

ECNU CIRCLE

華東師範大學 | 英文校園刊物

NO.20 September, 2019

PROFILE

*The Most Beautiful
Teacher on the
Aiding-Tibet Mission*

ECNU LIFE

*Crosstalk Club:
The Inheritor of Culture*

SPOTLIGHT

*English Contest
Coaches*



读华彩篇章
品东西文化
感师大生活
悟大学真谛

Circle in Hand English in Mind
ECNU CIRCLE
华东师范大学英文校园刊物

华之泱泱
师风苍苍
英语其风采
者歌章



The Pursuit of Truth and the Mission of the University

简介

ECNU CIRCLE 刊物自 2013 年春季起，每学年三期。作为华东师范大学英文校园刊物在中北、闵行校区内发行。每期发行 1000-1500 册。

宗旨

在华东师大党委宣传部、校团委、外语学院大学英语教学部的指导下，面向全校本科生、研究生以及留学生，组织对英语刊物感兴趣、英语水平较高学生，创办知识性、实用性、趣味性并重的英语刊物。旨在坚守师大传媒人的责任，在缤纷的英语刊物中融入师大人自己的特色，力图打造属于新一代大学生自己的“英语氧吧”，展现一个真实的，活力四射的华师大校园英语世界。

内容

每期有 11 个固定栏目，范围涵盖校园、社会、文化、艺术、文学、潮流等各个方面：

Profile（人物）：展现师大师生和校友的风采

Spotlight（校园热点）：聚焦师大热点新闻

ECNU Life（校园生活）：记录校园生活点点滴滴

On the Road（人生驿站）：面向师大学生征稿，倾听他们的心路历程

Literature（美文荟萃）：介绍优美的英文诗歌、散文和小说

Movie（电影）：推荐和评论当前最流行的电影

Culture（文化）：探讨文化的冲突、交流与融合

Study Abroad（他山之石）：分享师大人的海外学习经历

Column（专栏）：邀请师生撰写专栏，发表独到见解

English Workshop（英语加油站）：传授英语学习的最新资讯、策略和方法

Love in ECNU（爱在华师）：师大校友的真情故事

特色

刊物的采、编、写、发行等环节均由学生负责，独立完成。

目标

打造华东师范大学校园文化的新标杆。

投稿

来稿要求：1. 内容体现大学校园生活特色 2. 行文有深度有创新有感悟有情感皆可 3. 英语语法无错误，英文地道者优先 4. 文体形式不限，字数为 400 字以上（诗歌字数不限）。

欢迎同学踊跃投稿。优秀佳作刊登于 ECNU CIRCLE 刊物上，并有相应稿费酬劳。本刊一般不退稿，未见回复者即可视为未获采用。投稿请注明投稿字样，写上年级、院系、姓名、联系方式。

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Great universities stand for truth, and the pursuit of truth demands perpetual effort. Truth has to be discovered, revealed through argument and experiment, tested on the anvil of opposing explanations and ideas. This is precisely the function of a great university, where scholars in every field and discipline debate and marshal evidence in support of their theories, as they strive to understand and explain our world.

This search for truth has always required courage, both in the sciences, where those who seek to shift paradigms have often initially met with ridicule, banishment, and worse, and in the social sciences, arts, and humanities, where scholars have often had to defend their ideas from political attacks on all sides.

It is no wonder, then, that transformational thought and action often take root on university campuses. Overturning conventional wisdom takes a remarkable amount of grit and determination, as well as a willingness to welcome contrary views and to risk being proved wrong. Great universities nurture these qualities. They are places where individuals are encouraged both to listen and to speak, where the value of an idea is discussed and debated—not suppressed or silenced.

If we stand for truth, we must appreciate diversity in every possible dimension. We must invite into our communities those people who challenge our thinking—and listen to them. Most of all, we must embrace the difficult task of being quick to understand and slow to judge.

Great universities stand not just for truth, but for excellence. At my inauguration, I focused on the remarkable array of pursuits to which students and faculty apply their considerable talents. Brilliance is demonstrated not only in classrooms and laboratories, but also around dinner tables, on playing fields, and on the stage. Living and learning with others creates opportunities to change and grow, opportunities that may not exist in other contexts. It is important to embrace diversity because we learn from our differences. Universities would be dull places indeed if everyone shared the same backgrounds, interests, experiences, and ideas.

Finally, great universities stand for opportunity. My parents came to the United States as refugees. My father arrived as a child after escaping the pogroms of Eastern Europe. My mother survived the Nazi concentration camp at Auschwitz. As new immigrants in a foreign country, they saw clearly the importance of education and, having worked hard themselves to gain an education, encouraged me in my own studies. Without education, I would not be here today speaking with all of you. Attending college enabled my success, just as it has enabled the success of countless other people. I want to ensure that young people in China and every part of the world understand a simple truth: If you want to get ahead, education is the vehicle that will take you there.

I wish to leave you today with the words of one of China's great modern poets, Abdurehim Ötkür:

Along life's road I have always sought truth,

In the search for verity, thought was always my guide.

My heart yearned without end for a chance of expression,

And longed to find words of meaning and grace.

Come, my friends, let our dialogue joyfully begin.

(Excerpt from Harvard President Lawrence S. Bacow's speech at Peking University, March 20, 2019)

美编 / 彭佳 审稿 / 汪燕

9/2019

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The Most Beautiful Teacher on the Aiding-Tibet Mission

文 / 孙辰阳 张子琰
美编 / 高焱

ECNU Circle: What's your original intention of accepting the Aiding-Tibet Mission in July 2016?

Prof. Li Haisheng: It's a sheer coincidence that I was selected to join in the Aiding-Tibet Project. It has been a time-honored tradition for ECNU to offer assistance to the local universities in Tibet. Back in 2016, Xizang Minzu University (XMU) was in desperate need to build up its degree conferral² system. My educational background plus years of working experience at the Graduate School of ECNU have endowed me with rich expertise, thus making me a potential candidate for the Aiding-Tibet Mission. To be candid, I found myself a bit hesitant on hearing the appointment as I was kind of worried about my capability of surviving in a totally unfamiliar environment. However, being aware of the necessity and significance of such a mission, I plucked up³ the courage to embark on the Aiding-Tibet Mission.

E: Could you give us a brief introduction of XMU since you have been working there for 3 years?

Prof. Li: Founded by the Central Committee of the Chinese Communist Party in 1958, XMU is now regarded as the cradle of talent cultivation, especially in the fields of education and management. So far it has trained about 70,000 talents in all walks of life⁴ and over 40 officials at provincial and ministerial levels, thus making a remarkable contribution to the economic and social development of Tibet. I first served as the Associate Dean of the Department of Chinese Literature, which boasts a long history and strong academic background. Currently, the number of its full-time faculty members reaches 47, among whom 12 are professors and 20 are associate professors. Besides, 80% of its faculty members hold doctoral degrees. I am mainly responsible for enhancing the development of the academic disciplines and promoting academic exchange programs. My daily duty focuses on applying for the doctoral degree authorization based on the history and the status quo⁵

Li Haisheng, a Professor from ECNU, has been on the Aiding-Tibet Mission for three years and was awarded "The Most Beautiful Teacher on the Aiding-Tibet Mission" by the Education Bureau of Tibet Autonomous¹ Region. ECNU Circle did an exclusive interview with him to share the highlight of his experience with our readers.

of the Chinese Department. The whole process is smooth and effective thanks to the cooperation of my colleagues.

E: Could you tell us about the academic cooperation between ECNU and XMU?

Prof. Li: The academic cooperation between ECNU and XMU can be found in the following two programs, namely, the joint postgraduate cultivation program and the joint summer school program. The former emphasizes on the academic exchange between the two universities. Every year seven or eight postgraduates from XMU are selected and sent to ECNU as exchange students where they study in the Department of Chinese Language and Literature for one semester and work on their dissertations. After their research topics are finalized, they will receive one-to-one guidance from their mentors at both universities. Later, some mentors from ECNU will even make a trip to XMU to attend the dissertation defense. The aim of such a joint program is to deepen the reform of postgraduate cultivation. It not only benefits the postgraduate students but also promotes the cooperation among teachers in terms of collaborative supervision on dissertation, thus contributing to academic growth of the Department of Chinese Literature in XMU. The joint summer school program is another highlight in the cooperation between ECNU and XMU. So far it has been held twice successfully. Every summer many well-known scholars are invited to deliver the lectures at forum in ECNU. Altogether twenty postgraduates as well as five young teachers from XMU participate in the summer program. Although the program only lasts for five days, it does have a big impact on those students and teachers from XMU. On one hand, it broadens students' horizons and provides them with a better platform for academic growth. On the other hand, it serves as a channel of communication for scholars in both universities.

E: It is said that fourteen postgraduate degree authorized units were granted to XMU last year. What disciplines do they cover? What's the significance of such a change?

Prof. Li: The newly-authorized degree units in XMU cover a wide range of disciplines. The academic degree programs include Applied Economics, Marxism Theory, Education, Cyberspace Security, Physical Education, Business Administration and Law. The professional degree programs involve Master of Physical Education (MPE), Master of Translation and Interpretation (MTI), Master of Social Work (MSW), Master of Tourism Administration (MTA), Master of Clinical Medicine (MCM), Master of Taxation (MT) and Master of Engineering (ME).

The significance of the above changes lies in three aspects. To begin with, the increase of degree authorized units enhances the capacity of postgraduate cultivation in XMU. Besides, it is deemed as a coexistence of opportunities and challenges for its teachers. Thanks to the new degree authorized units, about 200 teachers are promoted to be academic mentors and therefore are confronted with more demanding challenges in terms of talents cultivation and professional skills assessment. Such a change will serve as a catalyst not only for teachers' personal career growth but also for upgrading educational quality of XMU. More importantly, these degree authorized units are like the reserve of talents for Tibetan development. Since many of XMU postgraduates choose to work in Tibet after graduation, the degree authorized units will act as

an indispensable scaffold⁶ capable of promoting the talents' engagement either in scientific researches or decision-making consultation, thus contributing to the development of Tibet.

E: Could you elaborate a little on the process of the application and construction of the degree authorized units? Does your previous working experience in ECNU give you any help in this regard?

Prof. Li: The application of degree authorized units involves a wide range of steps such as team integration, preparation of application materials, panel review and so on. The whole process is a team effort, while I play a role as a designer responsible for building up the framework and working out the application strategy. On one hand, my familiarity with educational policy and application process allowed me to offer professional guidance in the preparatory stage, thus greatly improving the working efficiency of the teamwork. On the other hand, by giving highlight to the features and advantages of key disciplines in XMU, we managed to make application material more convincing and effective, thus gaining a better chance of having more degree units authorized. After March 2018, the focus of our work was shifted to the construction of degree authorized units. Later I was assigned to work as the Associate Dean of the Graduate School and the Director of the Academic Degree Program Office. My major responsibility lied in building up the team of academic mentors, ranging from the revision of previous selection standard to the selection and training of academic mentors. To promote the overall quality of the newly-appointed academic mentors, XMU invited some experts to give them professional training in terms of experience sharing, policy interpretation and practical guidance.

E: While working in XMU, you helped to organize the Advanced Forum of Tibetan Literature in the New Era. Could you talk a little bit about this forum?

Prof. Li: By the end of 2017, I made a bold proposal to the Department of Chinese Literature of XMU to host the Advanced Forum of Tibetan Literature in the New Era, inviting scholars and experts from all over the nation. About 60 experts and scholars from more than 20 academic





institutes attended the first forum. The “New Era” echoes the theme of the 19th National Congress of the Communist Party of China. We hold this forum to make preparations in application for the doctoral degree authorization, hoping to arouse the enthusiasm of the faculty of the Department of the Chinese Literature to participate in academic activities and to underline the significance of Tibetan literature research in XMU. Boasting an excellent research team in this field, XMU wants to strengthen its influence through the forum. The forum went quite well and brought a lot of benefits. It is highly important for a university to interact with others and make academic exchanges a part of its routine work. Such contact will certainly bring XMU to a new height. As an old saying goes, “You can’t be a master by shutting yourself up in a room.”

E: What would you say if you look back on the three-year life in Tibet in terms of the personal career growth?

Prof. Li: In retrospect, although I face many difficulties, especially health problems, I still value this experience very much. Had I not committed myself to this mission, I would not have a deep perception of the higher education in our country, especially the regional difference in postgraduate education. All my previous knowledge about higher education comes directly from textbooks and academic literatures. However, my mere presence in XMU offers me a lot of hands-on experience and enables me to think from a broader perspective and make a more comprehensive judgment. Besides, since I am in charge of the

management of students’ affairs and the construction of academic disciplines, I have to communicate with teachers and students from different departments, thus greatly improving my communication and organization skills. More importantly, having been to Lhasa eleven times, I now harbor a strong affection for the land and the people there. I also cherish the friendship with my colleagues and students in XMU.

E: What benefits will the Aiding-Tibet Mission bring to both universities?

