

01.宝山区

Do you have a favorite podcast? That can be a difficult question to answer for some as there are so many options. That is because the world is full of interesting topics and thoughts about them. If you feel you have something engaging and valuable to share, start a podcast.

A podcast is a series of audio episodes that cover a particular subject. The first step to creating a podcast is to find your topic. It's believed that the best topics are ones that you know a lot about and love.

Another important step is to make sure you have the right equipment. While podcast equipment can be complex and expensive, it doesn't have to be. For your first podcast, you can simply rely on your phone and computer. You can record all of your audio on your phone. Then with your computer - and the right software - you can mix the audio. This is the process of putting your audio together into one perfect-sounding file.

After you have your topic and equipment, you'll want to choose your format. Your podcast could be one person speaking, two people talking, or many people offering their opinions. Your podcast could also include more than one of these options.

Once you've decided, you can start drafting your episodes. However, whatever format or formats you choose, maintain the same structure for each episode. The next step is to find a quiet place and do your recording.

When you've completed your recording and audio mixing, you'll need to find a platform for your podcast. Luckily there are plenty of free and paid platform options on which to upload your podcast. Before uploading, make sure you have an interesting title and good tags for your show. Be sure to post about your show on social media. Get your podcast listed in a podcast directory, too. You want to get the word out about your podcast to grow your audience. Your podcast just might become someone's new favorite.

答案：

71. It's about how to start a podcast. First, find a topic you're familiar with and fond of. Then, get an appropriate equipment and a computer with a right software for processing. Third, choose a format, single, double or more people involved. Fourth, draft your document and record it. Finally, find a platform to release. 54w

02.崇明区

Call a Physical Therapist

You get up from the sofa and - ow! Back pain takes your breath away. Do you reach for the pain pills? No! Call a physical therapist instead!

More and more, physical therapy, or PT, is a common go-to for treating aches and pains. A physical therapist can treat almost any injury to give a patient a better quality of life. When it comes to treatment, one size does not fit all. A physical therapist personalizes a treatment plan based on their observations and the patient's concerns. The goal is to help injured or ill people improve movement and manage pain, so they can live life to the fullest. These therapists work with patients who suffer from back or neck injuries. They help people recover from broken bones and surgeries as well as work- or sports-related injuries. Physical therapists also teach people how to stay in shape and prevent further injuries. Their *hands-on* (动手的) therapy includes strengthening or stretching exercises, ice or heat and more.

No one can become a physical therapist without getting a doctor of physical therapy degree. After completing it, a person must pass a professional license exam before beginning to practice. Further, being a physical therapist can be mentally and physically draining because of the hands-on, personalized patient care required. A successful physical therapist needs to have great communication skills and an eye for detail. They should also be creative problem solvers as well as resourceful.

For those looking for a satisfying career, PT is one to consider. The demand for the profession is growing faster than that of many other careers. Private clinics and hospitals hire physical therapists. Sports facilities and professional sports teams also employ them. Therapists may work in skilled nursing facilities or visit patients in their own homes. If someone wants to see the world, they may want to become a travel physical therapist.

答案：

Physical therapists offer personalized treatment to improve injured people's quality of life. They also teach people to keep fit and avoid further injuries. To become a physical therapist needs to meet many requirements like a doctor's degree, a professional license, good communication skills, sensitivity for detail and creative problem-solving skills. Currently, there's a growing demand for physical therapists. (58 words)

03.虹口区

Will Plant-based Protein Continue to be an Appetizer in Food World?

A good vegan milk needs to look like milk and taste like milk, whether it's a fatty version, preferred by bakers, or a skimmed one, favored by the health-conscious. For years, manufacturers of plant-based protein have had trouble hacking this delicate imitation game and it seems that they are winning back a bit. The global *revenues* (收益) from alternative proteins could reach \$ 290 billion by 2035 and that is a cautious estimate. However, can it last?

