



## 《小锐高级口语打卡课》课件

### Lesson 1: Personality 性格

#### 学习任务:

- Describe your personality.

#### 学习目标:

- Learn 30 advanced words and expressions in describing personality and character.

#### 学习内容:

- Optimist vs Pessimist
- A- Type vs B- Type
- Introvert vs Extrovert

#### 1. Do you see the glass half empty or half full?

##### Optimists (乐观主义者):

Optimists generally believe that good things will happen. Like me, I'm **easy-going, nothing fazes me**, meaning nothing bothers me or disturbs me. We can also say that I'm **even-keeled**. This is a very good word, originated from boat sailing. When you have a level keel, you can ensure a smooth and stable sailing. So, it means I'm calm and **even-tempered**. I also **have a high self-esteem**, meaning I'm confident. I believe that I will **live a free and abundant life**.

- easy-going: relaxed and not easily upset or worried (脾气随和的, 温和的)
- nothing fazes me: to faze is to disrupt or disturb. Nothing bothers you (镇静自若, 遇事不惊)
- even-keeled: characterized by stability or consistency (情绪稳定的)
- have a high self-esteem: when one believes that he or she is a valuable and worthy individual (自尊心强)
- live a free and abundant life: abundant means more than enough (活得自由而充实)



### Pessimists (悲观主义者):

In contrast, pessimists tend to believe that the worst will happen. They can be **sarcastic**, like humorously criticizing something. This is because they usually have **low expectations** and they like to imagine **negative outcomes**. Some extreme pessimists are very **uptight**, meaning that something is very tight and twisted inside of them, or **high-strung**, meaning they are nervous or easily upset.

- Sarcastic: **marked by or given to using irony in order to mock or convey contempt** (讽刺的, 挖苦的)
- Low expectations: **not expecting much from something or someone** (期待值很低)
- Negative outcomes: **unpleasant, depressing, or harmful results** (消极后果, 负面影响)
- Uptight: **worried or nervous and not able to relax** (紧张的, 拘谨的)
- High-strung: **very nervous and easily upset** (紧张的, 敏感的, 易兴奋的)

## 2. Is your bedroom generally tidy and organized or is it a bit messy?

### A- Type (A 型人格):

In English, the very clean and organized type of people are called an A-type. There is a place for everything in their room. They **have it together**. Here it means they have their whole life together. We can also say I'm **a doer**: I do things. I don't just think about them and wait around. I make actions and I get them done. Another advanced way of describing this type is that you have **a mind like a steel trap**. A steel trap is a very strong strap to catch animals. So, here it means you are able to understand things very quickly, and **inquisitive** with all the little details. On top of that, you have a very **strong awareness of time management**. It means that you have a strong sense of time urgency and control.

- Have it together: **To be well-prepared and organized for something, especially mentally** (把生活安排得井井有条; 使身心都得到平衡)
- A doer: **a person who acts rather than merely talking or thinking** (行为者, 实干家)
- A mind like a steel trap: **to be able to understand or grasp information quickly** (头脑灵活, 敏捷)
- Inquisitive: **having or showing an interest in learning things; curious** (好奇的, 好追根究底的)
- Strong awareness of time management **重视时间管理**



### B- Type (B 型人格):

Whereas the other end of the personality spectrum is called a B-type. They are more relaxed and **laid-back**. They can be a bit **messy**. Well, this is actually me. You can also say that I am a little **scatter-brained**. I'm also **spontaneous**. I like to do things without planning. Lastly, type B individuals are usually attracted to careers of **creativity**, like writers, artists and actors.

- laid-back: relaxed in manner and character; not usually worried (从容不迫的, 不着急的)
- messy: dirty, unpleasant, or lacking order (杂乱的)
- scatter-brained: often forgetting or losing things, or not thinking seriously about things (健忘的)
- spontaneous: happening or done in a natural, often sudden way, without any planning or without being forced (自发的, 自然而然的)
- creative: producing or using original and unusual ideas (有创造力的)

### 3. Do you enjoy socializing with a group of new friends or do you rather be alone?

#### Introverted (内向的)

About one-third of the world are introverts. They are **reserved** and **inward turning**. They are more **introspective** and focus on internal thoughts. Their **solitary nature** means that they need time alone to recharge. They are oftentimes very well-read and **literate**. Our society encourages the Extrovert Ideal and undervalue the great qualities of introverts.

- reserved: slow to reveal emotion or opinions (矜持的, 拘谨的)
- inward turning: tend to focus on inner thoughts and feelings (专注于内在情感的)
- introspective: examining own ideas, thoughts and feelings, instead of talking to others about them (内省的, 自省的)
- solitary nature: living alone, characterized by the absence of companions (独居的特性, 偏僻寂寞的本性)
- literate: able to read and write, educated (能写能读的, 有学问的, 有文化的)



## Extroverted (外向的)

On the other hand, the outgoing type of people are called extroverts. Like me, I'm **at ease in social situations**. I would say I'm quite sociable and I like **being the center of attention**. This type of people can be **quick-witted**, meaning they are fun-loving and they like to make jokes. If you are with these type of people at a party, you are going to have a great time. They are **effervescent** and **uplifting**. I love this word: effervescent. It means vivacious and enthusiastic.

- at ease in social situations: *feeling confident and relaxed in socializing* (社交场合自信放松)
- being the center of attention: *someone whom everyone else notices or watches* (成为众人瞩目的对象)
- quick-witted: *able to reply in a clever or funny way quickly and effectively* (机智的, 机敏的)
- effervescent: *active, positive, and full of energy* (充满活力的, 活泼的)
- uplifting: *inspiring happiness, optimism, or hope* (振奋人心的)

## 作业:

- Please use the words and expressions you learned today to describe yourself.
- 可以把你的回答录音频, 把自己最满意的一遍传到群里打卡 (保持 2 分钟以内)