



ROUND 21

## The Fix For a "Boring Life" - Sei Shonagen - The Pillow Book

Source: School of Life

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※ 문의 070 8246 0570

# 1. Vocabulary *Check the meaning of these words/expressions in the dictionary.*

💡 Today's Expression(오른쪽 링크 클릭) - [To pull oneself together](#)

- Definition
- Example

QR코드를 통해 To pull oneself together의 설명 영상을 보실 수 있습니다.



1. **Lament**(verb)  
ex)

"It feels natural, at times, to **lament** how boring our lives are. "

2. **Antidote** (noun)  
ex)

"It feels natural, at times, to lament how boring our lives are. We do the same sorts of things each week, nothing special or exciting ever seems to happen. We enviously compare our dull routines to the adventures of others. An **antidote** to our sense of tedium can be found in the work of Sei Shonagon."

3. **Tedium**(noun)  
ex)

"An antidote to our sense of **tedium** can be found in the work of Sei Shonagon."

4. **Uneventful** (adjective) -  
ex)

"Despite the high-status of her job, her daily life was, externally, deeply **uneventful**: an afternoon's carriage ride outside the walls of the court compound might be the highlight of a year."

5. **Sermon** (noun) -  
ex)

"A day trip to hear a sermon in a temple seems to have been the farthest extent of her travels."

6. **Billowing** (adjective)  
ex)

"A curtain at an open window **billowing** in the breeze."

7. **Maneuver** (verb) - t  
ex)

"Porters cleverly **maneuvering** a big load that one would think would be impossibly cumbersome to carry."

8. **Cumbersome** (adjective) -  
ex)

"Porters cleverly maneuvering a big load that one would think would be impossibly **cumbersome** to carry."

## 2. Listening Drill

It feels natural, at times, to lament how boring our lives are. We do the same sorts of things each week, nothing special or exciting \_\_\_\_\_. We enviously compare our dull routines to the adventures of others.

An antidote to our sense of tedium can be found in the work of Sei Shonagon. Around a thousand years ago, she \_\_\_\_\_ of the decade or so she spent as a lady-in-waiting at the Imperial Place in Kyoto, then the capital of Japan.

Despite the high-status of her job, her daily life was, externally, deeply \_\_\_\_\_: an afternoon's carriage ride outside the walls of the court compound might be the highlight of a year; a day trip to hear a sermon in a temple seems to have been the \_\_\_\_\_; she spent almost all of her time indoors, in just two or three rooms; she saw the same few people \_\_\_\_\_; her work largely involved keeping respectfully silent, knowing when to bow and remembering the complex titles of various officials.

And yet, her work, *The Pillow Book* gives the impression that she had a wonderful open minded time.

We don't really know where the lovely title of the book came from; perhaps she slept with it under her head, \_\_\_\_\_ a thought or observation by the light of the moon.

Typically Shonagen asks herself questions, for instance: what is the nicest time of day? In the summer: it's the night, especially if it's raining; in Spring she prefers the dawn; in Autumn, sunset; in winter, the morning.

An 'event' in her day includes observing the frost on the branches of a plum tree or enjoying the beating of the rain on the veranda roof.

Such things don't \_\_\_\_\_, but by concentrating on them and appreciating them, they become deep sources of satisfaction.

Or Shonagen might ask herself: what is it fun to see? It might be someone who is usually very formal in their dress turning up looking a bit disheveled; a curtain at an open window \_\_\_\_\_; a cat walking easily along the top of a \_\_\_\_\_; water droplets on leaves in the garden; porters \_\_\_\_\_ a big load that one would think would be impossibly cumbersome to carry; or people whose clothes match the color of the room \_\_\_\_\_. Shonagen makes long lists of words that \_\_\_\_\_, and of place names that sound romantic.

She \_\_\_\_\_ describing little things that annoy her: someone who takes too long telling a good story; something clever she could have said, but didn't think of at the time; trying to get something done too quickly, making a mess of it and having to start all over again.

As we read we might wish our life were as interesting as hers: and yet Shonagen is secretly sharing the technique that would make our own existence equally rich if we just knew to ask ourselves more interesting questions.

As with so many great books, Shonagen's pillow book leaves us not so much wanting to read it again as to start writing our own private version. 3

