteer work."

1. What do we learn about Terry Crossman?
 - A. He is very young.
 - B. He has lived in the United States for 24 years.
 - C. He is a volunteer in Beijing.
 - D. He is not familiar with Xicheng District in Beijing.
2. How many voluntary community organizations are there in China in 2018?
 - A. 10.72 million.
 - B. 23.88 million.
 - C. 129 million.
 - D. 129 thousand.
3. Who launched the project which aims to support Chinese youth volunteers to lend a helping hand to Syrian refugees?
 - A. The Peaceland Foundation and the Common Future Foundation.
 - B. The 2008 Beijing Olympic Games.
 - C. The 2010 Shanghai World Expo.
 - D. The G20 Hangzhou Summit.