Prof. Li: From my perspective, the so-called aiding and learning is a two-way channel. On one hand, ECNU offers some assistance to XMU, such as assigning our professors to their classrooms, inviting their students to study here at ECNU, sharing with them our book collection and co-hosting academic seminars. On the other hand, Tibet is still faced with many challenges in its social and economic development as well as problems concerning the exploitation of natural resources, which call for the joint effort of scholars from both ECNU and XMU to overcome. The potential

for the future cooperation can be found in various disciplines of both universities. For example, while the academic mentors help students find the topic of dissertation, they may come across some valuable research topics aiming to solve the real-life problems in Tibet. Last but not the least, I find the moral education of XMU quite effective and it can be further promoted among ECNUers. In a word, assistance is by no means a one-way street. Instead, it’s mutually beneficial and supportive, thus going smoothly in the long run.

E: What kind of help did you get while working in XMU?

Prof. Li: To be honest, I received lots of help from both sides—XMU and ECNU. The working and living condition in XMU is rather good. All the staff there are really nice to me. When I fell ill, my superiors and colleagues would come to visit me and treat me like their family members. Meanwhile, staff meetings are held regularly in XMU to hear the problems and suggestions from teachers. As for ECNU, I gained much support from both school leaders and the school administration. I am really grateful to them.

E: What is your greatest achievement during the three-year mission?

Prof. Li: I do not think I’ve accomplished any great goals. As a member of the Aiding-Tibet team, I’m simply committed to the daily work of discipline construction, educational administration of graduate students and training of the newly-appointed mentors. However, every time I see the progress in my job, every time I facilitate my colleagues’ career growth, every time I witness the change of my students, I find myself overwhelmed with joy.

E: How do you feel about getting the award of “The Most Beautiful Teacher on the Aiding-Tibet Mission”?

Prof. Li: I felt a bit disturbed when I was given such honor as I know from my heart that all the accomplishments in XMU are the fruits of the team work. It’s true that I did make some contributions, but as I said before we live in an age of cooperation and I can’t make it without the constant support from my colleagues. Everyone in our team has done a great job and I am just lucky to receive such honor. Therefore, I would like to thank XMU for the recognition of my work. I would also give thanks to ECNU. All in all, this honor will serve as a stimulus urging me to keep on trying for a better future.



1. Autonomous: adj. 自治的
2. Conferral: n. 授予
3. Pluck up: 鼓起勇气
4. Walks of life: 各行各业
5. Status quo: 现状
6. Scaffold: n. 支架

(审稿 / 王志宏)

A Rising Science Star

—An Interview with the National Scholarship Winner

文 / 朱睿臻 美编 / 高焱

Zhang Siyuan, a 2015 undergraduate student majoring in software engineering at the School of Computer Science and Software Engineering of ECNU, was on the list of student winners of national scholarship in the special edition of People's Daily on February 25, 2019. It is the highest honor that today's college students may gain due to the rigid evaluation standards. Is this honor a fruit of hard work or simply a sign of a gift? Let ECNU Circle take you to find the answer.

One thing you won't miss about Zhang Siyuan is his active involvement in a variety of scientific researches and innovation projects. The project Shanghai STEM Cloud Center he participated has won the gold medal in the Fourth Chinese Internet Plus Innovation and Entrepreneurship Competition of College Students. Besides, as the only student representative of ECNU, he made his presence at the First Youth Forum for National Model Software Colleges. Apart from his interest in research, Zhang is equally involved in student clubs on campus. During his term as the Chairman of Science and Technology Innovation Association, Zhang was awarded the title of "Excellent Student Cadre" of ECNU several times. Meanwhile, Zhang's performance with Yinghe Youth Choir in 2019 New Year Concert brought him both recognition and delight.

ECNU Circle: *Could you share with us your learning experience as a software engineering major?*

Zhang Siyuan: It's a long story. To be honest, when I was in high school, I preferred to take medical science as my major in college. However, it was a pity that I didn't perform very well in the college entrance examination, which denied me the chance to apply for a good medical school. Later, I simply followed my parents' expectation and chose software engineering as my major. That's why I felt kind of lost when I first came to ECNU.



I had no idea about what a software engineering major means, let alone any real interest in learning. As a result, I didn't do well in most of my courses and even failed linear algebra¹. It was not until then did I realize that I can't idle away any longer or I would end up with nothing. During my sophomore year, I was confronted with the demanding major-related courses. Due to lack of the intrinsic² motivation, I struggled to survive. The whole process of learning was quite painful. In my junior year, things got a little better as I gained an in-depth understanding of my major in terms of its theory and application. Although the academic pressure was equally heavy, I began to take delight in exploring my major and gradually became an efficient learner.

E: *What factors do you think contribute to your winning of national scholarship?*

Zhang: In fact, I think it was sheer luck. Theoretically, only four students in our school were qualified to win the national scholarship this year. If GPA were the only determining factor, it would be impossible for me to win the prize as I ranked 10th on the candidate list. Fortunately, one of the school projects I undertook won the gold medal at the Fourth Chinese Internet Plus Innovation and Entrepreneurship Competition of College Students, which gave me a unique advantage and finally earned me the scholarship. Winning the national scholarship meant a lot to me as it helped me go through the darkest moment of my college life when I failed to be recommended as potential postgraduate candidate. Faced with such a heavy blow, I fell a victim³ to the loser mentality. Worse still, I was trapped in an abyss⁴ of negative emotions—hopelessness and helplessness. The winning of national scholarship was like a beam of light dispelling the darkness and delivering me out of the snare⁵ of negative feelings.

E: *You participated in the research project headed by Shanghai Gao Kexin Key Computation Laboratory, working on sensor data management and data visualization⁶ research. Can you briefly share with us your research experience there?*

Zhang: In fact, this research project belonged to the School of Computer Science and Software Engineering (SCSSE). I joined the research team simply because one of my favorite teachers was the core member of the team. As I wanted to accumulate some research experience, I took the initiative to volunteer to be her research assistant. Thanks to my outstanding academic performance, she agreed to give me an opportunity to try. I got involved in the preliminary stage of the project development, namely the visualization of data, which turned out to be quite complicated and challenging. As an undergraduate with little research experience, I met with abominable⁷ difficulties in the beginning, feeling overwhelmed by the torrent of new knowledge I had to pick up in a short period of time. Besides, I needed to learn it all by myself ranging from reading numerous academic papers to browsing tons of relevant technology blogs. After immersing myself in the foundational theory, I gradually built a systematic knowledge framework. More importantly, I tried out different research methods, thus grasping a deeper understanding of theoretical knowledge. It's like building a house on a solid foundation. As long as the foundation is laid down firmly, laying blocks is just a piece of cake. This experience greatly enhanced my learning capacity and filled me with a great sense of achievement.

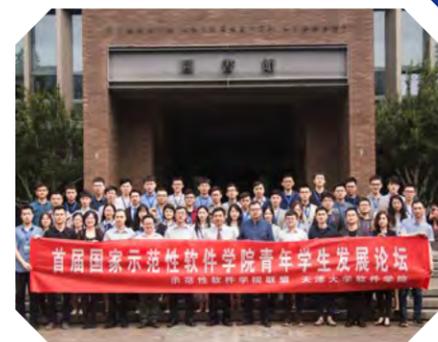
E: *Could you briefly describe another research project Shanghai STEM Cloud Center you took part in your senior year?*

Zhang: Different from the research project mentioned above, this is an entrepreneurship

program in cooperation with an established company. The program mainly focused on the systemization of internal information of that company as well as the on-campus promotion of recruitment. It participated in the Fourth Chinese Internet Plus Innovation and Entrepreneurship Competition of College Students, which was officially held by the SCSSE in ECNU and the Ministry of Education of the People's Republic of China (MOE) and whose judges were real investors from society. Our opponents were all eminent research teams, thus making the competition rather fierce. The whole preparation period stretched from March to October. During the summer break, we had numerous meeting discussing and revising the project in spite of the scorching heat in Shanghai. Out of the interest and responsibility, every team member made great contribution to the ultimate success—winning the gold medal of the competition. Thanks to this competition, my understanding of software engineering major went beyond theoretical level and moved to the practical application of knowledge. However, the biggest benefit I got from the competition was the acquaintance with business practices and appreciation of the importance of teamwork. A good team in my eyes is not necessarily a get-together of all-round elites. Instead, it is more powerful if it's made up of talents from different fields. Every member's minor weakness may be compensated by his or her partner's strength. Moreover, the mutual communication among team members is equally important. Actually, the atmosphere of the whole team plays an essential role in realizing the value of its individual members.

E: How will you rate your work performance while serving as the Chair of the Science and Technology Innovation Association at ECNU?

Zhang: I joined the Students Union of the SCSSE when I first stepped into ECNU. As a freshman, everything on campus was new to me



and being a member of Students Union gave me a sense of belonging. During my term, I planned and participated in numerous activities, thus making acquaintance with many students otherwise I might not even know. After one-year work, I not only gained the precious friendship but also developed my social skills. The best memory about that job kindled my desire to run for the Minister of Students Union in the sophomore year, and later the Chair in the junior year. Fortunately, I succeeded in both tries as my abilities were recognized by my classmates and teachers. When I served as the Chair of the Students Union, I organized several traditional events and most of them turned out to be huge success. However, the most challenging one was the competition which we co-hosted with Shanghai Meteorological Bureau. In the competition, participants ran their software programs to analyze the meteorological data provided by the meteorological agency. The whole process included data analysis, data processing with AI and the practical application. We were in charge of the execution of the whole

process ranging from the promotion, organization to supervision. As it was held for the first time, we had to fumble around before we figured out a way. Thanks to the constant support from our teachers, we were able to overcome various challenges and ensured the competition a huge success.

As for my work performance as the Chair of the Students Union, I think there are still a lot of room for improvement. Above all, I didn't make a bold try in organizing any new events except for the traditional activities held annually. I think it takes a lot courage to start something new, as every step involved in the process needs to be considered and well planned from personnel recruitment to finding business sponsorship. Maybe I can make a change by adding some new elements to the regular activities, thus bringing the vitality to the traditional events.

E: What's your hobby? How do you balance your study and life?

Zhang: I'm fond of music, especially singing and playing the guitar. It is such a coincidence that my dorm mates all like playing the guitar instead of computer games. In our spare time, we always chat while playing the guitar together. As for the balance of life and study, I have always been trying to set aside some time for relaxation even during the busiest exam season. When I prepared for postgraduate examinations, I barely had any spare time for fun. Still, I managed to set aside every Wednesday afternoon for choir rehearsal on Minhang campus. Although others may think that my devotion to choir was totally a waste of time, I feel it helped me get refreshed and stay confident. It's my personal belief that best learners are usually those know how to relax themselves.



E: Do you have any valuable suggestions for the current ECNUers?

Zhang: In general, as a college student, we should have our own ideas and be responsible for ourselves. Many college students still hold the myth that once they enter the university, their pursuit of study is replaced by the effort to seek fun. However, from my perspective, learning is more important and self-demanding in college than in high school where study is more exam-oriented and parents/teachers-guided and therefore students have little autonomy over their learning. By contrast, learning in college is rather a self-exploration process as the external forces mentioned above don't have the same role as they used to. The purpose of learning now is to accumulate knowledge and skills which are necessary for students to make a living in the future. Apart from an independent academic life, we also need to learn how to take good care of ourselves physically and emotionally without the meticulous care and attention from parents. We can gain independence by starting to do something small such as sleeping earlier, doing more exercises and making more friends. Last, I think it's more important to go out and see the world, and gain different life experiences with an open mind and sincere heart. Sometimes we may encounter many setbacks and even get trapped in depression. If we can't give ourselves any timely self-adjustment, we may also need to seek help from others. For me, I exercised regularly and had enough sleep; I chatted with my friends and teachers for their advice on my problems. This was how I survived the stress and lived a wonderful life on campus. I believe people around me are always sincere and ready to give their hands. So, don't hesitate and just ask for help.

1. linear algebra: 线性代数
2. intrinsic: adj. 内在的
3. victim: n. 牺牲品
4. abyss: n. 深渊
5. snare: n. 陷阱
6. visualization: n. 可视化
7. abominable: adj. 令人憎恶的

(审稿 / 王志宏)

Join the Workshops, and You Will Make it with Our Brilliant Coaches

文 / 钱广桦 陈熠道 甘志扬
美编 / 孙雪艳



Wang Yue: English Teacher and Contest Coach

ECNU Circle: Could you introduce English contests in our university?

Wang Yue: As the director of the English Contest Center, I am responsible for the preliminary round of National English Competition for College Students held in ECNU and the management of three workshops. They are set up to train students to excel in the national speaking, writing, and reading contests, among which, the “FLTRP•ETIC Cup” English Public Speaking Contest is most important, because it is included in the innovation credits programmed by the Ministry of Education. If a student can make her way to Beijing for the final, she will earn at least one point for our university. The other two contests are “FLTRP•ETIC Cup” – English Reading Contest and Writing Contest, which are held in October each year. Last year, our contestants had won four national grand prizes in NECCS and one national first prize in writing, third prize in speaking and a large number of prizes in the regional contests.

