

UNIT 3

Unit 3, Psychology, The Q Classroom

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- Teacher:** The Unit 3 question is “Is change good or bad?” So what are some of the big changes you’ve made in your life recently? Marcus?
- Marcus:** Uh, I moved here and started college.
- Teacher:** Has that been a good change or a bad change for you?
- Marcus:** A good change. I’m more independent now.
- Teacher:** What about change in general? Have the changes in your life been good for you or bad for you? Yuna?
- Yuna:** Good. I lost my job and was very sad. But now I am here, going to school full time, and happy.
- Teacher:** So sometimes a change that seems bad at first turns out to be a good thing. Do you agree, Sophy? Is change usually a good thing?
- Sophy:** Well, changes in my life have usually been good, like moving or starting a new school, but sometimes changes in society aren’t good, like when the crime rate goes up or the environment becomes polluted.
- Teacher:** OK, let’s talk about changes in society. The world has changed a lot since your parents were your age. Have most of those changes been good or bad? What does that say about change in general? Felix?
- Felix:** I think most changes have a good side and a bad side. My mom would say that people today spend too much time sitting at the computer and not enough time talking face-to-face or getting out. But it’s also true that I can stay in touch with my friends all over the world in a way she never could. So there are really two ways to look at most changes.

Unit 3, Listening 1, Activity A

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Gary McBride: Hello everyone. My name’s Gary McBride, and I’m here to talk to you today about the benefits of downshifting. By “downshifting” I mean getting out of the rat race and living a simpler life, one with less power and responsibility—and, of course, less money—but with more free time and opportunity to enjoy life. It’s something we probably all think about from time to time, but I’ve actually done it...so thank you for giving me this opportunity to tell you about my experience.

A few years ago I worked on Wall Street for a big bank. I was a typical city trader, buying and selling stocks day after day...and it was very well-paid. I mean, I earned hundreds of thousands of dollars. I wore designer clothes, drove a luxury sports car, lived in a huge apartment downtown. I felt like I was king of the world. But there was a price to pay. I couldn’t really **handle** all the stress. I had headaches and stomach problems the whole time. My personal life also **suffered**, as I was never

home to build a **steady** relationship...and then the financial **crisis** came along. You remember that, right? Like many others, I lost my job. But instead of looking for work in other companies, retraining, or starting my own business, I felt I needed to do something different. I was **curious** about the world out there and I needed to **justify** my place in it. I needed a change.

Unit 3, Listening 1, Activity B

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Gary McBride: So...for six months, I traveled around Mexico, then South America, and over to Europe. It gave me the time and space I needed to think about what I wanted to do...and when I got back...I decided to leave Wall Street. I sold my car, and my apartment, and went to live in a small town in Iowa, to be near my parents. After a couple of months, I started looking for work. I earned a lot as a city trader, but I also spent a lot... so I didn't have any savings. I wanted to try something new, something different. The first **position** I was offered was a home-care assistant in the local hospital. It seemed a friendly place, so I took it!

These days I'm still a home-care assistant. I go to the homes of sick or elderly people who need help, and I help them wash, I do their housekeeping, prepare their meals. I talk to them. Being a home-care assistant is a very different job from what I was doing before. Of course, the salary is **considerably** lower, so I don't eat out often, I can't buy a new car, and I certainly can't afford an overseas vacation anymore...but you know what? I've **adapted**, and now I'm very **fulfilled**. Living life at a slower speed means I have time to make friends...real friends! I have a better relationship with my family, and I feel healthier too!

As a city trader, I was always busy. I only thought about myself. But now, my job is to care for other people, and helping other people has helped me to be a better person. I've achieved the goal I set for myself when I came back from traveling—I finally know what it is to be happy...Now, are there any questions?

Unit 3, Listening 1, Activity C; Unit 3, Listening Skill, Activity A

Page 50, 53

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Unit 3, Listening 2, Activity A

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Interviewer: So, Barbara. Welcome to *Life and Times*. It's great to have you here.

Barbara Ehrenreich: Great to be here, Jack. Thanks for inviting me.

Interviewer: Now, you're famous as a journalist, and of course, you've written several books based on your **research**. We'll get to those in a minute, but could you start by telling our listeners some of the reasons why you go "undercover" for your research?

BE: Sure. Well, interviews are fine, but sometimes you need to experience something **firsthand** to understand it. So I guess what I'm saying is that being an undercover reporter is a good way to find out what's really going on. By putting yourself in the situation you're investigating...you can then write about your experience from a more **informed** point of view.