Unlike those early products, which were neither terribly tasty nor particularly nutritious, *cleaver* (剥肉刀) processing improves textures, additives boost taste and a pinch of specially engineered peas and beans adds nutrient in the latest products. Still, ultra-processed substitutes seldom match animal proteins in nutritional value. Animal products, including milk, are better for children's bone development, though lab-grown versions of meat or dairy are becoming more nutritious. Meanwhile, green-minded consumers are realizing that plant-based does not necessarily mean sustainable in that it still takes a lot to obtain raw materials. Farming *almonds* (杏仁) to make a milk-like drink, for example, uses huge quantities of water.

Plant-based proteins are also a tough sell in giant markets like India, where diets are already rich in plants and vegetables, or Nigera, where meat-eating is a sign of wealth. That limits their global appeal.

All these suggests that alternative proteins have far to go to replace the animal kind. The limitations may be weighing on the firms involved. Oatly's market value has fallen by about 80% since its listing, partly because of production difficulties. That of Beyond Meat, whose burgers feature in McDonald's latest menu, is down by 90% from its peak. Plant-based foods may no longer be only an appetizer in diets, but their maker remain one in food business.

答案：

The booming plant-based protein industry faces challenges. Plant-based meat can never be as nutritious as animal-produced protein. Besides, its manufacturing process is not that sustainable, for cultivating plants is resource consuming. Its sale may also meet setbacks in some countries due to their dietary habits. This uncertainty is reflected in the declining market values of relevant enterprises.

04.黄浦区

Why companies are hiring ‘prompt engineers’?

With the new generative AI tools, like ChatGPT, anyone can put in a prompt — type in a few words and get a result. But that doesn’t mean that the results will be relevant or accurate.

The key is putting in the right prompt. That’s why some businesses are now hiring prompt engineers — people with the skills, background and practice to talk to so-called large-language AI systems effectively — and why many people expect prompt engineering to be a desirable skill for many kinds of workers to add to their résumés.

In general, the more detailed the request, the closer the response will come to what the user is looking for. But the most effective prompt engineering goes beyond adding detail.

For one thing, adding the right detail to get the best response is crucial. Also, there are many ways to guide how an AI system presents the information it finds, depending on the goal — telling it to write in a certain style or for a certain audience, for instance. Each tool also has particular capabilities and limitations that users can learn to tackle. And the best results often come from an extended conversation with the AI, reacting to what it produces and asking for refinements.

Even for people applying to jobs that don’t clearly mention prompt engineering, having this skill could become essential for all sorts of roles. Art directors could use generative AI to outline ideas, and marketers could use it to develop new slogans. Software engineers could use it to find problems with their code. Lawyers could use it to research a piece of law. This is going to be a foundational skill that all of us need to know. The through line is when you learn a new skill, you can take it in any direction you like.

答案：

71. A right prompt can ensure a satisfying result from generative AI tools, so companies are hiring prompt engineers. Besides details, it’s important to tell the system how to present the information according to your goal, to handle the system’s capabilities and limitations and improve the result through communication. Prompt engineering is an essential skill across multiple industries. (57 words)

05.金山区

Benefits of Green Spaces

We all know the value of taking a walk in the fresh spring weather. It allows your mind to relax and forget about the problems in everyday life. Studies have commonly shown the benefits of being around green spaces, including gardens, urban parks and forests.



But did you know that being in contact with these natural surroundings during childhood could positively impact your mental health as an adult? A study by the Institute for Global Health surveyed 3,600 people from all over Europe.

The all-adult study gave participants a *questionnaire* (问卷) on how frequently they used natural spaces during childhood — for example, playing in a garden or riding a bike at the park. They were also asked about the importance they put on using such places. Volunteers were then given a psychological test, which included a variety of questionnaires and problem-solving activities, to analyze their nervousness and feelings of depression within a four-week period. The results consistently showed that the people who were more exposed to natural spaces had higher mental health scores compared to those with lower childhood exposure — as did those who attached higher importance to using green spaces. The study's assistant, Wilma Smith, wrote that the results “show the importance of childhood exposure to natural spaces for the development of a nature-appreciating attitude and a healthy psychological state in adulthood”. She also stressed the importance of “recognizing the implications of growing up in environments with limited opportunities for exposure to nature”.

According to the study, 73 percent of Europe's population only has limited access to natural spaces. So we call on policymakers to improve the availability of natural spaces for children.