E: Could you introduce the cultivating work of these competitions to us?

W: Three competitions actually correspond to three workshops for reading, writing and speaking. The number of participants in workshops is large, with more than 50 students in the speaking workshop, 40 in writing, and 30 in reading. To be enrolled in our training programs, students must first be recommended by their English teachers, and then a preliminary selection test will be conducted to include the top ones. Students who have got the grand and first prizes in National English Competition for College Students are also welcome to the workshops. So there is indeed a threshold for entrants, and we maintain a certain flow of participants for competition to maximize students’ potential.

In the one-year training programs, experienced teachers give eight to ten lectures in all, each of which lasts one and a half hours. In addition to lectures, teachers in the writing workshop would personally revise essays written by students for their maximum development. In the reading workshop, students will sit up to three tests to examine their learning progress and results. Students in the speaking workshop have impromptu speech training sessions to inspire their critical thinking and encourage their accumulation of knowledge and theories. At the end of the spring semester, East China Normal University English Writing Contest, Reading Contest and Speaking Contest are held to select the best among the best for the “FLTRP•ETIC Cups.” After final selection, one-to-one training continues in the summer vacation for the coming contests.



E: In the process of your years’ guidance, is there anything that has left an impression on you?

W: What impressed me most are the students’ diligence and teachers’ dedication.

To begin with, quite a few students have been working long and hard to win. Two years ago, I have met a student who asked me and my colleague Zhao Chaoyong for advice on revising his speech draft and then he went to practice repeatedly. Finally, he came to us 12 times before the draft was well polished and he spent quite a number of nights reciting his speech until he could deliver it fluently. As a matter of fact, revision is no easy work for both teachers and students. A good speech has to include the speaker’s own experience, story and understanding, so the frame is very hard to architect. In addition, the essay has to cater to his pronunciation by changing the words in case he cannot read fluently. As a result, students have to work with coaches for countless revisions before an appropriate story is discovered and speech is made.

Besides, teachers here are very enthusiastic. I can recall a lecture I hosted. It started at 7:30 p.m. and was supposed to end before 9:00 p.m. However, students wanted to learn more and that passion for knowledge motivated me into further talk until after 9:45 p.m., the time when the teaching building was about to close. As teachers, we always try to meet the demands of students. Here is another case: my colleague Chen Qi once gave a lecture to students on Wednesday afternoon. However, many students were unable to come. When the time came, only one student was sitting in the room. At that time, instead of cancelling the lecture, she insisted on giving it, saying “I am willing to finish the whole lecture even if only one student would listen”. And she did a wonderful job! Looking at the blackboard full of her notes, I realized how our coaches dedicate themselves to helping students.

E: You have been coaching for so many years. What have you received from the competition?

W: I have learned quite a lot from the programs.

It’s a good opportunity to learn more and apply what I’ve learned to my classroom teaching. For those students in the workshop, “standing on the top of the shoulders of the giants,” they wanted more because they are competing in a higher arena. So new theories, logics and evidences must be learned by me and passed on to them. With good feedback from them, I will then apply them to my classroom teaching. Many students think highly of my writing course partly because I got inspired from the teaching process in the workshop.

The second aspect is about spirit. Everyone knows of the “mid-life crisis.” When people become middle-aged, it is important that they have a goal to pursue. Otherwise, life will be pretty dull. Working with the brilliant minds means new ideas, challenges and opportunities, making my life full and vigorous.

ECNU Circle: Since you have received many awards as an outstanding teacher in English speech contests, you must be very experienced. So could you share with us what instructions you always give to students?

Zhao Chaoyong: I actually offer different kinds of help to different students in different stages of coaching. In the earlier stage, I assist them with their speech drafts, doing some improvements, which involves correcting their mistakes in grammar and diction. Once students make their way to the regional final and compete on behalf of our school in Shanghai or even in national contests, I will shift my focus to their impromptu speech instead of the prepared one, where they can make the greatest improvement. In the process of training, emphasis is placed on their ability to think profoundly and agilely, in other words, the ability of critical thinking. From my observation, it's the ability most students may be in need of, but after training, they can make huge progress in this area. They'll be able to express deep thoughts and offer tips to tackle practical questions. Therefore, they can gain an advantage by handling the questions well. In fact, recently judges in speech contests weigh student's ideas over their pronunciation and intonation. That is also a reason for my focus on their ability to think deeply. And indeed, it turns out to be effective and worthwhile.

E: You have coached so many years of competition and helped many students. In the process, do you think there are any gains for yourself?

Z: I instruct this match because I myself also participated in English speaking contests when I was a student. I was interested in this competition, so I became a coach later. I think the biggest achievement is that I can communicate with many other teachers, and when guiding students, if students have made progress or won the awards, we both have a sense of accomplishment. This is one aspect.

More importantly is the coaching process itself. Every year, a new group of students will join us. In September, we will select a group of students and then take them to our contest workshop. We organize weekly activities and the annual campus contest. The communication with them all through the way is a kind of "harvest" for me. In the process of giving lectures, the interactions are deeper than in normal class, and I can also get more exposure to ideas from the younger generations.



Zhao Chaoyong: English Teacher and Contest Coach

E: Can you share the contest performance of your student days?

Z: Back to my student era, the competition was called the CCTV Cup. Now it has been changed to "FLTRP•ETIC Cup" English Public Speaking Contest. At that time, when the CCTV cup was held, I was studying in Henan Normal University. It happened that my Alma Mater held the regional final. Two students entered the final that year, including me, but it turned out only one of us could participate in the regional final because our school needed one of us to be the host of the event. Both of us won first prizes at the campus final. I chose to be the host because I had a very good relationship with the other student. So he went to participate in the final and I became the host.

E: Do you have any suggestions for daily English speaking practice?

Z: English speaking is inseparable from English learning in general. From the perspective of speaking ability, it is rooted in language literacy, including pronunciation and intonation, vocabulary and encyclopedic knowledge. In prepared speeches, knowledge is needed when writing, and in impromptu speeches, there are always many unforeseeable topics. That's the time when the scope of one's knowledge is even more important. However, it may not be enough to only have a language proficiency and encyclopedic knowledge, because speeches also involve comprehensive qualities such as critical thinking abilities. These abilities need to be improved over a long time. For example, knowledge and vocabulary need to be accumulated, there are no shortcuts; Intonation relies on regular training, and there are many resources available at present. Furthermore, one needs the ability to overcome stage fright. Everyone will be nervous when they are speaking in public. As Mark Twain once said, "do the thing you fear most, and the death of fear is certain." If you are afraid of speaking in class, then after you have spoken to hundreds of people in the speaking contest of a campus final, you'll have all the ease when you speak in class next time; if you have experienced what it feels like when speaking in the national final, you can deal with speaking at any occasion later in your life. The most important thing is to improve your overall ability and have more experience, and to break through your limits again and again.

(审稿 / 卫华)

Student Editors

文 / 邢伟林 陈萧伊 潘窈窈
美编 / 孙雪艳

Seniors editors:

E: Why did you join ECNU Circle?

Zhang Yanqiu: I majored in editing and publishing during my undergraduate study. At that time, the magazine was just established, and I thought it was a good opportunity to practice, so I gave it a shot.

Xie Yaoji: First, I happened to see one of the magazines in No. 2 Teaching Building. It was very impressive. Coincidentally, soon after a senior student came to ask me if I was interested in doing art editing for the magazine. As a student majoring in editing and publishing, I was also interested in English publications, so I said yes.

Zhu Ruizhen: When I was a freshman, I learned about the ECNU Circle from my teacher Ms Wang. My curiosity about full-English magazines and the interests in interviewing as well as writing led me into joining the ECNU Circle.

Tang Yuqi: I am fond of looking for campus news and also have a good command of English, so I joined the ECNU Circle.

E: Who is your most impressive interviewee?

Zhu Ruizhen: It must be Joshua. I cannot forget how nervous I was when I took a leap and interviewed an overseas student, Joshua, for my first time. Luckily, he was friendly and even also joined the ECNU Circle later. We have constantly kept in touch. Sometimes we set up dates to chat about life and exchange gifts.

Tang Yuqi: Wang Heping, a teacher who specializes in special education impressed me deeply. Mr. Wang was the first teacher I interviewed. His professional knowledge on special education was eye opening. He is strict with those future special teachers, but he cares for their sense of fulfillment and achievement. These are the reasons for my admiration.

E: What bothered you most during the process of editing?

Zhang Yanqiu: I'm in charge of the art section. Art editors are mainly responsible for the design. However, during the process, the interview manuscript will still be constantly modified. We hope English editors can send it to us for design after finalization, so as to improve the efficiency of designing.

Xie Yaoji: There is no trouble for me. The job has been rewarding and it does not take up too much time.

Zhu Ruizhen: I feel troubled about revising drafts. Sometimes I need to recompose the article again and again, which costs me much energy and time. Coupled with existing academic pressures, having to revise drafts frequently put me in a quandary.

Tang Yuqi: Well, finding clues. At the preliminary meeting of ECNU Circle, news clues were not always abundant. Besides, I always find clues so tiny that I can't turn them into an article.

E: How has ECNU Circle affected you?

Zhang Yanqiu: Firstly, my professional skills have been enhanced through practice, thus increasing my professional confidence. Secondly, to see the campus and to read the manuscript have invisibly broadened my vision and improved my personal quality. Thirdly, making friends with the staff and learning from each other mean a lot to me.

Xie Yaoji: First of all, the biggest impact is that I am acquainted with many teachers in the magazine. They are very helpful, and often take care of me. Secondly, editing English publications is a great help to my English learning. Besides, my art aesthetic has been greatly improved. For me, this experience made me foster friendship and personal growth, which not only became an important part of my resume, but also a precious memory in my life.

Zhu Ruizhen: It has intertwined my own views on interviewing, writing, communicating and time management. What is more, ECNU Circle has also changed my social character. Now I can chat with others leisurely and I gradually fall in love with this process.

Tang Yuqi: ECNU Circle improves my comprehensive English ability. Interviewing makes it easier for me to communicate. Revising an essay improves my writing ability. Finally, I care more about campus life and changes around me because of ECNU Circle.

E: What bothered you most during the process of editing?

Gan Zhiyang: I had trouble mainly with the time management. When I worked on my first issue, the task was to check the errors in the text. I read it word by word, and it took about six or seven hours to finish. At that time, I felt the workload was quite heavy. The second time my task was to do an interview. During the interview, the recording was requested, and then the document was compiled. I had to delete the colloquial words first, and then sorted out the ideas to make the structure clear. There were many steps, so it took a huge amount of time and the whole process was not as simple as I thought.

Li Chaoran: How to design a layout that is both satisfying to myself and supported by the reviewer is the most troublesome. To put it another way, it is the most difficult to make my ideas workable. For example, the design may not conform to the atmosphere of the article, or may not be consistent with the style of the entire magazine, and thus it must be revised. It may be a minor change, or it may be completely overthrown and restarted. It is necessary to undergo constant revisions in order to obtain satisfactory results from both sides. Often, I have a disagreement with the reviewer's ideas. This is the biggest problem I have encountered.

E: How has ECNU Circle affected you?

Gan Zhiyang: First of all, ECNU Circle provide a chance for me to know more about ECNU and helped me broaden my horizons. Second, as an English editor, I have the opportunity to keep in contact with some teachers and learn their professionalism and responsibility in the process of working. Third, here I am more familiar with the working atmosphere, where I learned to arrange my time effectively, and have a clearer understanding of "deadlines". Finally, ECNU Circle makes me able to leave a little mark of my own in the university for future memories.

Li Chaoran: Firstly, this is the first group I participated in during my time at the university. It helped me to integrate into university life and increased my sense of identity with ECNU Circle. Secondly, it is good for me to exercise my thinking, practical, communicative and problem-solving ability. Again, it gives me a better understanding of the position of art editors, which will help me learn a skill and provide a reference for my future career planning. Finally, it helps to increase my interest in learning English.

