

感恩遇见，相互成就，本课件资料仅供您个人参考、教学使用，严禁自行在网络传播，违者依知识产权法追究法律责任。

更多教学资源请关注
公众号：溯恩高中英语

知识产权声明



Summary Writing

Sabrina





a pproval

- Who is in control of your life? Who is **pulling your strings**? (操控) For the majority of us, it's other people – society, colleagues, friends, or our family. We learned this way of operating when we were very young, of course. We were brainwashed. We discovered that feeling important and feeling accepted was a nice experience and so we learned to do everything we could to make other people like us. As Oscar Wilde puts it, “Most people are other people. Their thoughts are someone else's opinions, their lives a mimicry (模仿), their passions a quotation.”

When people tell us how wonderful we are, it makes us feel good. We **long for** this good feeling like a drug – we are addicted to it and seek it out wherever we can. **Therefore**, we are so eager for the **approval** of others that we live unhappy and limited lives, failing to do the things we really want to. Just as drug addicts and alcoholics live worsened lives to keep getting their drug, we worsen our own existence to get our own constant drug of approval.

But, just as with any drug, there is a price to pay. The price of the approval drug is freedom – **the freedom to** be ourselves. The truth is that we cannot control what other people think. Everyone has a different way of thinking, and people change their opinions all the time. **Moreover**, people have their own business, and in the end, they're more interested in themselves than in you. The person who tries to please everyone will only end up getting exhausted and probably pleasing no one in the process.

- **So** how can we take back control? I think there's only one way -- make a conscious decision to stop caring what other people think. We should guide ourselves by means of a set of values -- not values imposed (强加) from the outside by others, but values which come from within. If we are driven by these values and not by the changing opinions and value systems of others, we will live a more authentic, effective, purposeful and happy life.