While this study was based in Europe, a lack of green space can affect anyone, anywhere. So remember to make time to expose yourself to nature, as your mental health is just as important as the physical one.

答案：71. Researches show exposure to nature during childhood has a positive impact on mental health in adulthood. Those using natural spaces more frequently and attaching greater importance to using them score higher in psychological tests including problem-solving abilities and negative feelings' analysis. Therefore, availability of natural spaces should be improved by governments and being exposed to nature should be highlighted.

06.静安区

Competitive Cheerleading

Over the years, cheerleading has taken two primary forms: game-time cheerleading and competitive cheerleading. Game-time cheerleaders' main goal is to entertain the crowd and lead them with team cheers, which should not be considered a sport. However, competitive cheerleading is more than a form of entertainment. It is really a competitive sport.

Competitive cheerleading includes lots of physical activity. The majority of the teams require a certain level of tumbling (翻腾运动) ability. It's a very common thing for gymnasts, so it's easy for them to go into competitive cheerleading. Usually these cheerleaders integrate lots of their gymnastics experience including their jumps, tumbling, and overall energy. They also perform lifts and throws.

Competitive cheerleading is also an activity that is governed by rules under which a winner can be declared. It is awarded points for technique, creativity and sharpness. Usually the more difficult the action is, the better the score is. That's why cheerleaders are trying to experience great difficulty in their performance. Besides, there is also a strict rule of time. The whole performance has to be completed in less than three minutes and fifteen seconds, during which the cheerleaders are required to stay within a certain area. Any performance beyond the limit of time is invalid.

Another reason for the fact that competitive cheerleading is one of the hardest sports is that it has more reported injuries. According to some research, competitive cheerleading is the number one cause of serious sports injuries to women. Generally, these injuries affect all areas of the body, including wrists, shoulders, ankles, head, and neck.

There can be no doubt that competitive cheerleading is a sport with professional skills. It should be noted that it is a team sport and even the smallest mistake made by one teammate can bring the score of the entire team down. So without working together to achieve the goal, first place is out of reach.

答案: Competitive cheerleading is a competitive sport rather than an entertainment activity. It is physically demanding. It is a rule-governed sport where participants are scored for technique, with a strict time constraint for their performances. Moreover, the sport involves higher injury rates, impacting various body parts. Good coordination and teamwork are also needed for success.(54 words).

07.闵行区

Emotional Preparedness: Managing Life's Challenges

Expecting the worst to avoid feeling bad later is known as “bracing”. It may help people prepare for emotionally challenging situations, particularly in the moments before these situations occur. People brace for the worst while waiting for potentially negative outcomes. Someone might also brace for the worst in anticipation of stressful events like giving a presentation at work.

Some psychological theories suggest that bracing should help. For example, “decision affect theory” proposes that how we feel about a situation is determined partly by comparing what actually happened with what could have happened. Based on this, people should be happy when an event goes beyond their expectations, and disappointed when an event falls behind. Therefore, by anticipating the worst, one can safeguard themselves against future disappointment, because any result will likely *surpass* (优于) expectations.

However, other psychological theories challenge the idea that bracing will be helpful. It has been theorized and scientifically established—that expectations can powerfully influence reality. There are two key ways that expectations can shape reality. First, people may behave in ways that fit with their expectations. If you expect to fail an upcoming test or interview, then you might not invest efforts in preparation, which in turn reduces your chances of doing well. Second, people may interpret a situation in line with their expectations. Imagine you believe you are insufficiently qualified for a job you’ve applied for. During the job interview, you’re likely to interpret blank expressions from the interviewer in line with this belief, which could negatively affect your performance. In fact, the interviewer did not want to give anything away.

Drawing together the scientific studies, it seems that expecting the worst is not a wise way to prepare for upcoming news or results.

答案：

(For reference only)

One possible version:

“Bracing” involves anticipating the worst to prepare for emotional challenges. Psychological theories, such as decision affect theory, propose its benefits in managing expectations. However, other theories caution that expectations can negatively shape reality, influencing behavior and interpretation. Scientific studies suggest holding positive expectations may be wiser than always bracing for the worst.