Junior editors:**E: Why did you join ECNU Circle?**

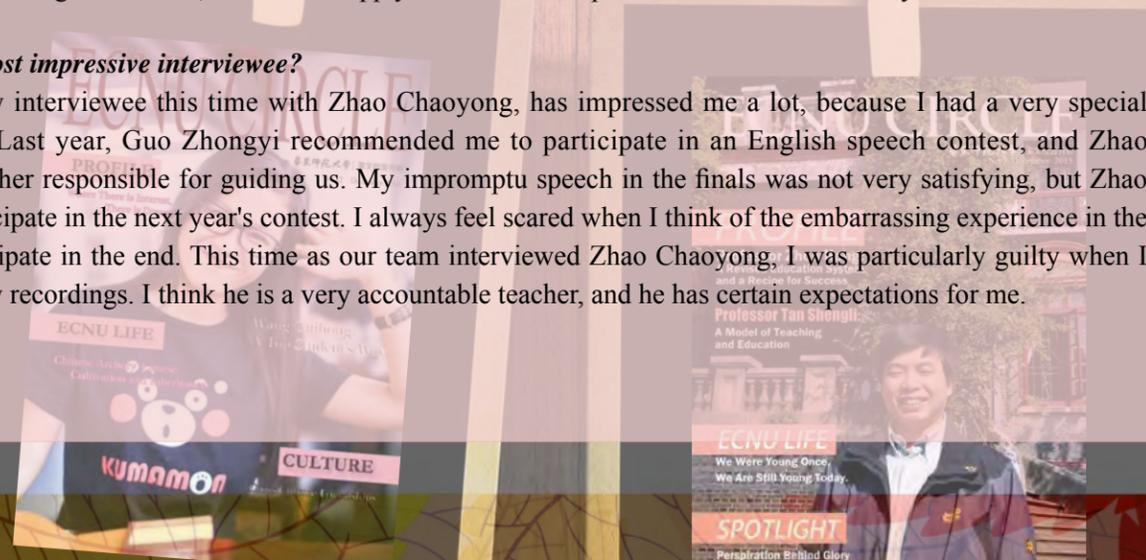
Gan Zhiyang: At the time of the academic English reading class, I was invited to join ECNU Circle as an editor by my teacher Guo Zhongyi. I was very interested in English, and I also wanted to try to do English editing, so I decided to join ECNU Circle.

Li Chaoran: I used to be the chief editor of the school history club magazine in middle school. After entering the university, my English teacher recommended the magazine ECNU Circle to us, indicating that they are hiring editors. I am very interested in layout designing. After finding out about it, I decided to apply for an art editor position and was successfully admitted.

E: Who is your most impressive interviewee?

Gan Zhiyang: My interviewee this time with Zhao Chaoyong, has impressed me a lot, because I had a very special experience with him. Last year, Guo Zhongyi recommended me to participate in an English speech contest, and Zhao Chaoyong was the teacher responsible for guiding us. My impromptu speech in the finals was not very satisfying, but Zhao encouraged me to participate in the next year's contest. I always feel scared when I think of the embarrassing experience in the finals, so I didn't participate in the end. This time as our team interviewed Zhao Chaoyong, I was particularly guilty when I listened to the interview recordings. I think he is a very accountable teacher, and he has certain expectations for me.

(审稿 / 卫华)



Crosstalk Club: The Inheritor of Culture

文 / 曾傲唯 杨鸿玺 王啸坤 美编 / 叶思齐



When thinking of clubs, people usually think of dance, sports and travel. But a crosstalk club? Not really, right? From an undesirable club to a “Five Star” club, the history of Crosstalk Club “Dou Bu Le” obviously demonstrates the spirit of not giving up and teamwork. So, ECNU Circle conducted an interview with two club presidents and a club member to find out their experiences and gains from the club.

Past

Interviewees: Presidents of the Crosstalk Club—Liu Huimin, Undergraduate of 2015, Public Relations; Zhang Wenqi, Undergraduate of 2016, Chemistry

ECNU Circle: How did the initial members gather together to set up the Crosstalk Club?

L: Actually, it occurred to some seniors of class of 2012 who love crosstalk all of a sudden. When talking with each other in the dormitory, they realized that there was no such crosstalk club in ECNU. Thus,

they convened¹ about ten friends to found “Dou Bu Le”, the Crosstalk Club. Compared with the popularity of crosstalk in the north of China, people in the south may not be familiar with crosstalk, so the aim of the Crosstalk Club is not merely to gain pleasure for ourselves but also to let more people acquaint with crosstalk.

E: How did you come up with the name “Dou Bu Le”?

L: We referred to the master of crosstalk—Zhu Shaowen’s stage name “Qiong Bu Pa” (Be not afraid of being poor). Although we had other alternatives, they did not conform to our philosophy. After the discussion, we reckoned “Dou Bu Le” as the best name.

E: Were there any difficulties or achievements that left you the deepest impression in the past?

L: Truth be told, there were numerous difficulties. During the initial period, approximately only ten people came to watch our crosstalk shows and we even asked some of them to lend a helping hand to disguise² as audiences. When I entered ECNU in 2015, “Dou Bu Le” was almost on the verge of collapse. Teachers of the Club Community told us that if we could not enroll more people, the club had to be dismissed. Fortunately, just in that year, plenty of students joined the club and many of them became the backbones, who have enabled the club to flourish. We have to admit that it is those members that brought the club back to life and the club has become more and more prosperous since then. Owing to these outstanding members, “Dou Bu Le” club got the title of “Five Star Club” the first year it turned to an official club from a reserved one.

E: In 2014, “Dou Bu Le” took part in establishing the Crosstalk Union of Universities in Shanghai. Could you please introduce it to us?

L: In addition to “Dou Bu Le”, the Crosstalk Union of Universities in Shanghai also includes Crosstalk Association of Shanghai University, “Huan Lin Xiao Yu” Crosstalk Club of East China University of Science and Technology, the Crosstalk Club of East China University of Political Science and Law, “Yu Zhong” Crosstalk Club of Tongji University, the North Club of Fudan University, “San Ren Xing” Club of Shanghai Dianji University, and Shanghai “Jiu Le Tang”. During hardships, the union offered us a lot of help. A case in point is that the members from the crosstalk club of Fudan University and East China University of Science and Technology would assist us in performances and invite their students to get to know and enjoy crosstalk shows of ours. Afterwards, some commercial groups contacted the Crosstalk Union for business performances while “Dou Bu Le” has been adhering to the principle that it merely attaches importance to happiness and pleasure regardless of profits, so we alienated ourselves from the union a little bit. Nevertheless, we still maintain a good relationship with some members of the union. We often organize our students to watch their performances and vice versa.

Now

E: When the Crosstalk Club recruits new members, how do you make the selection?

L: Like most clubs, we recruit new members in early September every year. At the meeting in October, members can sign up for specific work they want to be responsible for. For example, if you want to perform on stage, you can be an actor. It does not matter even if you do not have any basic knowledge of crosstalk, since we will provide regular training activities for club members. Other students can engage themselves in propaganda work or logistics work, such as designing posters, preparing materials and so on. We also welcome students who hold a passion for crosstalk to be audiences. It’s their own choice, whether to attend the follow-up activities or not. Apart from recruiting official members, students who are interested in crosstalk are welcome to join us anytime. All in all, we are a club for like-minded people who are keen on crosstalk.

E: What are the main activities of the Crosstalk Club?

L: There are two special events each year, including the show after recruitment and the one in the graduation season. There are also two performances, unpacking (unpacking is a terminology³ in crosstalk, which refers to the first performance after the Spring Festival) and sealing (sealing comes from Peking Opera, which is an old custom of Peking Opera and other troupes, and refers to the final show at the end of the year before taking a rest). The time of unpacking and sealing are around the Qingming Festival and the Winter Solstice, mainly depending on the time schedule of our members. Routine activities include internal rehearsals and external communications. East China University of Science and Technology, Fudan University and other universities in Shanghai will invite us when they hold special performances, and we will organize members to enjoy their shows for the purpose of making progress together.

E: When you create crosstalk shows, where do you gain your inspiration?

L: We do not create crosstalk shows directly. The most common thing we do is to adapt traditional scripts. We utilize the form of traditional crosstalk and make it more suitable to spread in modern society. During the meeting before performance, we collect everyone's opinions when



deciding the contents and choose the most appropriate scripts after taking several factors into account such as interest, duration, contents and etc. When actors have finished adapting and passed the examination of the stage manager, they can perform on the stage.

Z: In order to arouse the interest of audience, we usually set the background of the story in places that people are acquainted with. For example, *Travel at Night* (New version) tells a story which happens on the Minpu Bridge. At the same time, we hope our performances can be close to the life of college students. Only under this approach can the audience learn about our traditional culture more vividly. We often adapt the *Book of Masters* to let more people understand the funeral cultures and folk customs of ancient China, which I think is very significant.

E: Are there any basic knowledge of crosstalk that people might misunderstand? Could you please explain it to us?

L: Many people cannot tell the difference between talk show and monologue⁴ crosstalk. In the past few years, we have been contacted by many talk shows programs, but there is actually a striking difference between them. Talk shows focus on the immediate reaction of audience. The package (package is a term of Chinese Folk Art which refers to the part that makes audience laugh) can achieve the desired effect immediately when thrown out. Monologue crosstalk is more like telling a story. Actors will slowly go deeper, in other words, exert the language skills flexibly to carry out the detailed organization. The whole performance is so interlocking that the audience have to focus on it till the end to understand its subtlety. Compared with talk shows, monologue crosstalk is more systematic and requires a myriad⁵ of training.

E: Crosstalk Club has been established for 6 years. What do you think has been supporting the crosstalk club till today?

L: I think it is the responsibility of every club president and the contribution of all the members.

It is a highly demanding project to run a club. The financial and personnel problems faced by a student community are beyond imagination. To be honest, when you look for a job in the job market, you will find that many companies do not recognize your work in the student club. As for myself, I do not run this club for adding some experiences on my resume, but because of my love for crosstalk and our club. I consider that it is worthwhile to devote my time to the Crosstalk Club as I have always enjoyed it. In my opinion, it is this same love that urges every president to shoulder the responsibility and every member to contribute to our club.

Future

E: Have you ever made any plans for the future of the Crosstalk Club? Or are there any goals you want to achieve?

L: Crosstalk drama (crosstalk drama is a burgeoning form of artistic performance. It is based on crosstalk and sitcom, breaking the traditional way of performing crosstalk, and presenting the essence of crosstalk in the form of drama. Crosstalk drama is a kind of crosstalk performance with plots, characters and stage background) is what we have always wanted to do. Fudan University has just hosted a crosstalk drama show several days ago, and after seeing it we are even more intrigued to have our own. Because to tell the truth, we do not have enough money or energy to realize this dream, and there is nothing we can do but envy. The other goal is to keep the club flourishing in the long run. I hope that the club will still be here when I come back a few years after graduation.

Special Interview with a Club Member Interviewee: Guxiao, Undergraduate of 2018, Chinese Language and Literature

E: Why did you decide to join the crosstalk club?

G: I joined the crosstalk club because I am keen on the art form of crosstalk. I grew up listening

to Liu Baorui's monologue crosstalk. Later, I came into contact with masters including Ma Sanli, Hou Baolin and Guo Degang. I have gained a lot of happiness from crosstalk, so I wish to bring the joy to others through performing crosstalk.

E: After joining the crosstalk club, is there anything different from the one you have imagined?

G: Yes. Because the crosstalk club I have imagined is the one that performs the "new crosstalk" which conforms to the style of Spring Festival Gala. Unexpectedly, "Dou Bu Le" still maintains the traditions of quyi (Chinese folk-art forms). In an orthodox⁶ way, they have a penchant⁷ to perform the "old crosstalk" prevailing in the teahouse of the old society, which is a great surprise to me.

E: From your perspective, what is crosstalk?

G: I think crosstalk is just chatting. It is not only a conversation between crosstalk actors, but also a communication between crosstalk actors and the audience. Although crosstalk is a stage art, the most pivotal thing is not to have estrangement with the audience and result in a sense of distance. A crosstalk that is not friendly or down to earth, is a failure. Therefore, crosstalk is a seemingly unintentional, but actually intentional chat. The key point of a successful crosstalk is to interlude "Baofu" (a terminology in crosstalk, referring to the comic effect achieved through careful organization and paving) throughout the entire performance, so as to create a hilarious atmosphere.

