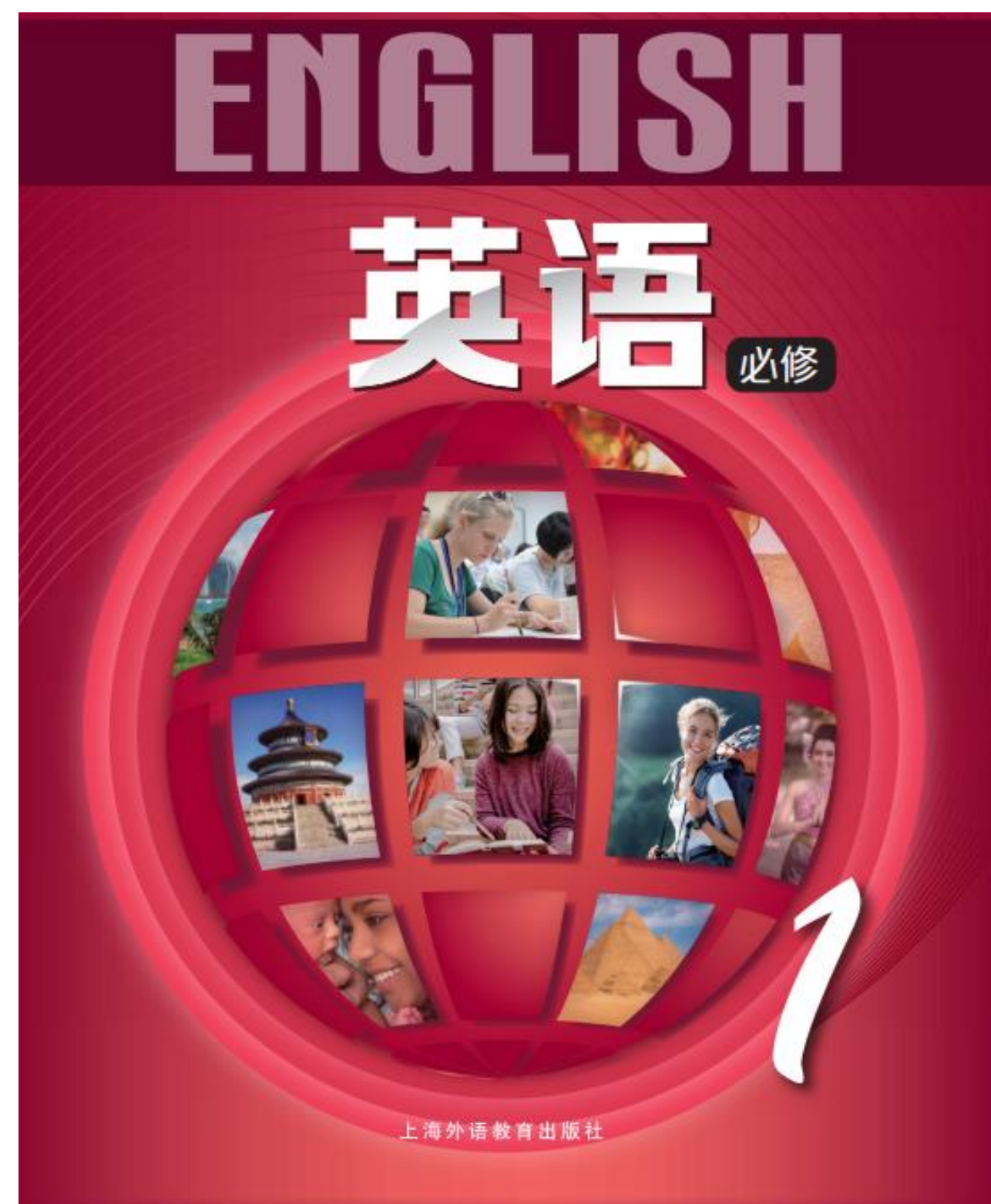




上海市英语教育教学研究基地

Shanghai Center for Research in English Language Education



《高中英语》（上外版）

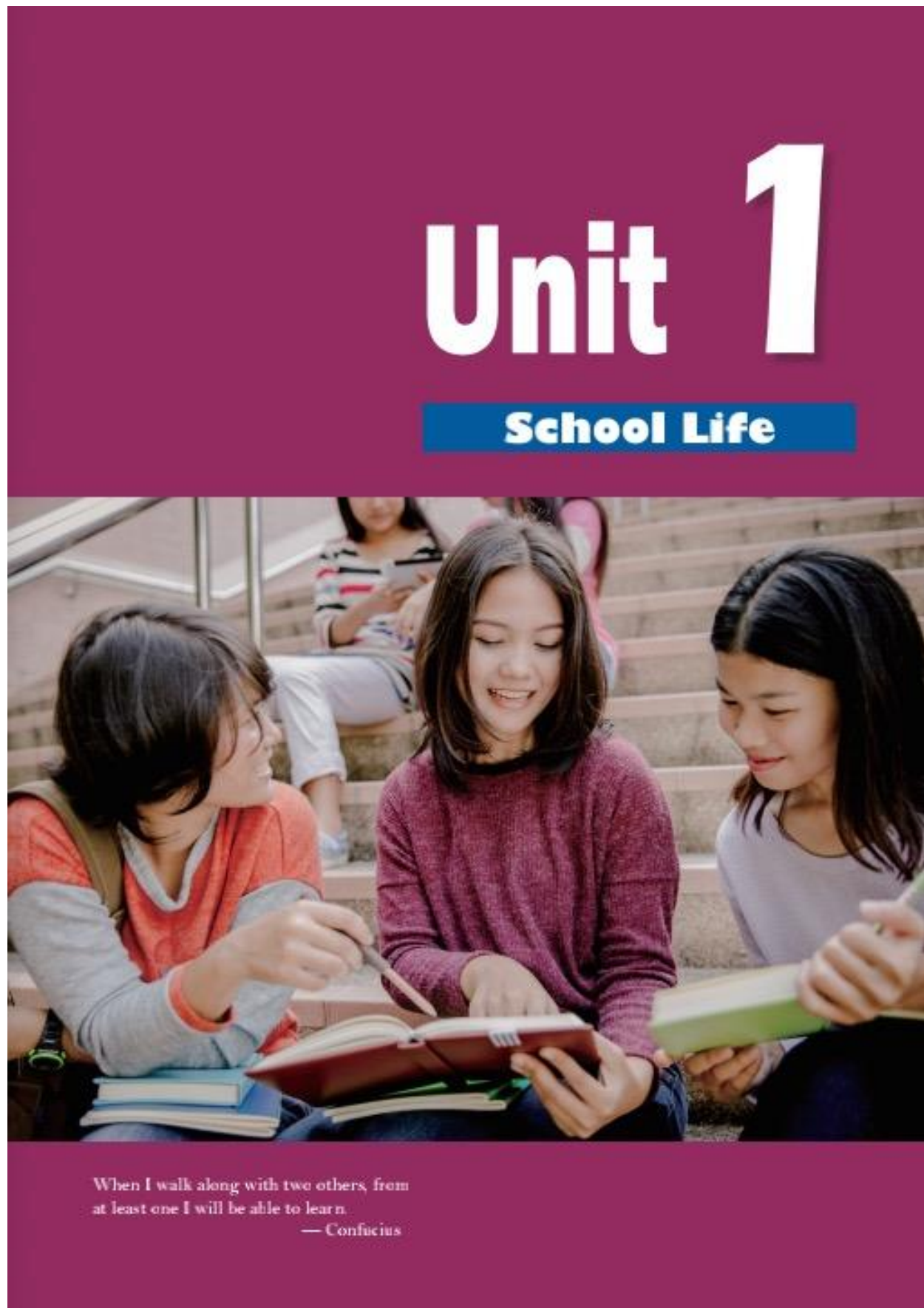
必修第一册第一单元

School Life

授课教师：蒋一洋

《高中英语》（上外版）

必修第一册第一单元



课时	授课内容
1	Getting Started/ Reading A
2	Reading A/ Vocabulary Focus
3	Reading A/ Grammar in Use
4	Listening and Viewing
5	Moving Forward
6	Reading B/ Critical Thinking
7	Further Exploration/ Self-assessment

学习目标 **Learning Objectives:**

At the end of the lesson, you will be able to ...

1. 能识别书信的文本特征及写作目的;
identify the text features and the purpose of the letter;
2. 能使用准确的语言和真情实感写一封建议信;
write a letter of advice with appropriate language and true feelings;
3. 能辩证思考不同视角的建议, 对高中生活形成正确态度。
form a proper attitude towards high school life through critical thinking.