To be a focused reader

Q1: W

A Arg

Q2: H

Exposi

Argum

Expository TEXT STRUCTURE

→ Problem ←

→ Cause ←

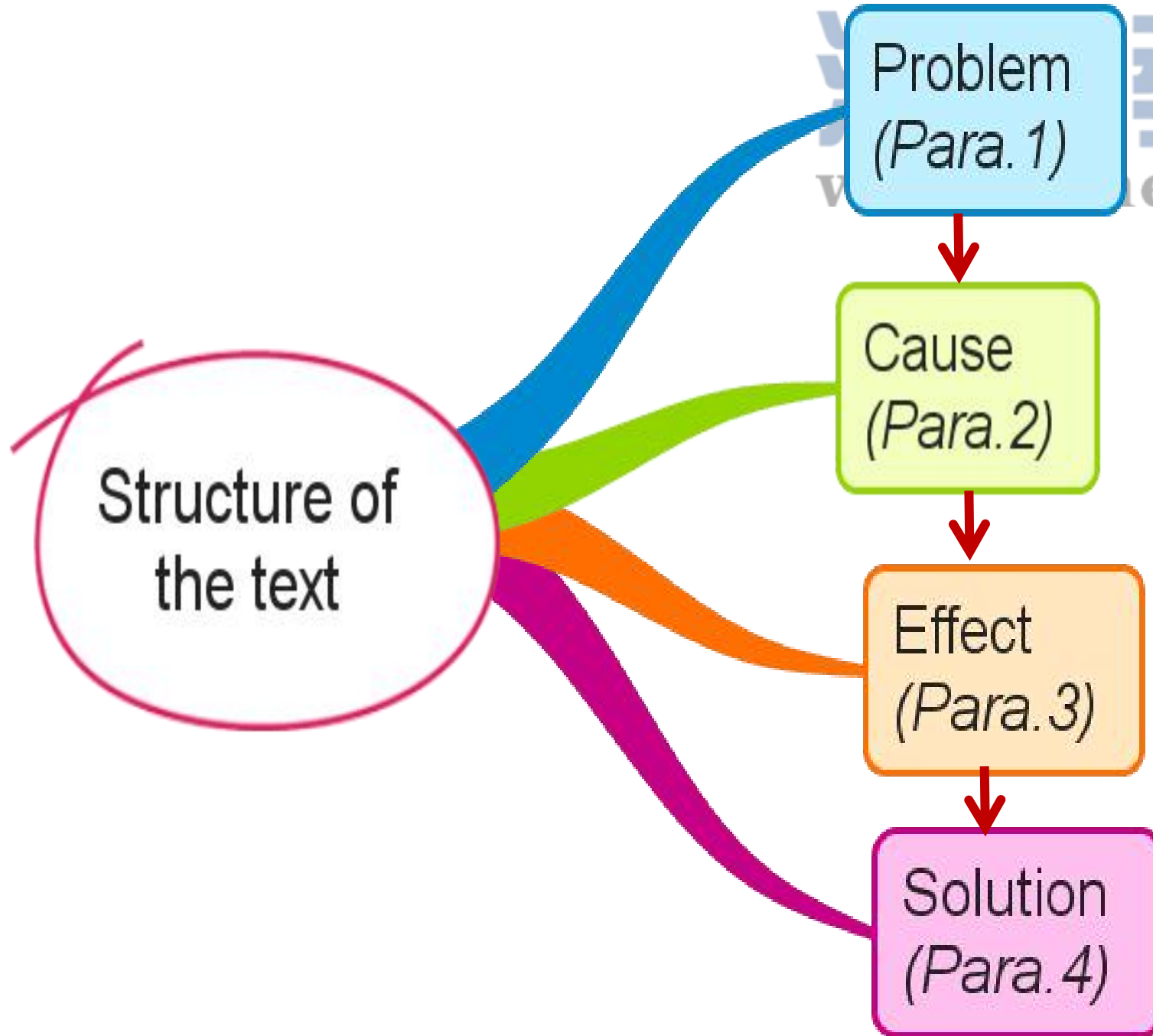
→ Effect ←

→ Solution ←

ion

or explain...

persuade...



Step 2: Analyse the main points

Para 1: Introduction--Problem

For the majority of us, it's other people – society, colleagues, friends, or our family that control our life.



topic

**supporting
details**

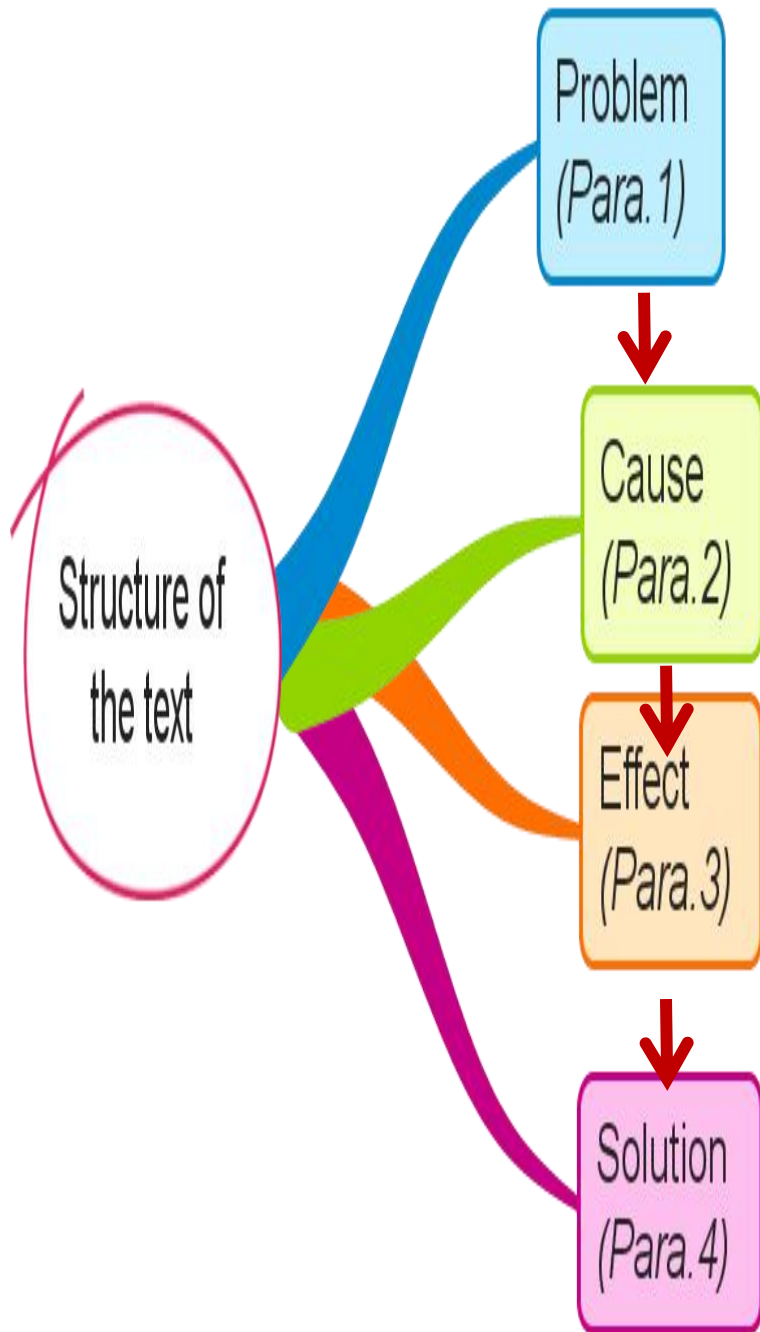
as sb says/puts it

**such as
for example**



Writing tip 1: Delete unnecessary information, such as details, examples or quotations.

