

Dictation Contest (PRJr, 初級) No. 622

Hello, everyone! Welcome back to PR Junior.

This is part twenty of the story about the Litter King. Let's begin!

The Litter King took Charlie to a park. He told him to start spreading litter. The park looked tidy, but soon it was covered with cans and paper.

Charlie didn't want to make the park dirty.

"It looked good before we came," he thought. "But now it looks ugly."

That is all for today. Come back next time to hear the rest of the story! Bye-bye!

Dictation Contest (PR 1, 中級) No. 622

Hello, everyone! Welcome to PR1.

Today I will tell you the story that is called *I am a Cat*. Let's take a listen:

I am a cat. I have, as yet, no name. Where was I born? I have no idea. I only remember crying in a dark, wet place. [That] was where I first laid eyes on a human being. It was the most dangerous type of human, too, as I later learned: a college student. They say that college students sometimes catch, cook, and eat us cats. I knew nothing of this at the time, however, and wasn't especially afraid. When he lifted me up in his hand, it was simply like riding on a cloud.

That's all for today. See you next time!

Dictation Contest (PR2 上級) No. 622

Hello, everyone! Welcome back to PR2. Today I am going to read the second half of the article about emotional intelligence. Take a listen:

The ones who had resisted eating the marshmallow were clearly more socially competent than the others. They were less likely to go to pieces or regress under stress; they embraced challenges and pursued them instead of giving up; they were self-reliant, trustworthy, and dependable.

The third or so who grabbed the marshmallow were more likely to be seen as shying away from social contacts, to be stubborn and indecisive, to be easily upset by frustrations, to think of themselves as unworthy, or to overreact to certain situations with a sharp temper.

And all because of a single marshmallow? In fact, Goleman explains, it's all because of a lone neuron in the brain, which bypasses the neocortex – the area of the brain where rational decisions are made – and goes straight to the amygdala, or emotional center of the brain. It is here that quicker, more primitive “fight or flight” responses occur, and are stored for future use. The more that emotional memories involving temper, frustration, depression, and fear pile up in early adolescence, the more the amygdala can hijack the rest of the brain by flooding it with strong and inappropriate emotions, causing us to wonder later why we overreacted.

But if the emotions stored in the brain are those of restraint, self-awareness, self-motivation, empathy, and optimism, then we become endowed with an “emotional intelligence” that serves rather than enslaves us for the rest of our lives.

That's all for today! See you!