When I was a high school student ...

Problems:

- ⊕ I was too shy to make new friends.
- ⊕ I was very anxious about my low grades.



My father's advice:

- ⊕ Join different student clubs and ask seniors for guidance.
- ⊕ Compete with yourself, and focus on the progress.



A letter of advice

- + Daughter's possible problems
- + Mother's advice to her daughter

Reading B

A LETTER TO MY DAUGHTER

Dear Daughter,

I know perhaps you will be surprised to read this: I remember well what it was like to be a teenager. As I watch you prepare for your first day of senior high school, there are a few things I want you to know.

5 *You may be putting yourself under pressure to make sure that everything is perfect for that first day, but I want you to know that there's no such thing as perfect. I've said it before, but it bears repeating. There is nothing perfect. There is only good enough, but what is most important is believing you're good enough — just as you are.*

10 *Also, remember that you're not in this boat alone. You're not the only one facing a new school, new classmates, new teachers, new expectations and new pressures. At some point, everyone else is — or was — where you are right now. I hope you find comfort in that.*

There might be some people who will not always be so friendly to you.
15 *You will find such people not only in senior high school, but throughout your adult life. When you are reflecting on a nasty comment someone made on you or an unfriendly glance that came your way, I hope you'll remember that these behaviours always say more about the giver than the receiver and there will never be a shortage of kind people and genuine smiles in your life.*

20 *As you go forward into this new chapter in your life, I hope you'll realise early that we are most often held back by the limitations we put on ourselves — by the stories we tell ourselves about who and what we are. Whenever you're tempted to say, "I can't ..." or "I'm not ..." about something you really want to achieve, I hope you'll change that story — because*
25 *you can and you are.*

Love,
Mum

Problem 1 Advice 1

Problem 2 Advice 2

Problem 3 Advice 3

Problem 4 Advice 4

Reading B

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Trying to make everything perfect for the first day at school.
Problem 1

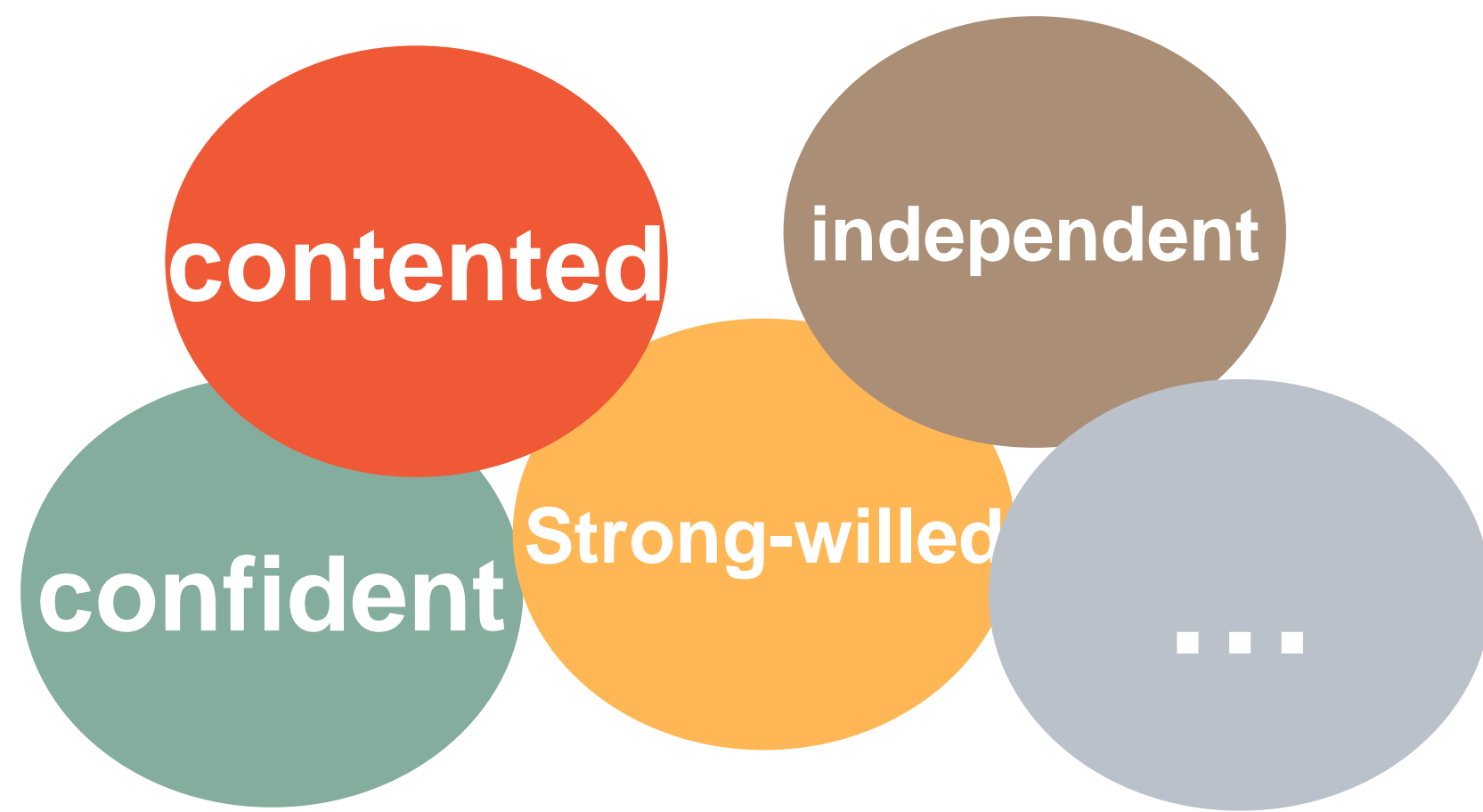
Facing a new school, new teachers and new pressure.
Problem 2

