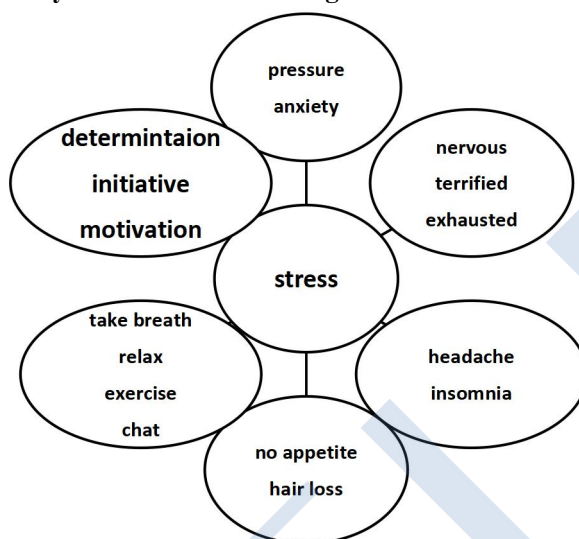


上外版 英语选择性必修三 第一单元 第2课时
学案（教师版）

1. Q: What words pop into your mind when talking about “stress”?



2. Locate the words and phrases that are relevant to the topic “stress” in the text

1. feelings caused by stress	worried, uncomfortable (Line 18), angry, frustrated, scared, afraid (L21), stressed (L24), anxious (L41), upset(L50), sick(L52)
2. body symptoms caused by stress	stomachache (L22), headache (L23), difficulty in sleeping or eating (L25), oversleep or overeat (L26), butterflies in one's stomach, sweaty hands (L36)
3. solutions to dealing with stress	have sufficient sleep, follow a healthy diet (L72), turn to relaxation exercise (L74), take slow and deep breath (L76)

2. Study the follow news words and phrases:

1) load down with

--to give sb/sth a lot of heavy things to carry 使负重

The donkey was loaded down with a sack of potatoes.

He was loaded down with so many tasks that he had to work extra hours to get things done.

2) stress out

--to become or make sb become too anxious or tired to be able to relax (使)焦虑不安, 疲惫不堪

I try not to stress out when things go wrong.

Driving in the city in rush hours really stresses me out.

3) inspire v.

--to give sb the desire, confidence or enthusiasm to do sth well 激励, 鼓舞

The actors inspired the kids to perform with their enthusiasm.

--to give sb the idea for sth, esp sth artistic or that shows imagination 赋予灵感, 启发思考

The design of the pattern of the dress was inspired by her trip to India.

4) bring up

--to mention a subject or start to talk about it 提出

The proposal was brought up again at the meeting and caused a heated discussion.

--to care for and nurture a child 抚养, 养育

Though he was an orphan, he was well brought up in a harmonious community.

5) handle v.

--to deal with (a situation, a person, a problem ...) 处理, 应付

A new man was appointed to handle the crisis.

We all have to learn to handle stress.

The customer is difficult to handle, so the manager negotiated with him in person.

6) turn to

--to go to sb/sth for help, advice, etc. 向……求助

The reading material is quite a challenge and she has to turn to the dictionary from time to time.

Since the child had no one to turn to, he made the decision on his own.

Make sentences with the following words and phrases:

load down with

stress out

bring up

turn to

Write a story with all the words and expressions that you have learned. The story needs to make sense and be coherent:

3. What is the general function of parallelism?

1) to make the idea effective and forceful

2) to make the idea clear and logical

3) to make the passage more rhythmical and emotional

4. Rewrite the following introductory paragraph of “a true friend” by employing rhetorical questions and parallelism:

Maybe you have a friend who will say nothing but lend you his or her shoulder when you are crying. And, he or she may laugh loudly at your joke even if he or she has heard it before. You may consider him or her even more important than a family member. Do you have such a friend in your life?

Do you have someone in your life who will say nothing but lend you his or her shoulder when you are crying? Do you have someone in your life who will laugh loudly at your joke even if he or she has heard it before? Do you have someone in your life whom you consider even more important than a family member?

Assignment:

Write an introductory paragraph of “fitness apps (健身应用软件)”

✓ employ rhetorical questions.

✓ employ parallelism and words and expressions taught in class if possible.