内容 5 分

三个要点：各 1 分

1. Bracing 的定义 “Bracing” involves anticipating the worst to prepare for emotional challenges.
2. 心理学理论的两种对 Bracing 的观点。
3. 结论 Scientific studies suggest holding positive expectations may be wiser than always bracing for the worst.

心理学理论的阐释：2 分

1. Psychological theories, such as decision affect theory, propose its benefits in managing expectations.
2. However, other theories caution that expectations can negatively shape reality, influencing behavior and interpretation.

08.青浦区

Drawing High Schoolers to Science

A group of educators and plant scientists at Michigan State University (MSU) are connecting to reshape science classes. And this particular partnership isn't just helping students get a better understanding of biology; it's turning them into young scientists, even if only during class.

It doesn't take long to see that the curriculum born from this collaboration makes for a much different experience than the traditional high school biology classes. For starters, it has a comic book for a workbook. Secondly, students are getting their hands dirty growing plants. MSU researchers are also studying the plant. The high schoolers are asking some of the same questions professional plant scientists are trying to answer.

"We're getting them engaged with science in science practices, not just having them learn about science," says Hildah Makori, a researcher at MSU. "They learn to look at things differently. That's a life-time impact."

The main characters of the comic book are a pair of young field scientists. They invite the high school students to help with plant research inspired by a real project at MSU. By growing their own plants, the students learn about genetics, evolution and how these interact with the environment.

The team has seen how this practice could keep students in the driver's seat of their learning. To help the characters out, students set up different experiments to test their ideas.

The program is working. "This comic personally gave me a click that sparked my curiosity," reads one student's survey response. "The comic book put a lot of creative atmosphere into the story instead of just looking at words, instead of just listening to the teacher talk," says another.

Teachers also had positive reviews. In a survey, one remarked how helpful it was to have the comic to refer to. The students could see the comic's characters doing something in the lab and realize, "I'm able to do this right here at my table and I can do the same thing," the teacher says.

答案：

Educators are cooperating with plant scientists by giving science classes designed to help students learn about science and to engage them in science. With a workbook with comics and field study about plants, such classes provide different experiences for students and have received positive reviews from both students and teachers since they arouse students' creativity, curiosity and initiative. (58 words)

09.松江区

Why Should We Read Literary Classics?

Many have grown up on a healthy diet of literary classics. Some literary classics have been inspiring readers in many ways. In this age of fast-turners, how does investing our time in a timeless literary classic change us for the better?

Many literary classics from yesteryear, which got little or no success when published, are considered invaluable. These books offer a window through which we can experience histories rooted in different cultures. One can always ask, “But we can do so by reading our history books too. Why do we need to read classics?” The simple answer is that these literary classics are not just a retelling of history. They allow us to have a more individualized experience, where they show us other ways to look at history.

It is common knowledge that reading as a habit helps us improve our command of the language. But literary classics have an edge: the enriching writing style is something that sets them apart. Fascinated with the amazing wording and phrasing, we’ll surely pause and wonder about what we read. For instance, when we read Shakespeare, we naturally begin to consider how to better express our ideas just like his far-reaching “Have more than you show; speak less than you know.”

One more benefit is that after reading classics, we won’t see non-classics as just other stories: we’ll become interested in them. Maybe we’ll realize that some details we ignored last time are actually worth appreciating, or we’ll discover literary devices that bring a whole new meaning to the story. Literary classics offer us more perspectives to dig deep and enhance our ability to think and reason, which will inevitably spill over into our reading of other works. We finally fall in love with non-classics as well.

答案：

71. Literary classics have been benefiting readers. Compared with history books, they help us experience histories of different cultures in a personalized way / from new perspectives. Besides, their impressive writing style excels at empowering our language mastery. And they also arouse our interest in reading non-classics by broadening and improving our thinking.

10.徐汇区

There are many reasons why some cats are bad-tempered; their temperament can be influenced by their upbringing or they are simply born that way. However, even the sweetest, most affectionate cats can suddenly become bad-tempered and behave out of character. According to veterinarian Dr Katrina Warren, the problem can generally be solved, but you'll need to look for underlying issues.