Other people are in control of our life.



Para 2: Cause

Therefore, we are so eager for the approval of others that we live unhappy and limited lives.

Structure of
the text

Problem
(Para.1)



Cause
(Para.2)



Effect
(Para.3)



Solution
(Para.4)

**Other people are in control of
our life.**



**because/
as / that's because**

**We are eager for the approval
of others.**

Para 3: Effect

Price?

Can we control others?
Why or why not?

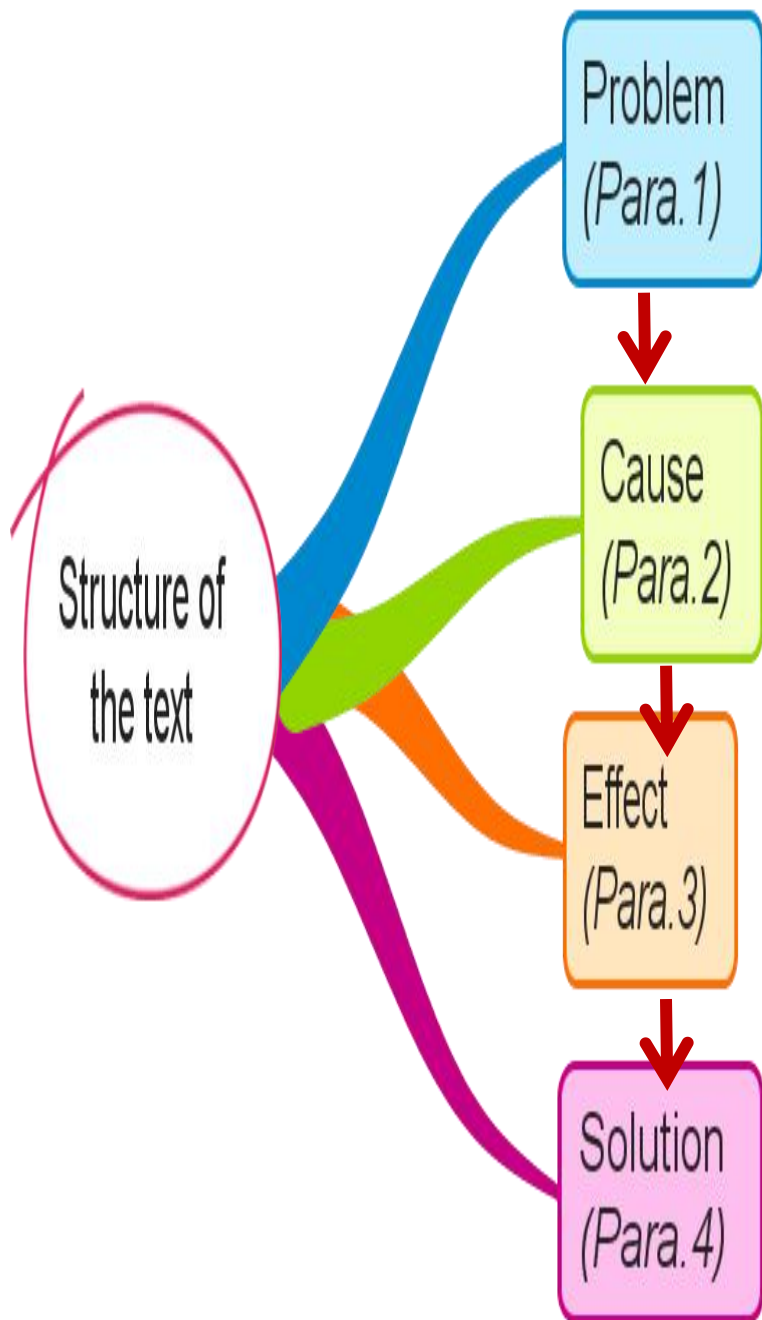
The **price** of the **approval** drug is freedom.

We **cannot control** what other people think.

People change their opinions all the time.

Moreover, they are more interested in themselves.

Writing tip 2: Combine two different opinions if necessary.



Other people are in control of our life.

that's because

We are eager for the approval of others.

however

Their approval costs us our freedom to be ourselves, because they change their opinions all the time and are more interested in themselves.

Para 4: Solution

So how can we take back control?

how

stop caring what other people think.
guide ourselves by
values which come from within.

what

authentic, effective, purposeful and
happy life.

Structure of the text

Problem
(Para.1)

Other people are in control of our life.

that's because

Cause
(Para.2)

We are eager for the approval of others.

however

Effect
(Para.3)

Their approval costs us our freedom to be ourselves, because they change their opinions all the time and are more interested in themselves.

**therefore/
consequently**

Solution
(Para.4)

We should stop caring what other people think and guide ourselves by values which come from within, so we will live a more joyful life.