Unit 3, Listening 2, Activity B

Page 54

Interviewer: I see. So, for *Nickel and Dimed*, where did you go undercover?

BE: Well, the aim was to see if I could **support myself** in low-paid jobs, so I worked as a waitress, a hotel housekeeper, a maid, a nursing home assistant, and a supermarket clerk. I spent a month in each job, working in Florida, Maine, and Minnesota.

Interviewer: Wow. That's a lot of different jobs, and places! I guess your life changed completely during that period, right?

BE: It sure did...and boy, I learned a lot! It was amazing.

Interviewer: Really? What exactly did you find out?

BE: Well, first, that it was very difficult indeed to **cope**, you know, financially, on such low **wages**. The rents were very high and the wages were so low. You know, these people really **struggle**. Also, you have to be a hard worker! I mean, some of the jobs I was doing left me feeling physically **exhausted**—especially when I had to work two jobs in a day. Interviewing people is one thing, but actually doing the job day to day shows you exactly how hard these people's lives are.

Interviewer: Hmm. And of course, *Nickel and Dimed* went on to be a very popular book. It was a New York Times best seller.

BE: Yes. I was really surprised at all the interest. I think it really opened people's eyes, a firsthand account like that. You know, people in low-paid jobs like those aren't lazy. They work long, hard hours, just to survive.

Interviewer: Did you change your name when you went undercover?

BE: For *Nickel and Dimed* I didn't change my name, but I did for my next project, *Bait and Switch*. I wanted to see how easy it was for people with pretty good jobs—who became **unemployed**—to find another job at the same level. So, I went undercover as a white-collar public relations executive looking for work. I tried really hard, with a great resume that told everyone that I had lots of experience and all that, but I couldn't find any work. It really highlighted to me how hard life can be for people at all levels...from unskilled manual workers to white-collar management.

Interviewer: Hmm. So, I guess in both cases, for *Nickel and Dimed* and *Bait and Switch*, you were pleased that the changes you made weren't **permanent**? I mean, you didn't ever want to carry on in one of those jobs.

BE: No way. I just got a brief look at people's lives there, and by the time I finished, I realized how lucky I was. I was so relieved not to be in that kind of situation long term.

Interviewer: Hmm. Well, listeners, we're going to take a short break, but if you have a question for Barbara, now's the time, so get on the phone and call...

Unit 3, Listening 2, Activity C

Page 55

Interviewer: So, Barbara. Welcome to *Life and Times*. It's great to have you here.

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Unit 3, Pronunciation, Examples

Page 64

A: Carol's never worked abroad, has she?

B: You can scuba dive, can't you?

A: Carol's never worked abroad, has she?

B: You can scuba dive, can't you?

Unit 3, Pronunciation, Activity A

Page 64

1. You've never been to Europe, have you?
2. Julie and Frank just had a baby, didn't they?
3. You're not looking for a new job, are you?
4. James is retiring next year, isn't he?
5. Kieron moved to New York last year, didn't he?
6. The new housing project was approved, wasn't it?

Unit 3, Pronunciation, Activity B

Page 65

1. You've tried horseback riding, haven't you?
2. Adapting to a new job can be hard, can't it?
3. You wouldn't like to live in New York, would you?
4. You're not afraid of change, are you?
5. Travel is exciting, isn't it?
6. You don't want to work for yourself, do you?

Unit 3, Pronunciation, Activity C

Page 65

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10. You're not afraid of change, are you?
11. Travel is exciting, isn't it?
12. You don't want to work for yourself, do you?

Unit 3, Speaking Skill, Examples

Page 66

Man: You know, I really don't think fishing is for me.

Woman: Oh yeah? Why do you say that?

Man: Well, first of all, it's boring! Also, it's expensive to buy all the equipment, and another thing I hate, is the smell of fish!

Unit 3, Speaking Skill, Activity A

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Mosa: I haven't seen you for ages. How was your vacation in Spain?

Rakan: It was great! I tried lots of new things—horseback riding, scuba diving...I even went to a bullfight in Madrid.

Mosa: What? You went to a bullfight? I'm surprised.

Rakan: Really? Why do you say that?

Mosa: Because it's cruel, isn't it? Why would you want to watch that?

Rakan: Well, first of all, it's an important part of the culture... you know? Another reason is it's really popular. Lots of tourists were there. Also, it's good to experience something different for a change...I think.