Changes in a cat's behaviour can often be explained by a health problem. Pain can cause cats to behave very differently, and it's easy to mistake a problem as behavioural, when in fact it is medical. Should you observe a significant change in your cat's behaviour, then a visit to the vet is the best place to start? Watch out for changes in eating, drinking or litter-box habits. Also hiding and avoiding being touched. Be sure to report all changes to your vet. There are many cat health problems that can be readily treated to ease symptoms and pain for your cat.

It pays to remember that cats don't like to share or queue. Sharing of 'resources' such as litter trays and foodbowls can cause stress and anxiety for many cats. It's always a good idea to provide each cat with their own litter box, food, water bowls and bed as a minimum. One litter box for each cat plus a spare is even better, as are multiple sleeping spots and extra scratching posts. A lack of space to hide from or avoid other cats, competition for territory and lack of individual attention can also add to household friction. If your cat is feeling anxious, offering it an elevated place to sit, such as a climbing tree, can be helpful.

Moving to a new house, the arrival of a new baby, new pets and other types of change can seriously impact cat behaviour. Cats are creatures of habit and tend to be territorial, so a change in routine may cause them to react in a number of ways, including withdrawal or aggression. Try to keep your cat's environment as calm as possible and make sure there are places where they feel safe. Sometimes confining them to a single room with a litter box, bedding and home comforts can help them to settle.

Some cats simply do not like being touched and handled. These are often cats that received limited socialisation with humans when they were kittens. These cats do best in a quiet household without children and need understanding and patience to help build their confidence.

答案：Cats' temperament is linked to their upbringing or innate traits. Health issues may also affect behavior, requiring vet attention. Stress from sharing resources like litter trays is highlighted, suggesting individual essentials. Environmental changes, like moving or having new comers, can impact cats, urging a calm environment. Cats not liking touch might stem from limited socialization, needing patience in quiet homes.

11.杨浦区

Ignoring Your Biggest Regrets

Regrets, people often feel, are to be avoided. Mistakes may be unavoidable, but they should be kept to a minimum. And when they do occur, the best course of action is to ignore them as inevitable steps on our journey. That seems logical, at least until you consider that one of the criteria for mental illness is an inability to feel regret. As author Kathryn Schulz argues, “If you want to be fully functional, and fully human, and fully humane, I think you need to learn to live not without regret, but with it.” Counterintuitively, she and other experts argue feeling regret is essential for living your best life. No one is saying, of course, that getting trapped in your past mistakes is a good idea. But neither is a “no regrets and never look back” mentality.

Regret forces us to engage in a reflective analysis to understand why we thought or acted the way we did and makes us try things differently in the future. If you keep telling yourself “no regrets,” then learning isn’t going to happen. Besides, hiding from regret doesn’t make it hurt less. Action does. Action, recent research shows, is the best way to make regret hurt less. So if you’re troubled by your failure to travel when you were young, science suggests you consciously plan an adventurous trip now that you’re older and wiser. Upset about a broken friendship? Act to try to repair it.

Acknowledging our mistakes, rather than ignoring them, reminds us that we are valuable and worthy despite our faults. That sort of acceptance is the basis both of real self-confidence and of true kindness. As Schulz sums up in her talk: “Regret doesn’t remind us that we did badly. It reminds us we know we can do better.”

答案：

Reference:

Contrary to popular belief that regrets should be ignored, Author Schulz points out that feeling regret is crucial for a happy life. Regret makes us reflect upon past action, making learning possible. Besides, action rather than hiding from regrets makes us feel less pain(ful). To sum up, regret is a reminder telling us that we can be better. [57]

12.长宁区

71. The problem of robocalls has become so bad that we refuse to pick up calls from numbers we don't know. Nearly half of the calls we receive are scams(欺诈). We've realized the severity of the problem by supporting and developing a group of tools, apps and approaches intended to prevent scammers from getting through. Unfortunately, it's too little. By the time these "solutions" become widely available, scammers will have moved onto cleverer means. In the near future, it's not just going to be the number you see on your screen that will be in doubt. Soon you will also question whether the voice you're hearing is actually real.

That's because there are many powerful voice manipulation(处理) technologies to be available. A company showed a new voice technology able to produce a convincing human-sounding voice able to speak to a receptionist and book a reservation without detection.

