

Dictation Contest (PRJr, 初級) No. 932

Hello, everyone! Welcome to PR Junior.

Today I am going to tell you about climbing mountains. Let's start.

Climbing mountains can be exciting. Many people like taking photos of nature, so they carry a camera with them when they climb mountains. Some people often prepare [a packed] lunch and eat at the top of the mountains. People should always take a map and warm clothes with them, too.

That's all for today, bye-bye!

Dictation Contest (PR 1, 中級) No. 932

Hi! Welcome back to PR1.

Today's story is on a racing horse. Let's begin.

Around the world, many people love to watch horse racing. Each year, thousands of horses take part in races. Most of them don't win, but sometimes there are horses that become famous. One of these horses was from New Zealand, and his name was Phar Lap.

Phar Lap was born in 1926. His father was a champion racehorse, so Phar Lap's owners thought he would run fast, too. But when Phar Lap was young, he was thin and weak, and he lost every race he took part in. His owners weren't happy with him, so they sold him to an American businessman named David J. Davis in 1928. The trainer for Phar Lap was a man from Australia named Harry Telford.

That's all for today. See you in the next video! Bye-bye!

Dictation Contest (PR2 上級) No. 932

Hello, everyone, this is PR 2!

How are you feeling today? If you said anything related to anger, frustration, or being irritated, this movie is for you. Today, I prepared a small session on how to combat resentment.

According to an article, when an angry feeling coincides with aggressive or hostile behavior, it also activates the amygdala, an almond-shaped part of the brain associated with emotions, particularly fear, anxiety, and anger.

Don't worry though – anger was a necessary survival skill, which is why men have a larger part of their brain devoted to emotional responses compared to women. The amygdala sends a distress signal to the entire brain, triggering a cascade of physiological responses including a rapid heart rate to jacked-up blood pressure to tense muscles to the release of adrenaline. With the adrenaline, people explode with rage or freeze in fear. Some effective ways to manage anger are: getting exercise, taking breaks from stressful times of the day, and using humor. Physical activity like walking and jogging are excellent for deescalating anger. Using humor is another solution, as it diffuses tension. It helps release stress. It is also important not to hold a grudge. Forgiving people can help both parties learn from the situation and strengthen relationships.

Well, I hope that helps! School life may be stressful; releasing it on a daily basis is key to a healthy lifestyle. Don't get too angry, and I'll see you next time!