1. convene: v. 召集

2. disguise: v. 掩饰

3. terminology: n. 术语

4. monologue: n. 独白

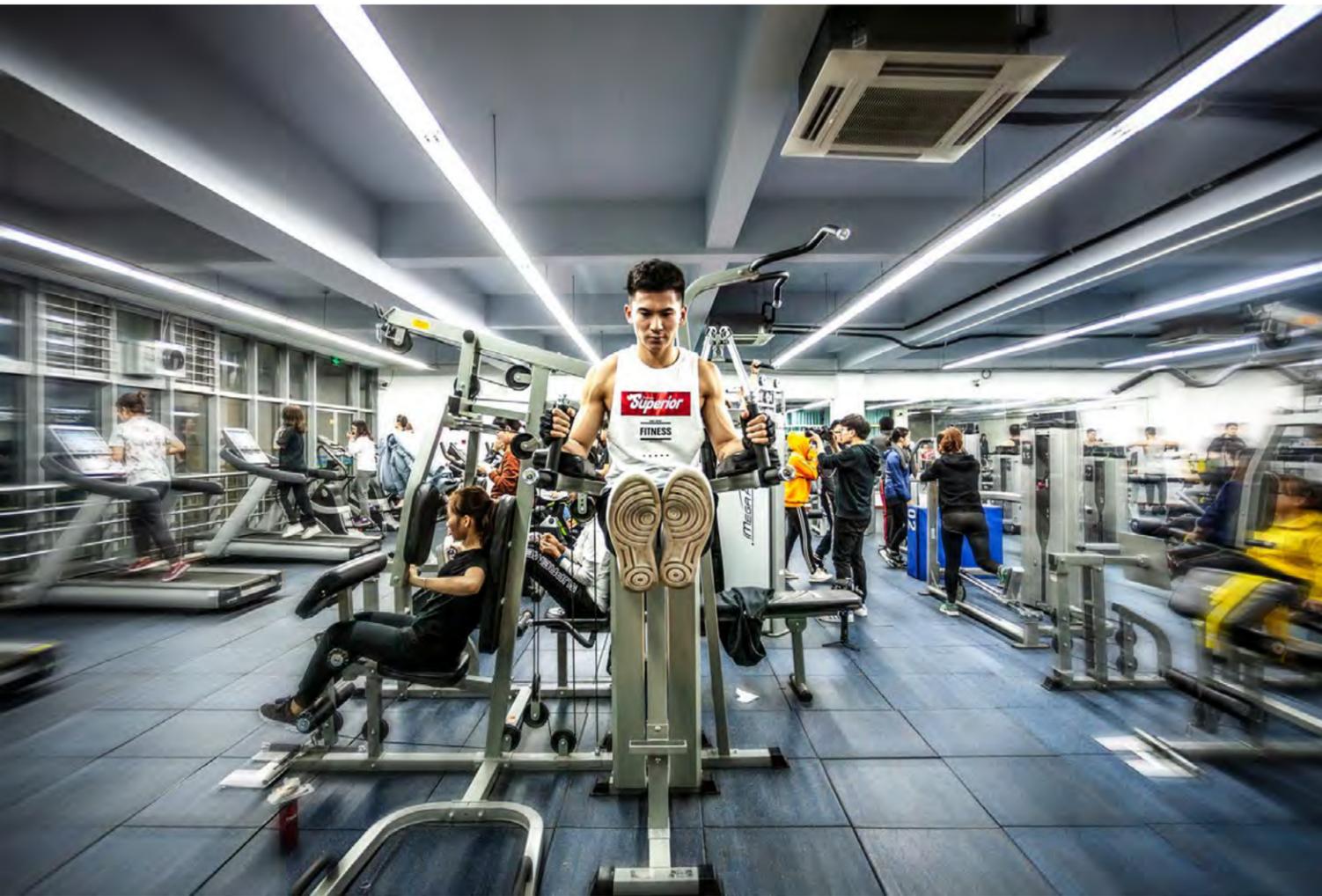
5. myriad: n. 无数

6. orthodox: adj. 正统的

7. penchant: n. 倾向

Enjoy the Most Professional Fitness Training at ECNU

文 / 曾傲唯 邢伟林 美编 / 叶思齐



A new gymnasium has opened in ECNU since 2019 for the sake of benefiting the professors and students. What makes it distinctive from other gyms is that it is utterly¹ managed by the students from the College of Physical Education and Health. So, ECNU Circle has conducted an interview with one of the members from the management team and now let's have a look at some highlights of this gym.

Interviewee: Wangtao, Undergraduate of 2016, Physical Education Operation & Management

ECNU Circle: *Could you please introduce the purpose of setting up this gym to us?*

W: In light of² the demands from professors and students that there is no space and equipment to meet their needs for exercise, the College of Physical Education and Health upholds the development philosophy of people-centeredness and providing public sports services, makes full use of school venues and equipment resources, gives full play to³ discipline advantages and professional expertise, builds a platform that integrates practical education with public services and integrates professional knowledge with sports culture. This is to enrich the cultural life of professors and students on campus, creating a sporting, vigorous and a healthy campus.

E: *From the planning to the eventual opening of this gym, what is the entire preparation process?*

W: In the planning stage, we went to the gyms nearby and the gym of other universities, investigating their activities, equipment, fees and operation time. After the inspection, we began to recruit coaches, security guards and receptionists, and invite professional teachers of our department to conduct corresponding training on them. In addition, in order to create a better fitness environment, we then contacted the decoration company to carry out the overall renovation of the gym such as adding the fitting rooms and lockers. Simultaneously, we have independently designed and produced daily cards and monthly cards so as to make the operation of the gym more professional.

E: *Why would students be responsible for the whole operation team?*

W: The aim of making students responsible for the whole operation team is to combine practical education with public services. Our students will be mainly engaged in physical education or the management of sports companies in the future. Letting students take charge of the whole operation team can not only provide professional guidance and protection for other students but also improve students' teaching ability, management ability and comprehensive ability. For instance, how should administrators do a good job in all kinds of management work to ensure the orderly operation of the gym; how should coaches improve their teaching ability to better guide and attract students; how can securities apply sports physiological knowledge to prevent injuries are the issues that the management team has to take into consideration. What students learn most during classes is merely theories, while the management of the gym can enable students to put the theories into practice, which will pave their way⁴ for the future.



E: In the process of management, what is the most difficult part? And how did you solve these problems?

W: As a saying goes, things are always difficult at the start. The hardest part for us is the beginning. Due to the lack of experience, many people who came to the gym would constantly give us feedback and advice in the first week, such as the shortage of drinking water, air conditioning, equipment, etc. With the passage of time, various departments have become more and more skilled, and people have found their own know-how⁵ at work. Hence, these problems have gradually been solved.

E: Apart from the monthly card, have you ever thought of other ways to attract more students to the gym?

W: Yes. As is well acknowledged, there are more girls in ECNU, so equipment training is not preferred. Thus, we have intentionally added spinning, treadmills⁶ and other equipment. Moreover, because the main purpose of girls going to fitness center is to lose weight and keep slim, we decided to carry out some body building courses including yoga, aerobic dancing to appeal to female students. What is worth mentioning is that the opening of these courses has resulted in the phenomenon that sometimes girls who come to the gym even outnumber boys. Besides, for the purpose of providing a platform for fitness enthusiasts to exchange ideas, the gym regularly holds sports activities such as the pull-up and plank⁷ competitions.



Equipments and facilities

E: What are the criteria for choosing fitness equipments?

W: Gym was used by the high-level athletes of ECNU at the beginning, so the equipments tend to be very professional and as a whole quite complete. In addition, during the actual operation process, we have gradually acquired popular equipments according to the users' opinions.

E: Some gyms in foreign universities provide cleansers for students. After exercising, students will consciously scrub⁸ the fitness equipments. How does our gym keep the fitness facilities clean?

W: We clean up the gym every day, and on every Wednesday and Sunday night we will clean them up thoroughly. When we clean a yoga mat, we wipe it with disinfectant⁹, scrub it with clean water, and finally let it dry. For fixed equipments and non-stationary¹⁰ equipments, as long as there is contact with the skin, we will carry out disinfection to ensure that the gym is clean and sanitary. Furthermore, the quality of our students is comparatively high who pay great attention to individual sanitation. Some will bring a towel to put it on the equipment, and some will wear the workout clothes that absorb sweat, which reduces our workload.

E: Do you think there is anything that can be improved in terms of equipments or facilities? For instance, sometimes there are not enough lockers for students.

W: We have been thinking about that lately. As the number of people exercising in our gym increases, lockers are sometimes really insufficient. Nonetheless, considering the overall environment of the gym and the cost, we will not blindly add lockers. We will conduct data analysis on the user flow so as to choose more sensible management methods. A case in point is that if two or three people come together during rush hours, we will try to convince them to use as much of one locker.

Interviewee: Zhangyan, Graduate of 2017, Sports Humanistic Sociology
Classes

E: Please tell us about the classes offered by the gym.

Z: Our gym arranges yoga, Pilates¹¹, aerobics and other classes every week. These courses can not only help students lose weight and get in shape, but also exercise muscles and strengthen their bodies. In contrast to the aerobics, the intensity of yoga and Pilates is lesser and the movement is slower. Combined with slow and beautiful music, yoga and Pilates can help people fully relax in this peaceful environment. The movement changes smoothly and naturally, making students feel comfortable during the practice, so students generally do not feel overtired. These two courses can not only promote students' physical and mental development, but also effectively help students to increase their resistance and immunity. On the contrary, aerobics is the integration of gymnastics, music and dance, pursuing human health and beauty. It can shape the body on the one hand and cheer people up on the other hand.

E: How do you prepare for these courses?

Z: I mainly teach Pilates and aerobics. Before classes, I will write the teaching plans, arrange the courses and choose music. After that, I will get used to the movements. The whole preparation lasts at least one day and a half. During this process, I will consider the characteristics of students including their age, gender, level of physical fitness and other objective factors, and make constant modifications in the process of choreography, so as to achieve the best results.

E: After each class, will you communicate with your students and listen to their feedbacks?

Z: Teaching is a process of continuous learning and progress. I regard students' feedbacks as absolutely pivotal¹² suggestions, so I often communicate with them. Whenever there are new students, I will ask them for feedback immediately after class to ascertain¹³ how satisfied they are with the courses, so that I can adjust and correct my teaching plans accordingly.



1. utterly: adv. 完全地
2. in light of: 根据
3. give full play to: 充分发挥
4. pave one's way: 做准备
5. know-how: n. 诀窍
6. treadmill: n. 跑步机
7. plank: n. 平板支撑
8. scrub: v. 用力擦洗
9. disinfectant: n. 消毒剂
10. non-stationary: adj. 不固定的
11. Pilates: n. 普拉提
12. pivotal: adj. 核心的
13. ascertain: v. 确定

(审稿 / 余睿)

TECHNOLOGY HAS INFLUENCE

文 / 杨振霖 美编 / 叶子芊

“China is completely different from what it was like ten years ago! Chinese now can do nearly everything with just a simple phone!” yelled the host of a foreign TV show. The foreigners’ cognition of China is hugely being transformed these days. What happened in that TV show mentioned above is happening throughout the world owing to the development of modern technology. What modern technology has influenced are not only the way we live, but also the way we play and the way we receive medical care.

To begin with, modern technology has transformed the way we live. First of all, it changes the way we pay in daily life. In China, there are few people going out with cash on their side these days thanks to the popularization of online payments, which brings them so many conveniences. Over 90% shops and department stores are now using the online payment as their main way of collection. Also, transportation in

China has been shockingly changed with the use of sharing system. We now can use those online apps to ride the shared bike or drive a shared car without buying one. The only thing we have to do is scanning the QR code and paying by our phone.

Besides, the way we play has also been greatly changed. In the past, things we played were so limited that we sometimes felt bored in our spare time. Now there are countless new game devices such as sense games being invented thanks to the modern technology. What’s more, the modern technology enables us to get into the magical world that we used to imagine and appreciate. For example, virtual reality, a newly-invented technology, has been widely used in the gaming areas. If you are a big fan of *Harry Potter*, with such technique you will feel like being in the Triwizard Tournament and fighting the Dark Lord with Harry, which will absolutely impress you.

Last but not least, the way we receive medical care has been through a great reform as well. In my childhood, queuing for registration in the hospital had always been a nightmare for me. Standing still for more than two hours, being crowded and pushed by other patients, and suffering from the pain of illness made my experience in hospital terrible. But that was all in the past. Nowadays most of the things can be done automatically. We can register online in advance instead of queuing for hours. After the diagnosis and treatment, we can also get the medicine according to the order given automatically by the computer, thus totally making things much easier and more convenient.

The three aspects above are the main benefits brought by modern technology, and there are absolutely more. The era in which the modern technology blooms has come. We will have a further and clearer understanding of it if we embrace it and cheer for it. What will happen? No one knows the answer, but I firmly believe that the modern technology will continuously have an impact on our life and I can’t wait to see it.

(审稿 / 余睿)

The One I Admire

文 / 张嘉伟 美编 / 叶子芊

I remember that it was a Saturday afternoon several years ago when I was trying to find some new music because I was fed up with the songs in my phone. Then I saw the name Taylor Swift on the top of the artist list and then I clicked in her own page with curiosity. It was since that day that I have been obsessed with that lady and become one of her loyal fans. Therefore, when it comes to someone I admire, that is definitely Taylor Swift whose beauty, talent for songwriting and personality of kindness and bravery really make me admire.

When I was her new fan, I admired her beauty most. Since she was a country musician before, she could look pretty gorgeous in the country style costume. Wearing a beautiful dress with a pair of brown boots, she could show her charm naturally to everyone who sees her. Although she became a pop musician afterwards, her beauty could still be seen in urban style outfits such as high heels, tight jeans and white shirts. Her every move could easily steal my heart away and make me addicted.

After several years with her music keeping me company, I gradually admired her talent for songwriting. Her songs vividly described various feelings such as happiness, anger, sorrow, regret, gratitude and so on, which strongly attracted her fans because they could identify with the characters in the songs and experience the same emotions. What’s more, Taylor’s songs were also highly praised by lots of media. For example, she was selected by *Rolling Stone*, one of the most famous magazines worldwide, as one of 100 greatest songwriters of all time and she was the youngest one in it, which really surprised and amazed me.