Meeting someone difficult to deal with.
Problem 3

Being held back by limitations we put on ourselves.
Problem 4

Daughter's possible problems	Mother's advice
<i>Trying to make everything perfect for the first day at school.</i>	
<i>Facing a new school, new teachers and new pressure.</i>	
<i>Meeting someone unfriendly and difficult to deal with.</i>	
<i>Being held back by limitations we put on ourselves.</i>	

Daughter's possible problems	Mother's advice
<i>Trying to make everything perfect for the first day at school.</i>	<i>Believe you are good enough.</i>
<i>Facing a new school, new teachers and new pressure.</i>	
<i>Meeting someone unfriendly and difficult to deal with.</i>	
<i>Being held back by limitations we put on ourselves.</i>	



Mother's advice

Believe you are good enough.

Remember that you're not in this boat alone.

Tell yourself that unfriendly behaviours always say more about the giver than the receiver.

Tell yourself "you can and you are".

Q1: What qualities does the mother wish her daughter to have?

The mother wanted her daughter to be happy, confident, strong-willed, optimistic, etc.

Q2: How might the daughter feel after reading the letter?

She might feel more confident of herself and be ready to face challenges and difficulties bravely.

I've said it before, but it bears repeating. (line 7)

Remember that you are not in this boat alone. (line 10)

I hope you find comfort in that. (line 13)

... there will never be a shortage of kind people
and genuine smiles in your life. (line 19)

... I hope you'll change that story ---
because you can and you are. (line 24)

Reading B

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Love,

Mum

Q1: Do you agree
with mother's
advice in the letter?
Why or why not?



Q2: If you were the
mother, what other
advice would you give
to the daughter?

Critical Thinking

Believe that you are good enough.

Be creative in writing.

Try as much as possible.

Ensure a meaningful and colorful life.

Reading A: A Writing Assignment (Short story)

Reading strategy: Skimming for the main idea

Reading B: A Letter to My Daughter (Personal letter)

Listening: How to Have a Great First Year
(School guide)

Viewing: A High School Starter (TV programme)

Culture Link: First Week of Senior High School

Q: What other suggestions for senior high school students have you learned from this unit?

Teacher's advice

Be creative in
writing.

Senior's tips

Ensuring a
meaningful and
colorful life.

Mother's advice

Believe that you
are good enough.

Father's advice

Try as much as
possible.

Other suggestions

Other suggestions

Suggestions for senior high school students

Assignments

1. Finish the diagram on page 15.
2. Based on the spider diagram, write **a letter of advice** to yourself regarding your concerns about high school life (60-80 words). Use proper format, language and emotions.

Thank you!