### 3. Summary

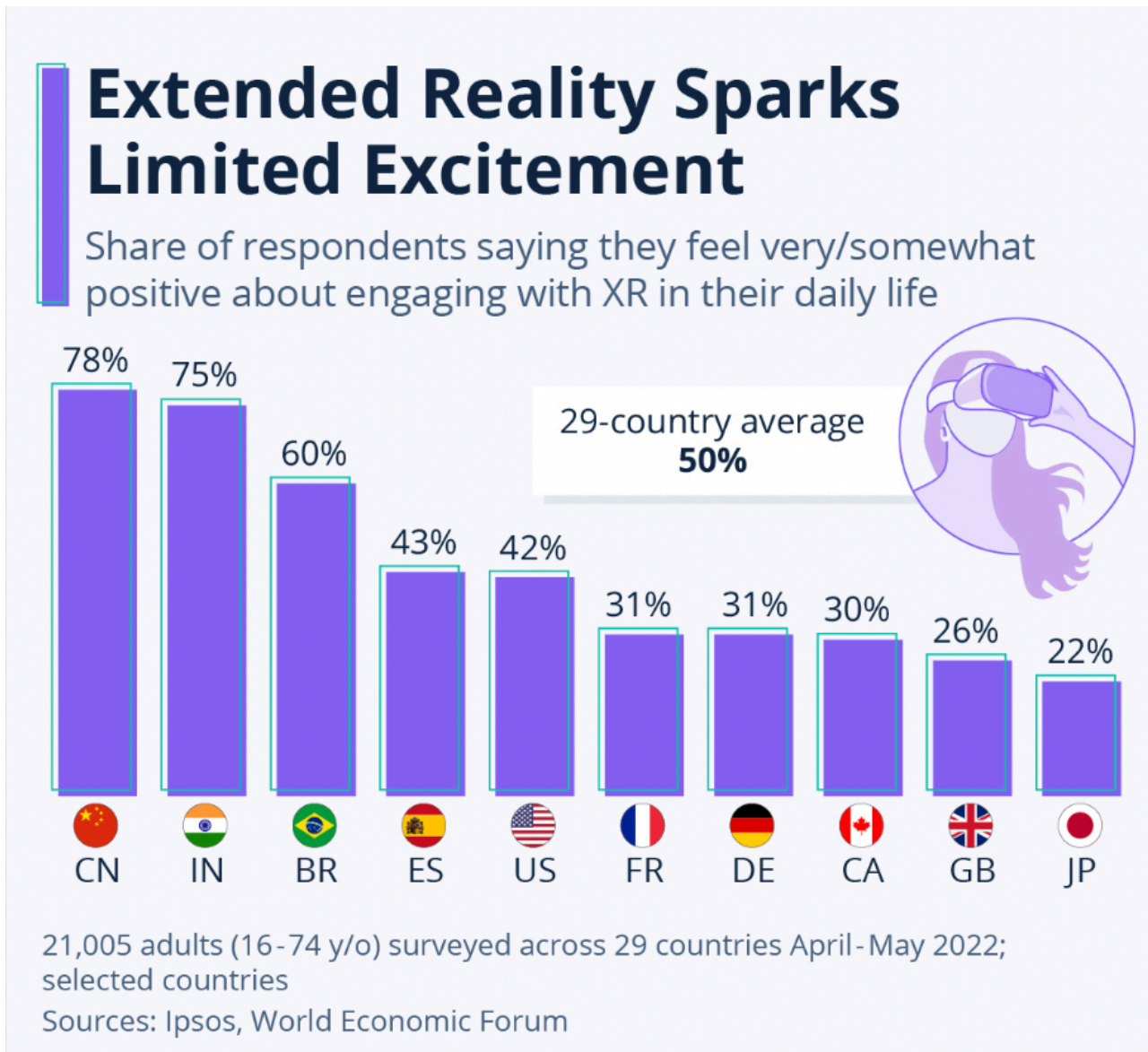
Summarize what you have seen/heard in two or three sentences

**Tip.**

Answer the questions using vocabularies that you learned in the vocabulary section.

### 4. Describing The Chart

Describe what is the general idea being expressed by the graph. Discuss it to your class. Try to interpret what you see in the chart.



# Extended Reality Sparks Limited Excitement

by Felix Richter, Jun 6, 2023

Whatever you want to call it: virtual, augmented, mixed or [extended reality](#) has never really lived up to its hype. The often-clunky headsets are as far from mass adoption as they are from being fashion accessories and aside from gaming, no one has really figured out what to use them for. That is, until yesterday, when Apple's announcement of the long-awaited Vision Pro headset breathed new life into the entire category.

But while Apple is betting a lot on "spatial computing", as would like us to call it, to become the next big thing in tech, consumers aren't quite as enthusiastic about the [still nascent category](#). In a survey conducted across 29 countries in April/May 2022, [Ipsos found](#) that just 50 percent of the 21,005 respondents felt very or somewhat positive about using virtual, augmented or extended reality devices or applications in their daily lives, with most highly developed markets in Europe and North America showing even less excitement.

This goes to show how many skeptics Apple will have to convince if it really wants to make extended reality the next computing platform. But if anyone can do it, it's Apple, the company that turned AirPods, which were widely ridiculed at launch, into a must-have accessory.

## Questions

1. What 's the take away of the graph?
2. What extra information can help you understand the graph even better?
3. Do you have any interesting findings? What's your guess about it?



## 5. Discussion Questions

*Let's begin at the easy category. You are expected to have prepared your answers already before the class begins*

### Average

2. Sei Shonagon mentioned that she had made lists of words that sound intriguing. What are some words or phrases that you find intriguing and why?

### Difficult

1. According to Sei Shonagon, observing little things like the frost on the branches of a plum tree can bring deep satisfaction. Can you think of a small detail or observation from your own life that has brought you unexpected joy?

## # Note1

Date: \_\_\_\_\_ Topic \_\_\_\_\_

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### Expression of the Day

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*Write Down idioms/ phrasal verbs that you learned in the sessions*

**Have you used today?**

Week 1.

Yes

No

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Week 2.

Yes

No

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### Words of the Day

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*Please write down vocabularies and idioms that you have learned at Talksharp and try to practice them in your own sentences today. Once you use any of them today? Please cross them out.*

### Useful Sentences

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*Video Script is a good source to enhance your verbal sentences. Put a note of sentences that you want to learn*

### Today's Correction

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*Write down today's correction.*



## # Note 2

**Please write down Korean sentences difficult for you to convey in English**

Sentence1

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Sentence2

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Sentence3

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**Please write sentences above in English so that you could never fail again**

Sentence1

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Sentence2

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Sentence3

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**Put a note of vocabularies or idioms that you want to learn**