These developments are likely to make our current problems with robocalls much worse. The reason that robocalls are a headache has less to do with amount than precision. A decade of data disclosure of personal information has led to a situation where scammers can easily learn your mother's name, and far more. Armed with this knowledge, they're able to cheat the targeted people. This means, for example, that a scammer could call you from what looks to be a familiar number and talk to you with a voice sounding exactly like your bank teller's, misleading you to "confirm" your address and card number. Scammers follow money, so companies will be the worst hit. A lot of business is still done over the phone, and much of it is based on trust and existing relationships. Voice manipulation technologies may weaken that gradually.

We need to deal with the insecure nature of our telecom networks. Phone carriers and consumers need to work together to find ways of determining and communicating what is real. That might mean either developing a uniform way to mark videos and images, showing when and who they were made by or abandoning phone calls altogether and moving towards data-based communications—using apps like WeChat and Alipay, which can be tied to your identity.

答案： Robocall problems become more severe with the development of voice manipulation technologies. The disclosure of personal information enables scammers to cheat individuals and businesses easily. Many people are victims of them. Thus, to avoid being cheated, more secure telecom networks are needed to prevent scammers. Stop using phones and use data-based communications tied to identity instead. (56 words)

13. 嘉定区

Dealing with One Missed Workout

It's a common *dilemma* (困局) for anyone on a training plan: You miss one workout and become awashed with guilt. To make up for it, you add those extra miles to your next workout. But according to the professionals, this isn't the right way to go about it. "A single workout is not going to make or break a training plan. The key to training is consistency over time," says John Raglin, PhD, professor in the Department of Kinesiology at Indiana University Bloomington.

When you miss a workout, the temptation is to think, "Oh, I've got to do more tomorrow". But when you try to catch up on your workouts, you run a couple of risks: "Certainly an injury, but also becoming over-tired, which could ruin your training after that," says Raglin. This is a phenomenon called 'non-functional overreaching'," he says. Eventually, this could lead to overtraining *syndrome* (综合症), which is characterized by a decrease in performance later due to a long-term increase in training load without adequate recovery.

So how do you move forward if you skipped a run or five? Well first, people download generalized training plans without understanding that they are meant to be adapted to life. There is a whole host of life stressors—job, kids, friendships, travel—and exercise is just another type of stress. Actually, when things get chaotic in your life, it may be necessary to just let go. Next, if you missed a workout, you have to ask yourself why: "Was it just because your schedule got out of hand or because you were feeling overly exhausted?" Understanding why you missed the workout can offer some insights into how to tailor your program to suit your lifestyle.

答案：

Professionals say it's not right to make up for a missed workout because it may cause overtraining syndrome, which can affect your training performance later. Therefore, you should adapt the training plans to your life to avoid being overstressed and learn the reasons behind the missing to adjust the training plans.

14. 浦东新区

Does Reading Improve Health

When thinking about our well-being and taking care of ourselves, some things that we should do are harder than others. Reading is one of the easier ones. What follows are a number of ways in which reading can help maintain and improve health.

Reading allows you to de-stress by unplugging and escaping. In one study, reading was found to be as effective as yoga and humor in reducing subjective feelings of stress over a 30-minute period, as well as blood pressure and heart rate. Note that a good old-fashioned book or a dedicated eBook reader is the best way to do this.

Readers may live longer than non-readers. One study found that book readers lived longer than non-book readers and this was supposed to be due to the effect that reading has on maintaining cognitive abilities over time. In another study of individuals aged 64 and over, those who read at least once a week were less likely to experience cognitive decline than those who did not. At the 14-year mark of the study, and regardless of educational level, those who read more enjoyed greater protection. This effect is maintained into readers' 80's.

Bibliotherapy, or the use of various reading materials for the promotion of psychological health, is a well-known aid to mental health treatment. Bibliotherapy can consist of any type of literature and may include self-help books, focused readings, first-hand accounts of others' experiences, and even relevant fiction. This can be a powerful strategy and has been used successfully to reduce depression, suicidal thinking, anxiety, stress and etc.