Now, as a six-year fan of her, what I admire is not only her appearance or songwriting talent, but most importantly, her personality. On one hand, she seems to be kind to everyone around her. When she saw her fan on the street, she would immediately stop the car, rush to the fan, give him or her a warm hug and take a selfie together. Taylor also received the apology and forgave the competitor who once had a misunderstanding with her, thus becoming good friends again. On the other hand, her bravery is the other great part in her personality. She has the bravery to take risks and make breakthroughs in her career. For example, she wasn’t afraid of transferring from a country singer to a pop singer despite nearly everyone’s objection. She also has the bravery to find true love. Although she met many exes that abandoned her or broke her heart, she would soon recover from the sadness and pain, became positive again and tried to make a new relationship with a better guy fearlessly, ignoring the criticism and blame from others for her changing boyfriends too fast.

There are far more things of Taylor that I admire. However, her beauty, talent for songwriting and personality have greatly attracted me during these years of being a fan. Who can know what I appreciate her the most several years later? Maybe nobody. But Taylor Swift will always be the one that I admire in decades.

(审稿 / 余睿)

Why did I dream of you last night?

为何昨夜我梦见你?

——Philip Larkin

Why did I dream of you last night?
Now morning is pushing back hair with grey light
Memories strike home, like slaps in the face;
Raised on elbow, I stare at the pale fog
beyond the window.

为何昨夜我梦见你?
微曦的晨光掠过我的发际,
记忆来袭, 犹如当头耳光一记;
我托腮凝望, 隔着窗
那愁惨的雾气。

So many things I had thought forgotten
Return to my mind with stranger pain:
--Like letters that arrive addressed to someone
Who left the house so many years ago.

纷扰往事, 俱以遗忘。
蓦然回首, 离人之痛, 萦绕于心。
悲如信至,
楼空离人已去。

The Trees

树

The trees are coming into leaf
Like something almost being said;
The recent buds relax and spread,
Their greenness is a kind of grief.

树叶将生未长,
好似开口欲诉某事;
新叶舒而展时,
这样的绿是一种悲哀。

Is it that they are born again
And we grow old?
No, they die too.
Their yearly trick of looking new
Is written down in rings of grain.

新叶重长,
而我们渐趋衰亡?
不, 它们也将死去。
那些年年如新的把戏,
被刻进了年轮里。

Yet still the unresting castles thresh
In full grown thickness every May.
Last year is dead, they seem to say,
Begin afresh, afresh, afresh.

城堡般的树木不停摇曳,
在每一个万物复苏的五月之期,
去岁已至, 它们仿佛在说,
重新, 重新, 重新开始。

(译者: 邱敏)

Philip Larkin (1922-1985) was born in 1922 in Coventry, England. He attended St. John's College, Oxford. He never married and was a hermit bachelor, but he had close contacts with many women. In 1946, Larkin discovered the poetry of Thomas Hardy and became a great admirer of his poetry, learning from Hardy how to make the commonplace and often dreary details of his life the basis for extremely tough, unsparing, and memorable poems. Like Hardy, Larkin focused on intense personal emotion but strictly avoided sentimentality or self-pity. Larkin is good at using simple English, but he pays great attention to his skills. Larkin appealed primarily to the British sensibility; he universalize his poems by adopting a less regional idiom. Larkin has spoken to the English in a language people can readily understand. If Eliot dominated English poetry in the first half of the 20th century, Larkin was the dominant poet in the second half of the 20th century.

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(美编/彭佳 审稿/余睿)

BEHIND THE MELODIES: MUSIC IN THE MOVIES (1)



英编 / 唐郁琪 美编 / 李晶瑾

Music has the magic to bring people together. As Stevie Wonder has said, “music is a world within itself, with a language we all understand.” But music itself means different to different people. Have you ever thought about what music means to you? In the coming issues, we will introduce several musical movies that tell us stories about how different people view music in their life.

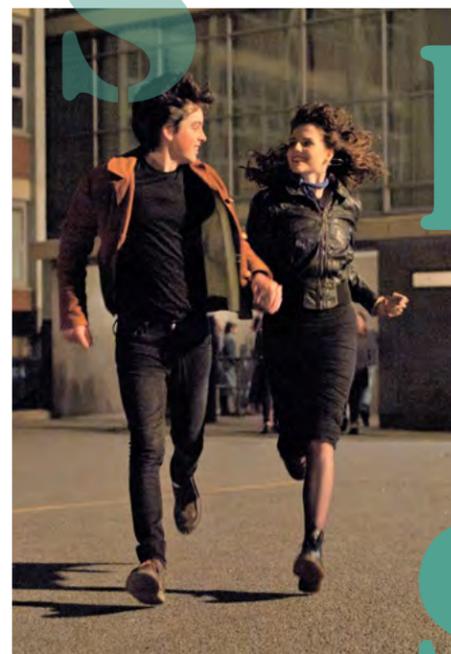


SING STREET (2016)

rebellious girl who also works as model in her spare time. However, Raphina doesn't pay him any attention. To impress the girl, Conor brags about his band and says that Raphina could star in their music videos.

Raphina is impressed, because at that time the concept of music videos has just been introduced to Ireland. She says she would love to see his band perform. But Conor doesn't really own a band, and actually has no idea how to make music. So hastily, he rounds up several fellow students who can play music and starts a makeshift band named “Sing Street”, which is a probably a parody of “Synge Street,” the name of their school. Their debut, *the Riddle*

The story is set in 1980s Dublin, Ireland. Conor, a 15-year-old boy, lives in a family with decent living conditions. But as his father's business suffers hard hits, the family is suddenly faced with financial difficulties. What's worse, the relationship between Conor's parents gets more tense with each passing day. Their marriage heads downhill, which leaves Conor heartbroken and depressed. Conor drops out of the private school and is transferred to a public local school. As a newcomer there, Conor is put in a hostile environment and gets picked on by other students. He becomes reserved and sensitive, and always hides away from his bullies. He does have a love interest in the school, Raphina. She is a beautiful



“And they lack practice, too,” says Conor's brother, Brendan. Brendan used to be a talented guitarist and good student, but then became an idle drug addict and college dropout after suffering from mental health issues. He welcomes the band to his garage and gives advice on their music to make them better. The members of Sing Street use every bit of their spare time to practice. Every night, Conor lies awake in his bed alone, listening to Brendan's vinyl collections with his parents' quarrelling in the background. Conor has many wishes. He wishes his parents make peace and his brother put himself together again; he wishes Raphina recognize and love him; he wishes to know what to do with his uncharted future. Yet things will not go as he wished. So Conor struggles with his sorrow over his collapsing family, his frustration in love, his confusion for future, and puts all those emotions into music. His emotions bring the music to life, and the music offers him an outlet to speak out his mind.

of the Model, is a tribute to Raphina, and a complete mess as Conor and his bandmates have actually no experience in making music. They even make a rough music video where they play in hilarious costumes. The song itself is full of boyish playfulness with some humorous lyrics and quirky sounds, and Raphina points out that their music lacks sincerity.

As time goes by, the boys from Sing Street grow up as their music matures. When they finally get to perform at the school prom, Conor is no longer that timid boy—he's now confident and high-spirited, ready to face up to the challenges and hardships in life. In the end of the film, Conor goes onto a ship to the U.S. with Raphina to pursue his music dream.

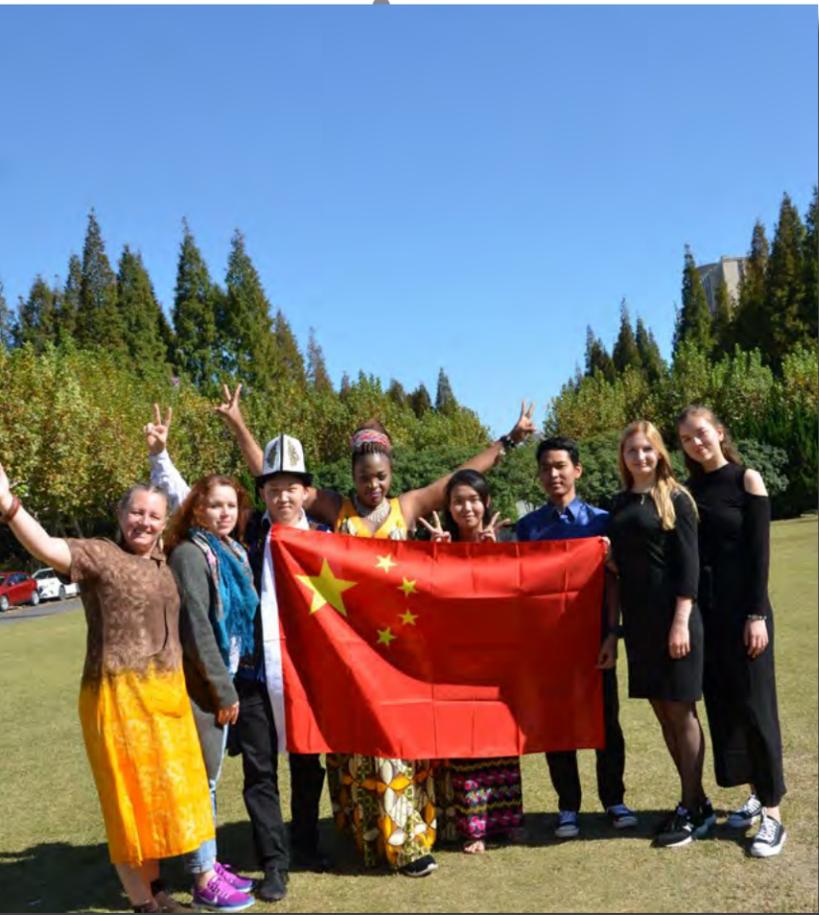
To Conor, music is a kind of escape from reality. It saves him from frustrations and sorrows, it builds up his confidence in his future, and himself. It's the sound of the teen spirits.

Music is personal. In *Sing Street*, the protagonist, Conor, uses music to express his adolescent frustrations to the unknown future. What is music to you?

(To be continued in the next issue.)

1. hostile: adj. 怀有敌意的
2. reserved: adj. 缄默的, 冷淡的
3. parody: n. 拙劣滑稽的模仿
4. quirky: adj. 古怪的
5. vinyl: n. 黑胶唱片
6. uncharted: adj. 未知的

(审稿 / 卫华)



ELEANOR'S LIFE AND STUDY AT ECNU

文 / 叶莲娜 孙琬琰 美编 / 陈诵弦

It is not a rare occasion to see foreigners in the premises of our university. Nevertheless, it is always interesting to know where they are from and why they come to China. So, let's ask a few questions to this lady, who looks ... German? Finnish? Polish? Or what?

- Hello! Do you speak English? May I ask you a few questions about yourself and your life in China?

- Why not? Welcome.

- Where are you from? Why are you here? Is this your first visit to China? What is your purpose?

- Hello! My name is Elena. I am from Russia, Yekaterinburg. Have you ever heard of this region in the Ural Mountains that divides the continent into

Europe and Asia? Well, I am from that borderline. Since 2017, I have been studying at ECNU. Last year, I came to Shanghai within the frame of the Confucius Institute program for foreigners learning Chinese (Confucius Institute Scholarship). It was the scholarship that allowed me to study at university for two semesters. The horizon was wide before me. It is difficult to overestimate the importance of the opportunities that China offers to foreign students from all over the world. I, as a student of the Confucius Institute, had a chance to study in the famous East China Normal University,

titled with both “211” and “985”. The quality of education in the specialty that I study is among the leaders in China. In our Institute for Teaching Chinese as a Foreign Language, students are faced with the highest requirements, the fulfillment of which enables them to represent the educational institution and the class of Confucius, where I began to learn Chinese, with honor in the profession, at work. Also thanks to the Confucius classroom in Yekaterinburg, having passed a strict selection, I was given the opportunity to learn Chinese in the native speaking environment where the language is alive and vivid, full of incomparable¹ diversity.

- I've heard the Russian language is one of the most difficult languages for foreigners. How about Chinese? Is it difficult to learn Chinese?

- My way to learning Chinese was difficult

- Our University has a picturesque campus so, after classes, students go outdoors, crowding the shady plane-tree alleys⁴, the banks of the river, which carries its water through the University area. A magnificent library with six million volumes, sports grounds and a concert hall are at the disposal of students for various events. The perfect combination of the educational process and recreation allows us to achieve outstanding results in learning and creativity. Stunning teaching staff comprising teachers of the highest qualification who have, in addition, a vocation to their profession, allow students to open up and find their place in life. Lessons are lively, in an interesting and

and quite thorny. Constantly rising above myself and overcoming other difficulties on the way of learning, I got to the third year of study in the Confucius classroom. The success took a very long time to wait, not even expected to appear at least to some extent; a lot of difficulties were caused by the phonetics² and writing: the system of these aspects of the language is fundamentally³ different from all the other languages of the Indo-European family, which includes the Russian language. But with diligence, patience, hard work and strict discipline the first results began to appear: in May 2015, I passed the HSK III exam (270 points), in May 2016—HSK IV (203 points), which gave me the opportunity to apply for the Confucius Institute Scholarship, where applicants had to meet very high requirements.

