

# 2022 年文理学院教师招聘英语试讲题目

## (一) 自我介绍 (英语)

要求：脱稿站立用英语自我介绍，用时 1 分钟。

## (二) 试讲

### 1. 题目 (以下两个题目任选一个)

#### (1) Reading——Singles' Day, Shopping Spree

November 11th, also called “Double 11”, is Singles' Day in China and the red-letter day in every shopper's calendar. It is China's largest shopping festival and the retail industry's most important 24 hours of the year, according to a report by a consumer research group. The findings of this report show that many shoppers stay up late and take the shopping festival as the one day of the year they could not do without.

#### Showing off on social media

Typical participants on “Double 11” shopping spree are young professional women working in junior positions. Many female respondents to the survey said they posted photos of their purchases on social media for their friends to admire. Hu Xuanling, 23, said she was looking forward to showing off her “loot” during “Double 11”, particularly for popular products which she has bought at a discount. “That only makes them look much better,” she said.

Team work: ready, steady, shop!

As the day has increased in popularity, some shoppers

have even established their own traditions. Hu Xuanling admitted to teaming up with friends and colleagues, saying, “My friends and I even have tactics, like splitting up into teams for different products, to make sure everyone gets his or her favorite. It is so much fun.”

The report concludes that because of the success of “Double 11” shopping spree, similar online shopping festivals are emerging, such as, “6 • 18” and “12 • 12” . It also predicts that with online shopping becoming more and more popular, more cashless payments will be made in China than ever before.

#### Reading—— How to Stop Procrastinating?

It happens to all of us sometimes, doesn’ t it? You have a deadline to meet, but instead of doing your work, you check Facebook or do some online shopping. This is called procrastination, and it affects everyone. So how can you stop procrastinating?

We often procrastinate because a task seems too big, or impossible to achieve. Try breaking down the task into smaller pieces. For example, instead of thinking, “I need to finish this essay by 10 p.m. tonight,” tell yourself, “I’ m going to make a short outline, fill that in, and then look for quotes.”

Another important factor is your environment, isn’ t it? If there are too many distractions in your work space, you may be tempted to procrastinate more. Are there any things in your work space (for example, a TV) that could

be causing you to lose focus? If so, find yourself a quiet place to work.

Making a timeline with goals and deadlines is a great way to stop yourself from procrastinating. However, it is important to make your deadlines realistic so that you can be sure you' ll stick to them.

Some people like to wait for the perfect time to start a task, while the perfect time is often now. Try something called the “Two-Minute Rule” to help you get started. This idea comes from David Allen’ s best-selling book Getting Things Done. It states that if something takes less than two minutes, such as washing your dishes after a meal, then you should do it now.

So, what are you waiting for? Follow these tips and stop procrastinating today!

2. 时间：15-20 分钟

3. 要求：

- (1) 必须使用 PPT 授课。
- (2) 渗透课程思政元素。
- (3) 信息化技术与手段。
- (4) 条理清晰，重难点突出。