The benefits of reading are innumerable and reading is a low to no-cost activity. Cheap and no-cost books are everywhere. Public libraries continue to be one of the most amazing resources. If you aren't a natural reader, you have nothing to lose by giving it a try.

答案：

Reading has numerous health benefits. First, it helps reduce stress and blood pressure, similar to yoga. Besides, studies suggest that readers may enjoy longevity due to the cognitive benefits of reading. Furthermore, Bibliotherapy, using reading materials to promote mental health, also reduces depression and stress. Finally, reading is a low-cost or free activity. (Why not give it a try?) (59Words)

15. 普陀区

71.

ChatGPT Helps People a Lot

In real life, robot customer service in various applications are broadly similar to ChatGPT's AI products. It is ChatGPT's ability to learn the most with the highest level of intelligence that has made it a global hit. At the end of November 2022, AI research lab OpenAI launched AI chat software ChatGPT. So what exactly can ChatGPT do, and how can it help us ordinary people?

First, chat with ChatGPT as if it were your friend when you're bored, and it will constantly revise its parameters(参数) and behavior with your advice and guidance. So the more you talk to it, the more it knows what you want, and the more it responds to you. Take travel as an example. While there are a lot of travel recommendation sites out there right now, they can't be customized to the individual, but you can ask ChatGPT for very specific information to get suggestions.

Second, ChatGPT can be used when you want to create content but lack ideas. It can open your mind to ideas as well as create ideas for you. Children in the growth always like to listen to parents tell new stories, and story-telling gives a lot of parents a headache. What should we do when we run out of storybooks? ChatGPT is a great story generator, which generates a whole new story, as many as you want, based on the themes and characters you provide. It's perfect.

Third, let ChatGPT help you out when you're not sure how to get started with a paper, or an article. Of course, it doesn't always provide the right content, so we can learn from its framework, and it's much easier to fill in the content from there. Enter information about the type, title, column name, data, and so on, and ChatGPT will generate the table with one click. You can add columns and rows and do in-table calculations.

According to ChatGPT's own answer, it's just an unconscious computer program. It can carry on self-active learning and realize task transfer under the regular instruction. Does the answer ChatGPT gives you have to be the right answer? For conscious humans, it might be better to pick from all the possible answers.

答案：

ChatGPT can help us in many ways. First, the more we talk to it, the better advice it can provide. Second, it can create many new stories. Third, it can work out a framework for our writing. In a word, ChatGPT can give all the possible answers for us to choose from according to our needs. (54 words)

16. 奉贤区

How to Be a Better Boss

Workplaces have changed dramatically over the past few years. Teams have become more isolated owing to remote work. Technology has brought great benefits but also constant interruptions, from endless Zoom calls to message flows on Slack. With each shift, the job of the manager has become harder. Many report feeling burnt-out, overloaded and confused.

Yet in real life everyone suffers when management is bad and benefits when it is good. Research based on a long-running survey of management techniques has found that well-managed firms tend to be more productive, export more and spend more on research and development.

So the prize for better management is big. But how to obtain it? Read enough management books and you might conclude that managers need to change their personality thoroughly, becoming either Machiavelli's prince or a Marvel superhero. However, study successful managers, and more practical lessons can be drawn.

One is to be clear about a firm's processes. Managers should make clear the purpose of a team, what a meeting should achieve and who will take a decision. Meeting agendas at GSK, a British drugs firm, clearly say whether an item is for awareness, to gather participants' input or intended to make a decision. Such clarity means that everyone knows what they are doing, and why.

Management isn't all about piling up tasks, meetings or processes. A second lesson is that managers can add value by deleting. Sparing workers from pointless meetings, emails and projects frees them to concentrate on the work that fattens the bottom line. At the start of the year, Shopify, an e-commerce firm, deleted 12,000 repeated meetings from its employees' calendars. The useful ones were eventually added back. But the firm says that meetings are down by 14% since the mass deletion while productivity has gone up by a similar amount.

答案：

71. Changes in workplaces have made managers feel pressured. But good management often brings better-performing companies, so managers should learn to be good bosses. According to the study of successful managers, managers should make clear a firm's processes to the staff so that everyone knows what to do. Also, they can boost productivity by deleting pointless tasks for the employees. (59 字)