Step 3: Paraphrase the points

Paraphrasing methods:

- (1) change the speech of words (2) use synonyms
(3) change the voice (4) transform sentence patterns

Point1

Other people are in control of our life.

A

Other people control our life.

B

Other people are in charge of our life.

C

Our life is controlled by other people.

D

It is other people that control our life.

Paraphrasing methods:

(1) use synonyms

(2) change the voice

Point2

We **are eager for** the **approval** of others.

A The main reason is that we
getting approval.

have a desire for/ have
an appetite for/ long for

B We are anxious/ thirsty/ hungry/
recognition/ acceptance .

C That's because we attach great importance to
being approved of by them.
being accepted
being recognized

Paraphrasing methods:

(3) Use a single word to cover the whole sentence's meaning.

point 3

The price of the approval drug is freedom.

We **cannot control** what other people think.

People **change their opinions all the time**.

and are **more interested** in themselves.

Their **changeable** and **uninterested** thoughts,
are beyond our control.

Their recognition costs us our freedom to be who we are,
because their changeable and uninterested thoughts are
uncontrollable.

**Writing tip 3: Use signal words to make your writing
logical and clear.**

Micro-writing practice

point4

教育
www.sunedu.com

We should stop caring what other people think
and **guide** ourselves by values **which come from**
within, so we will live a **more authentic, effective,**
purposeful and happy life.



Paraphrasing methods:

(4) Transform sentence patterns.

point4

We should **stop caring** what other people think and **guide** ourselves by values **which come from within**, so we will live a **more enjoyable** life.

A Only by **ignoring/ taking no notice of** others' opinion and sticking to our inner values **can we** live a more enjoyable life.

(倒装)

B Ignoring opinions of others and sticking to our inner values are good ways to be ourselves, **which** makes our life cheerful and meaningful.

(定语从句)

C One advisable solution is to ignore other people's opinion and to be ourselves, thus **making** our life more enjoyable.

(用doing做结果状语)

Step 4: Check for possible mistakes

Check for improvement

Assessment Criteria

01

Cover all the key points

02

Write in correct language

03

Use proper conjunctions

04

Avoid copying the original sentences

05

Count the words (60 ± 20)





Summary writing



Our life is controlled by other **us.**
That's because we attach great importance to
being approved of by them. **Sadly**, their
recognition costs us our freedom to be who we
are, **because** their changeable and uninterested
thoughts are uncontrollable. **Therefore**, we
should ignore opinions of others and stick to our
inner values, thus making our life cheerful and
meaningful. **(67)**

One possible version



Summary



Writing tips:

1. **Delete** unnecessary information, such as details, examples and quotations.
2. **Combine** two different opinions if necessary.
3. Use **signal words** to make your writing logical and clear.

Paraphrasing methods:

- (1) **Use** synonyms
- (2) **Change** the speech of words
- (3) **Change** the voice
- (4) **Transform** sentence structures (inversion etc.)
- (5) **Use** a single word to cover a sentence's meaning.

Assignment

Please apply what we learn in this period to make a summary of a new passage .



- Many of us invest valuable time, energy and money planning our vacations. We do this because we know for sure that going on vacations must be good for us. Research proves this feeling without a doubt. Vacations help us perform better at work, improve our sleep quality and cushion us against depression.
- Yet, despite these benefits, many of us return home with a feeling that our last vacation was OK - but not great. In order to change this, some mistakes should be avoided. A typical one for vacation planners is attempting to maximize value for money by planning trips that have too many things. Perhaps you're planning a trip to Europe, seven cities in 10 days, and you realize it will cost only a little more to add two more destinations to the list. Sounds fine in theory, but hopping from one place to the next hardly gives an opportunity to experience what psychologists call mindfulness -- time to take in our new surroundings, time to be present and absorb our travel experiences. Another mistake is that we worry too much about strategic issues such as how to find a good flight deal, how to get from A to B, or which destinations to add or subtract from our journey. These issues may seem important, but our psychological state of mind is far more important.
- Actually, vacation happiness is based on the following top rules. First, choose your travel companions wisely, because nothing contributes more significantly to a trip than the right companions. Second, don't spend your vacation time in a place where everything is too expensive so as to maintain a positive mood. Third, shop wisely, for meaningful experiences provide more long-term happiness than physical possessions.



Summary

One possible version:

Vacations benefit everyone, but many people come back from vacations not feeling very great. To make our vacations happy, we should avoid two mistakes-trying to achieve the fullest value for what we invest into vacations and worrying too much about vacation arrangements. Besides, we should follow some rules such as choosing the right companions and destinations and being wise in doing shopping.

JUST BE
YOURSELF
AND
CARRY ON.



© Can Stock Photo - csp42882248