- Do you enjoy studying at ECNU?



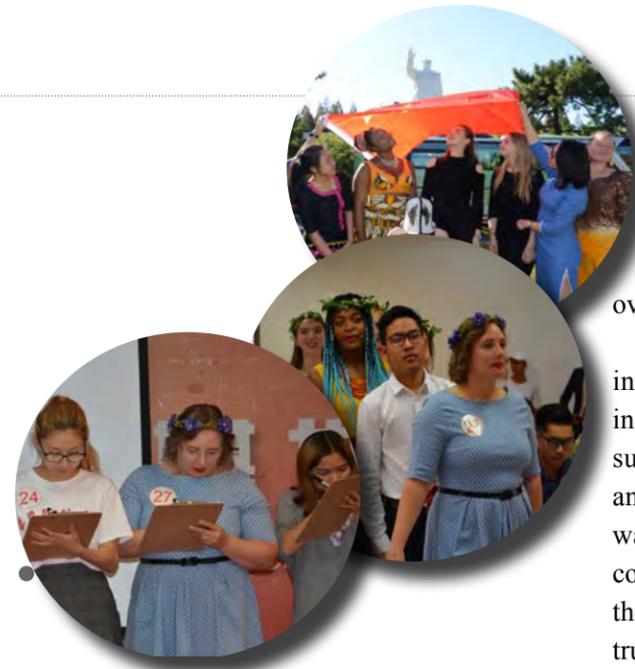
exciting manner. In 2018, having completed the scholarship program and passed the language exam HSK V (210 points), I entered the Master's program in Chinese Philology, the supervisor is Cheng Feng Liu (刘承峰), where I am studying at



the moment. This is the third qualification for me, because in today's situation one high school diploma for life is not enough at all, and continuous throughout life learning becomes necessary in order to perceive the world that moves faster and faster and becomes more and more vibrant from year to year. At the University, I get a lot of knowledge that helps me to use language skills in everyday life as well, and the lessons will remain in my memory for life. I am more than happy that I come to ECNU, as it was always my dream to study at a foreign University. I thought about a university in Europe, but my dream came true in China! The University takes in students from more than 20 countries, and all of us are representatives of different, sometimes diametrically⁵ opposed cultures. During the studies, we all become very friendly and begin to understand each other's cultures better. This is our small contribution to the cause of peace and solidarity of all people on Earth. I am a broad-minded person interested in the world culture, and it is safe to say that I am a globally minded person. My contribution to the common cause of peace and solidarity is this integration, a bridge between cultures: European, Russian, and Chinese cultures, the latter having absorbed the features of many currents and being the oldest culture in the world, the only one surviving from the ancient times to the present day. The reverent attitude of the Chinese people to your history is striking—carefully keeping the memory of your ancestors, and the younger generation cherishing love for your country and culture from very early childhood. An example to follow!

- Can you share with us your experience before coming to China?

- By the nature of my professional activity, I am closely connected with foreign languages. Since 2001, I have been a translator of German in various industries, and my activities are closely connected with construction, heavy engineering and metallurgy⁶. I have also been teaching German for years in training centers to students of all ages and levels. Since my early childhood, I have been interested in foreign languages, and many years ago I went to Germany to study German. I spent two years in Germany, after that I graduated from the University with honors. It should be noted that being a German teacher and translator is my second profession. As for my first qualification, I am a technician—an analytical chemist, and the professional life has linked together both my professions, giving me the opportunity to use the knowledge and additional benefits at work.



- In addition to study, what do you like to do in your spare time?

- Like many people, I love travelling and taking pictures. China captured me with its boundless spaces and beautiful landscapes—The Great Wall of China—How much I heard about it! How much I read about it—but all this did not reflect the smallest part of its true greatness, the memory of incredible diligence of generations of builders who constructed it. I climbed to the very top of the site, as high as possible, and enjoyed the space, the beauty of the mountains surrounding the Great Wall of China, with only the sky above me, the blue-blue sky without any cloud on a nice autumn day. While descending, I touched the history, and joined the breath of centuries. It was as if I was transferred to that distant time when lifting equipments did not exist, and people carried all burdens on their brittle shoulders both in the literal and figurative senses of the word. I think then, as today, that not everyone was able to get to the top and watch the slopes⁷ of the mountains. All the same as in life, to achieve a cherished goal, one needs a lot

of sweat and efforts before getting to the top of the world. I also had a chance to walk through the Summer Palace with their enchanting surface of lakes, boats with tourists on the water and pagodas, towering for several centuries over the splendor of nature.

Music and sports have always played an important role in my life. Since my early childhood, I have been engaged in music and badminton. I play several musical instruments, such as accordion and guitar. For many years, I played in an orchestra. We toured a lot and during one of the tours I was lucky to visit China. I fell in love with this wonderful country with all my heart. Then, I had the dream of learning the language and culture of China. Later, my dream has come true: I am here, talking to you in one of the best Universities where I am a student in Chinese philology. At University, as a member of the badminton team, in 2017, I became the champion among students of Shanghai universities; in 2018, I took part in competitions again and we took first place in Mixed Double, me with my partner.

And in conclusion of my story I want to express once again my gratitude to everyone who helped me visit China, my study colleagues, my teachers, because good people are always united by something that is beyond even such a wonderful language like Chinese. This is, for example, the love of life, the ability to see beauty in subtle details, the altruistic⁸ desire to make yourself and your loved ones happier, to fill the world with kindness and joy, and the inexhaustible faith in humanity and inner light.

Never be afraid to change your life, go to meet difficulties, and luck will always be on your side! Now is the time of unlimited possibilities, feel free to use every chance! Our University opens the doors to all those interested in the Chinese language, and the effort, perseverance and desire to gain knowledge will always lead to the cherished goal—speaking Chinese.

1. incomparable: adj. 不可比拟的
2. phonetics: n. 语音学
3. fundamentally: adv. 基础地, 根本地
4. alley: n. 小路, 小径
5. diametrically: adv. 直径地, 正相反地
6. metallurgy: n. 冶金术
7. slope: n. 倾斜、斜面
8. altruistic: adj. 利他的

Top Tips Learned for Effective English Presentations in UWM

文 / 赵国霞 美编 / 彭佳

After being blessed with a great opportunity to get a scholarship from China Scholarship Council, I became a visiting scholar in University of Wisconsin-Milwaukee (UWM) in August, 2018. As a teacher in English Listening and Speaking for General Academic Purposes, I was intrigued by Professor Mattson's course "Basic Skills in Academic Listening and Speaking." The course was tailored for international students to help them prepare for life in an academic setting. Most international students in the class came from China, South Korea and Saudi Arabia. What struck me the most was the crucial importance of presentations in the course. Each student needed to present five speeches in class throughout the whole term. Here are some of Professor Mattson's ideas for effective English presentations in the course I'd like to share with *ECNU Circle* readers.



1) Faking confidence

Many Chinese students are not into presentations, especially English ones. Some students like to say "my English is not good" to show modesty; some students like to look down to avoid eye contact with the audience even if they have a great preparation. Both of them indicate a lack of self-confidence. However, attitude plays a very important role in presentation success. If we are not confident about ourselves, how can we expect the audience to have confidence in us and be attracted by our presentations? Therefore, no matter whether we are confident or not, we should fake it. At this point, how we feel matters little, but how we behave matters a lot. We can force ourselves to look at the audience, smile, and speak slowly and loudly, and remember to use pauses which make us sound more confident. We can practice faking confidence until we really feel it. The way we behave makes it seem like we think we are great speakers, which makes the audience believe we are excellent ones. TJ Walker says when Arnold Schwarzenegger delivers a speech, he doesn't act as if he is filled with self-doubt about his accent. Instead, he exudes a sense of joy and "I cannot believe how well this speech is going!" It is contagious. We can do this too.



2) Using a hook

What is a hook? Many students would like to begin a presentation with "My topic of the presentation is ..." It is good, but unattractive and not memorable, and it is not a hook. A hook is the very first thing we say which can grab the audience's attention at the very beginning. Here are some hooks used by the best TED presenters: "Today you will learn something that will add 10 years to your life"; "20 years from now, your job won't exist." These presentation starters are used to grab the audience's attention by inspiring surprise, amusement, curiosity, or fear.



3) The power of a story

Do we need to use stories in presentations? Some people think stories take up time and they are inefficient, but the truth is stories work. It is easier for people to remember the stories and the messages behind them. Then what is a story? A story is not the same as a list. Many students would like to make lists when giving project presentations for general academic purposes. For example, for the topic “procrastination¹,” the drawbacks of procrastination and the suggestions are usually listed in the presentation. It would be much better if a story is told about when, where and how the impact of procrastination could be seriously harmful in life.

In addition, a story is not the same as an example, either. Here is an example: I liked to watch TV surreptitiously when I was a kid. Here is a story given by Professor Mattson.

My mom didn't want me to watch TV. Every time she left home or went in the other room, I turned on the TV and really enjoyed watching. When she came back, I would quickly turn the TV off. She was suspicious, so she would go over to the TV to feel if it was warm. If it was, she would know I had been watching TV. Busted!

We can tell the differences between an example and a story. A story has more vivid descriptions in greater detail while an example is briefer and more concise.

Here are some basic elements in a good story: a setting, characters, plot (especially conflicts) and a clear message. The secret to telling a good story is to relive a true experience that you have an emotional connection with and your audience cares about. It also needs to be related to the topic. When a Harvard professor named Shawn Achor talked about the happy secret to better work, he used a childhood experience. Here is part of his story.

When I was seven years old and my sister was just five years old, we were playing on top of a bunk bed... Suddenly Amy disappeared off of the top of the bunk bed and landed with this crash on the floor...I was nervous because my parents had charged me with making sure that my sister and I played as safely and as quietly as possible...So I did the only thing my little frantic seven-year-old brain could think to do to avert this tragedy.

I said, "Amy, Amy, wait. Don't cry. Don't cry."

"Did you see how you landed?"

"No human lands on all fours like that."

"Amy, I think this means you're a unicorn."

Instead of crying, instead of ceasing our play, instead of waking my parents with all the negative consequences that would have ensued for me, instead a smile spread across her face and she scrambled right back up onto the bunk bed with all the grace of a baby unicorn.

It is amazing for a little boy to come up with the creative idea about a unicorn to successfully stop his little sister from crying. Shawn Achor uses this story to lead into the effectiveness of positive psychology. Therefore, if we use stories correctly, our message will stay with the audience.



4) The use of body language

When you tell a sad story, will you pretend to cry? When you express desperation in a speech, will you kneel down? Students were encouraged to use dramatic body language in their presentations. The more dramatic, the better. It made me feel like presenters were more like actors or actresses and it was not a speech I was listening to, but a drama I was watching. It was hard for most of the Asians in the class, including me. I suppose the use of dramatic body language depends on the occasion and the topic of speech. However, it cannot be denied that the dramatic presentation is more appealing and contagious².



All the above are the ideas I'd like to share and I suppose it is time to say, "That's all, thank you!" Guess what? Professor Mattson would definitely frown at it. Conclusions like, "That's all, thank you" are neither powerful nor impressive. According to her, we didn't even have to end a presentation with "thank you," which made me confused. I questioned her about it, because I thought "thank you" was a sign of politeness. Professor Mattson argued that it was much better that our last words lingered in the presentation, which meant the last words should be interesting, leaving the audience thinking about what they'd learned from the presentation or motivate them to do something. After the powerful conclusion, we could just keep silent, smile and look confident. Then the audience would know it was the end and they would likely start clapping. After that, we could say "thank you" confidently. But what if the audience doesn't know it is the end? That is kind of embarrassing! I guess we can wait for two seconds and then say "thank you!"

What do you think?



(Jennifer Lynn Mattson and Zhao Guoxia)

1. procrastination: n. 拖延
2. contagious: adj. 传染的; 有感染力的

(审稿 / 汪燕)





CANADA

NORTH BUT NOT AMERICA

文 / 薛姝姝 美编 / 李超然

CANADA, NORTH OF AMERICA

Canada has little visibility in the Chinese social media. College students know very well who is the present President of the USA, whereas quite a lot of them may have difficulty with the answer to the question: “Who is the present Prime Minister of Canada?”¹ When talking about Canada, people cannot avoid the US. Chinese would say, “Yeah, I know Canada, north of America.”

Geographically, Canada is part of the Americas. It is part of North America as well. Both Canada and the USA were once under the British rule, and English is the most widely used language in these two countries. To the rest of the world, Canada and the USA are essentially one and the same.

This was exactly what I thought when I came to Canada last September for a year’s stay as a visiting scholar in York University, Toronto. It was not my first visit to Canada. I was here in 2014 for a

three-week tour. After that brief stay I believed that except for the fact that Canadians preferred Tim Hortons to Starbucks and “washroom” was more frequently used in Canada instead of “restroom” in the USA, these two countries did not display much difference.

