**Summary writing**

一、阅读下面短文，根据其内容写一篇60词左右的内容概要。

Who is in control of your life? Who is **pull**ing **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. (358)

**一、Read --- structure、topic sentences and key words (思考并回答)**

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| 导学问题：Q1: What is the writing style of the passage? A. Argumentation B. Narration C. ExpositionQ2: How is the passage organized? What does an exposition consist of ?Q3: Para 1 introduces a \_\_\_\_\_\_\_\_\_; Para 2 introduces \_\_\_\_\_\_\_\_\_; Para 3 introduces \_\_\_\_\_\_\_\_\_; Para 4 introduces \_\_\_\_\_\_\_\_\_. |

**二、Paraphrase key points：**

Para 1: Other people are **in control of** our life.

**Paraphrasing methods:**

**(1) Change the speech of words改变词性 (2) Use synonyms 近义词**

**(3) Change the voice 改变语态(4)Transform sentence patterns 改变句型**

1.Other people \_\_\_\_\_\_\_\_\_\_\_\_ our life.

2.Other people are \_\_\_\_\_\_\_\_\_\_\_\_ our life.

3.Our life \_\_\_\_\_\_\_\_\_\_\_\_ by other people.

4.It is other people \_\_\_\_\_\_\_\_\_\_\_\_ control our life.

Para 2: We **are eager for** the **approval** of others.

**Paraphrasing methods: (1) use synonyms (2) change the voice**

1.The main reason is that we \_\_\_\_\_\_\_\_\_\_\_\_ getting approval.

2. We are \_\_\_\_\_\_\_\_\_\_\_\_ for getting others’ \_\_\_\_\_\_\_\_\_\_\_\_.

3. That's because we attach great importance to \_\_\_\_\_\_\_\_\_\_\_\_ by them.

Para 3: **The price of the approval drug is freedom, because people change their opinions all the time and are more interested in themselves.**

**Paraphrasing methods: Use a single word to cover the whole sentence's meaning.**

**Thinking** : Their \_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_thoughts are beyond our control.

Their recognition costs us our freedom to be who we are, \_\_\_\_\_\_\_\_\_\_their changeable and uninterested thoughts are uncontrollable.

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 enjoyful life.

**Paraphrasing methods:**

**Transform sentence patterns (inversion倒装, nonfinite verbs非谓语动词, attribute clause 定语从句.)**

1.Only by \_\_\_\_\_\_\_\_\_\_\_\_ others’ opinion and sticking to our inner values \_\_\_\_\_\_\_\_\_\_\_\_live a more enjoyable life. **(倒装)**

2. Ignoring opinions of others and sticking to our inner values are good ways to be ourselves, \_\_\_\_\_\_\_\_\_\_\_\_ makes our life cheerful and meaningful.**（定语从句）**

3. One advisable solution is to ignore other people's opinion and to be ourselves, thus \_\_\_\_\_\_\_\_\_\_\_\_ our life more enjoyable.**（非谓语动词）**

**三、 Summary**

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| **A Good summary writing** |
| Steps | Confusion | Skills and suggestions |
| 1. R\_\_\_\_\_\_ the passage carefully to get the general idea
 | Find key points | Tip1:Deleteunnecessary information such as details, examples or quotationTip2: Combine two different points if necessary |
| 1. A\_\_\_\_\_ the main points
 |
| 1. P\_\_\_\_\_\_\_ the main points
 | Paraphrase key points | Method1:Use \_\_\_\_\_\_\_\_\_\_\_\_Method2:Change\_\_\_\_\_\_\_\_\_\_\_\_Method3:Change\_\_\_\_\_\_\_\_\_\_\_\_Method4:Transform\_\_\_\_\_\_\_\_\_\_Method5:Use\_\_\_\_\_\_\_\_\_\_\_\_ |
| 1. L\_\_\_\_\_\_ sentences into paragraphs with connectives
 |
| 1. C\_\_\_\_\_\_ for possible mistakes
 | Make a passage | Tip3:add \_\_\_\_\_\_\_\_\_\_\_\_ to make the passage clear and logical |

**四、Reflection**

回顾这节写作课，并总结自己学到的有关微技能的要点。

1. 主旨大意是什么？对于概要写作而言，它起到什么作用？

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1. 如何归纳主旨大意？

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1. 学完转换句子要点的技巧，我

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1. **Have a try**

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.

**你在写之前，请仔细思考概要写作评分原则。**

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| 1. **对原文要点的理解和呈现情况**
2. **应用语法结构和词汇的准确性**
3. **上下文的连贯性**
4. **对各药店表达的独立性情况（即用自己的语言表达文章中的各个要点）**
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