Whereas, after several months’ living and studying here, I find myself completely wrong. Canada definitely is not a copy of the USA. There are many subtle, but major differences between the two nations. Canadians are different from Americans as night to day. Actually, within North America “America” usually only refers to the US. Likewise, “American” usually applies to people and products from the US.

As Canada is such a large country, it is impossible for one to experience every aspect of its life in so short a period of time. I will share my living experiences in the Great Toronto Area (GTA) in three parts: weather, people and high school education.

WEATHER

The climate of the United States varies greatly from east to west, featuring Mediterranean climate along most of the California coast, a tropical climate in southern Florida, semi-arid climate in the interior upper western states, hot desert climate in the rest of the western areas, and an oceanic climate in northwestern areas.

While in Canada, except for the west coast, there is a winter season with the average temperatures below freezing and with continuous snow cover. Canada is often tied with Russia for the title of “coldest nations in the world.” Shortly after my arrival I was informed that a typical winter in Canada includes much more than freezing temperature and snow.

January 20th, 2018, the Chinese solar term “Dahan,” was the coldest day of the year in GTA, the temperature dropped to -24 degrees Celcius, feeling like -37 degrees Celcius. In fact, black ice, strong gusts of wind, freezing rain can all be observed in a typical winter in Canada. In the past winter school bus services were cancelled five times in a short month from late January to late February due to extreme weather conditions. Even the University of Toronto, which in history had closed school only three times since 1827², announced cancellation of courses twice in February within two weeks, once because of a snowstorm, the other time freezing rain and ice pellets. Winter in Canada can be long and tough.

Spring is a lovely time of the year. It is early May now, and the first leaves begin to make their appearance. Spring seems finally to be here. But as the joke goes, spring is also the construction season in Canada. With the temperature going up, construction projects will be in high gear. “Road Closed” signs are frequent encounters in daily life. People are advised to stay informed about changes of bus routes or detours.

Summer comes only in the second half of June, or even closer to the beginning of July. It is a wonderful time in Canada. After being confined indoors for so long, Canadians are eager to go outside enjoying outdoor sports, fishing, camping, having picnics, or just baring their body to the sunshine.

Fall is the best season of Canada. Cooler temperatures in September provide relief from the heat in August and leaves on the trees begin their transformation to stunning shades of red and yellow. People, both domestic and overseas, travel to take in this spectacular fall foliage in Canada. Canadians are proud of this intensity and variety of “colors of fall.” Though the Canadian national flag bears the red maple leaf, I personally believe ginkgo and yellow birch leaves make for more stunning autumn landscapes.

Part of Canada’s appeal is its four distinct seasons, but it is really unappealing that winter is too long and the other three seasons are too short. Spring generally begins in late April or early May and autumn ends in late October, and winter lasts almost half of a year.



PEOPLE

Americans are known to be outgoing, aggressive and welcoming. How about their Canadian counterparts?

US ex-President Obama once said, “Our Canadian friends can be more reserved, more easy-going.” That is probably the best way of describing it. Canadians are more likely to go in for a handshake instead of a hug when meeting you. They are friendly and ready to help. They smile and say “How are you?” frequently, but they don’t open up much. While in the US people are always eager to start a conversation, even with a stranger. As a reserved nation, Canadians seem awkward at receiving compliments. Shortly after my arrival in the university, one day I said “You look so marvelous today!” to a female teacher passing by in the corridor. She looked for a moment embarrassed and paused a second before saying “Thank you.” She told me later that Canadians do not feel very comfortable at receiving praise, which is completely different from their southern neighbors.

Canadians are also a more passive people. From my observation, they are never in a hurry into something. They take their time walking, queuing, waiting for buses which come at a 20-minute interval. The younger generation do not have a Canadian Dream, but only dream about a job to sustain survival. To the contrary, Americans, as Obama also said, are more boisterous, more aggressive people. Americans want to fight when they are backed into a corner and they are always fighting for something. Canadians do not seem to have that instinct. They try to compromise to maintain harmony.

One Canadian attributed the differences to historical origin, “You (Americans) had to fight a bloody revolution to get



your independence from England. We just had to sign a sheet of paper.” Another reason for their passiveness might be the great welfare provided in this country. There is no need for them to fight for a living, so they just enjoy their life. Canada ranks as the seventh happiest country in the world after six European countries on 2018 World Happiness Report.

Canadians are more tolerant, more accepting of people’s differences—no matter what that is, race, religion, or sexual orientation. In Canada there are two official languages, French and English³. Around the GTA, where French is not the 2nd most common language (that would be Chinese), both English and French station/stop announcements are offered in public transit systems, highway signs are also in both languages. In America, Spanish is very common, but it is not an official language. Canada is more open to refugees and immigrants. The immigration rate is 23.2% higher than that of America. Despite that, there is no such thing as a “dominant culture.” Canadians are committed to multiculturalism. The government sponsor events to taste food or other cultural activities from ethnic groups. Canadians seem to accommodate more. In 2005, Canada became the fourth country in the world to federally legalize same-sex marriage. Last October, the cultivation, possession, acquisition and consumption of cannabis and its by-products became legalized too. The legalization of cannabis still remains a controversial topic among the public, but it may prove from another point of view that Canadians can go far in accepting differences.

HIGH SCHOOL EDUCATION

My daughter Cindy is currently attending Grade 11 in a public school, Ontario, so I am able to share some knowledge about the secondary school education system in this province.

Bilingualism is a fact of life in Canada. It is also fully embodied in the educational curricula. Education in both English and French has been available in most places across Canada. Students in Ontario’s publicly funded English-language schools are required to study French as a Second Language (FSL) from Grades 4 to 8, and earn at least one credit in FSL in secondary school to obtain the Ontario Secondary School Diploma. Many schools provide French Immersion program that allows students to become proficient and fluent in French as well as English.

In Ontario, the terms “Middle School” and “Junior High School” (sometimes just grades 7 and 8) are still used in limited areas. But in other places they just remain a concept, because there are no separate Middle School buildings. In most cities of Ontario, students just go to elementary school until the eighth grade where they go to high or secondary school through 12th grade. So it may have been noticed that Canadians just say grade 9, 10, 11, 12 while Americans call their grades freshman, sophomore, junior and senior.

Americans have shorter classes, only 45 minutes; Canadians have longer, 75 minutes. In each semester, students choose four courses, scheduled on the timetable as Period 1-4. Students then have the same courses at the same time period everyday for a whole semester. Course selection in grade 11 and grade 12 would be critically important for students’ future career plan, “U” for university preparatory courses, “C” for college, “V” for vocational training. University-aimed students must take “U” courses in the last two years of high school

education. While American students have GPAs, Canadians students have percent averages.

Canadian universities only look at grade 12 averages (and sometimes grade 11 for early acceptance). To be admitted into a top university, students should have at least lower 80s of averages. Upper 80s or lower 90s would greatly help secure a position in a dream university. Extracurricular activities can be a boost for applying to certain competitive programs and scholarships, but Canadian universities generally do not really care about them.

In order to graduate from high school in Ontario, students must: 1) Earn 30 credits, including 18 compulsory and 12 optional credits. 2) Pass the Ontario Secondary School Literacy Test. 3) Complete 40 hours of volunteer community service.⁴ High school life can be demanding as well as relaxing with a lot of holidays, and schools are dismissed around 3pm.

In its commitment to multiculturalism, Canada has developed into a country of cultural mosaic. To get to know Canada and its people better one should explore oneself. Welcome to Canada!

Notes:

1. *The present Prime Minister of Canada is Justin Pierre James Trudeau.*
2. *University of Toronto was closed for the first time in history in 1890 when a fire erupted, destroying the main University College building, the second time during WWI, and the third time during WWII.*
3. *According to the 2016 census, English and French are the mother tongues of 56.9% and 21.3% of Canadians respectively. The English-French bilingualism rate was 17.9%.*
4. *It is emphasized that the 40 hours of voluntary community service is only for non-profit organizations.*

(审稿 / 汪燕)

Six Ways Robotics Could Transform Our Future

■ 美编 / 李超然 ■ 供稿 / 张新宇 (软件学院)

It is easy to get an impression of the way robots are changing our daily lives. Top tech companies are in a constant race to change the way robotics are implemented in people's everyday lives – which will lead us to a really exciting future.

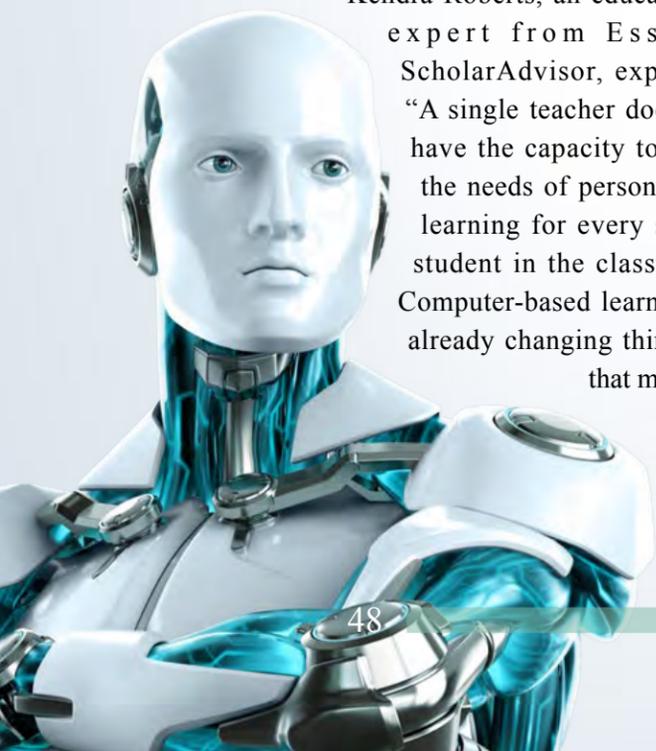
Based on the current trends, here are 6 ways we can expect robotics to transform our future.

1. Robotics in public security

Artificial technology for predicting and detecting crime might seem far-fetched, but it is quite possible for the future we are looking at.

2. Robots in education

The line between classrooms and individual learning settings is already starting to blur. As Kendra Roberts, an educational expert from Essays.ScholarAdvisor, explains, “A single teacher does not have the capacity to meet the needs of personalized learning for every single student in the classroom. Computer-based learning is already changing things in that matter.”



3. Robots at home

Cloud-connected home robots are already becoming part of our lives. These developments may end up changing the entire look and feel of our homes!

4. Autonomous cars

Self-driving cars still require some human intervention, but we are getting closer to the day when they will not.

5. Healthcare robots

Pharmabotics will bring more huge changes. They will be like ATMs for medicines, so we can get the medications we need while avoiding the inconvenience of talking to a stranger about our health issues.

6. Robotics for entertainment

Robots are getting more personalized, interactive, and engaging than ever. We will be able to interact with our home entertainment systems through conversations, and they will respond to our attempts to communicate.

From blog.robotiq.com/10-ways-robotics-could-transform-our-future

(审稿 / 余睿)



Ren Songao:

任颂羔与俞立中



任友群与任颂羔

Profile

Bachelor of Arts in English, Foreign Languages Department, September 1978 to June 1982, East China Normal University, Shanghai, China

Master of Arts in Sociology, Department of Sociology and Anthropology, February 1985 to February 1987, Western Illinois University, Macomb, ILLINOIS

Master of Science in Special Education, Department of Education, September 1990 to September 1992, City College of New York City, New York

Greetings to ECNUers from New York City

文 / 任颂羔 美编 / 彭佳

I became an ECNUer at the age of twenty-one in 1978—the second year after the restoration of College Entrance Examination. There was a wide age gap among my classmates, from eighteen to over thirty, so some of them were already married. We all treasured the opportunities to study in university after ten years of Cultural Revolution and worked very hard. When the lights in the dormitory were turned off at 11 p.m., we often went out and read by the lamp posts along Liwa River.

What impressed me most was the open and free environment on campus. In addition to attending required curriculum, students could sit in classes of other departments. I was interested in several courses in the Chinese and history departments, which made valuable supplement to my major in English. Also, there were lots of debates organized by the Chinese Department, which always sparked heated discussions and collision of ideas.

I have been residing in New York City for over thirty years. Currently I am working as a District Representative at the Committee of the Special Education Office in Queens of the Department of Education of New York City. I am responsible for holding the Individualized Education Plan meetings and creating IEPs for students with disabilities ranging from learning disabilities to autism so that these students will receive special education services. As president of ECNU Alumni Association New York Branch, I maintain close contact with ECNUers in New York Tri-State areas, in other states in the U.S., and in Shanghai as well.

I am proud to witness the tremendous progress ECNU has made in recent years and sincerely hope that our university will become a first tier university in the world in the near future. Also, to all the ECNUers, I want to say that no matter where we are, ECNUer will always be a shared ID that tie us together.

(审稿 / 汪燕)

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CIRCLE IN HAND, ENGLISH IN MIND



ECNU CIRCLE

华东师范大学 | 英文校园刊物

Photo by Ye Ziqian