

English Only

استخدمها فقط إذا ما فهمت الصوت فقط لكن إذا لسة ما فهمت الكلام، ممكن تنزل تحت وتشوف "النص مع المعنى". مرة ثانية، لا تجمع كلمات.. الكلمات مهية مهمة الفهم اهم.

Time: 00:00

Voice 1

Welcome to Spotlight. I'm Liz Waid.

Voice 2

And I'm Bruce Gulland. Spotlight uses a special English method of broadcasting. It is easier for people to understand, no matter where in the world they live.

Time: 00:30

Voice 1

Alone in her room, a young girl sits down and begins reading a book. The book is a very famous one. It is called "Roll of Thunder, Hear My Cry." It tells the story of Cassie Logan and her family. They live in the United States in the 1930s. And they are African Americans. In those times, the state of Mississippi had a severe problem with racism. The government allowed people to make life difficult for African Americans, and people with darker skin colour. Often, groups of white men killed black men and women without punishment. It was a very frightening time.

Voice 2

But the young girl does not know this. She knows little about American history. She is growing up many years later, in the 1970s. The situation in the United States has improved. But reading the book helps the young girl understand Cassie Logan's fear, and her other emotions. The girl reading is white. She lives in a very small town, where there are no black people. But the book helps her see what it is like to be different. When she finishes the book, she is crying. That night, she tells herself she will never judge another person by what they look like. The book has changed her life. Today's Spotlight is on how reading can help people understand each other.

Voice 1

There is a name for the emotion the girl felt while reading the book. It is empathy. There are two different kinds of empathy. The first lets people sense other people's emotions. It is what happens when we feel sad because another person is sad. Or it helps us understand that a person is angry, even when they will not say.

Voice 2

The second kind of empathy is called cognitive empathy. This is what happens when a person reads a book. Cognitive empathy happens when a person tries to identify and understand another person's emotions. Some people even imagine that they *are* the other person. There is even an old English idiom for cognitive empathy: taking a walk in another person's shoes. It means to imagine that you have lived their life.

Voice 1

Scientists do not yet know exactly what happens in a person's brain when they feel empathy. It is a very complex process. But scientists have observed it happening. They believe empathy involves a brain cell called a mirror neuron. These cells work when we observe other people. Mirror neurons send messages through the brain. This is called "firing". When these cells fire, they help us to identify emotions we see. But the same kind of cell also fires when we **HAVE** that emotion. So, when we are sad, a mirror cell will fire. But when we see someone who is sad, that same cell fires. We can understand an emotion. And through mirror neurons, we feel that emotion ourselves.

Voice 2

Empathy is very important in society. Without empathy we would not help each other. We would not care for each other. As a feeling, empathy makes us want to help. It makes us want the world to be a better place.

Time: 06:45

Voice 1

Barack Obama is the former president of the United States. In 2006, he made a speech to the graduates of Northwestern University. He described how empathy influences how people act.

Voice 3

"Think of a child who is hungry or the steel worker who no longer has a job. Or think of the family whose home was destroyed by a storm. When you have empathy, it does not matter if they are close friends or far-away strangers. It is difficult not to act. It is hard not to help."

Voice 2

Most people have empathetic feelings. But people can train themselves to be more empathetic. However, this takes work. Meeting people who are different than we are is one way to gain empathy. But distance often divides people. So it is difficult for people to understand each other when they never meet.

Voice 1

Reading may be a solution for this. The girl who read “Roll of Thunder, Hear my Cry”, did not know any African Americans. But the book helped her understand the life of a person who was. Cassie Logan was not a real person. But her situation was real. And the girl understood Cassie’s feelings. From the book, the girl learned a little of what it was to be African American. She felt like she could understand.

Voice 2

David Kidd is a psychologist. He studies the science of how people behave. Kidd works at the New School for Social Research in New York. In 2012, he helped show that reading increases empathy. In a test, he made people read different kinds of books. Some of these books were literary fiction, or complex invented stories. These stories made people think about the emotions of the characters in them. After reading these literary fiction books, the people were better able to understand what other people were thinking. And they could more easily identify emotions.

Voice 1

Keith Oatley is another psychologist. He also studies how reading connects to empathy. He tells the Washington Post newspaper,

Voice 4

“When we read about other people, we can imagine that we are in their position. We can imagine what it’s like being that person. That lets us better understand people and to work together better.”

Time: 11:07

Voice 2

Many studies say that the effect of reading on empathy only works for complex fictional, or invented, stories. That is because this kind of writing concentrates on a character’s thoughts and feelings. This helps the reader to feel like they are inside the character’s head and thoughts. This produces the effect that leads to empathy.

Voice 1

Today, many scientists believe that books are good tools for increasing empathy. But for readers, and many writers, this is not a new discovery. Together, they have made and explored new worlds and places. They have looked at how different people think and live. Stories have taken them places they may have never gone before.

Voice 2

Have you ever read a book that changed you? How did it make you feel? Tell us about your experiences. You can leave a comment on our website. Or email us at radio@radioenglish.net. You can also comment on our Facebook page – just search for Spotlight Radio.

Time: 12:46

Voice 1

The writer of this programme was Dan Christmann. The producer was Michio Ozaki. The voices you heard were from the United States and the United Kingdom. All quotes were adapted for this programme and voiced by Spotlight. You can listen to this program again, and read it, on the internet at www.radioenglish.net. This programme is called 'Reading and Understanding.'

Voice 2

Look for our free listening app in the Google Play store and in iTunes. We hope you can join us again for the next Spotlight programme. Goodbye.

النص مع المعنى

حاول تستخدمها فقط للضرورة القصوى. مهارة التخمين والاستيعاب هي الأساس، مو حفظ الكلمات.

الوقت: 00:00

Voice 1

Welcome to Spotlight. I'm Liz Waid.

الصوت الأول

مرحباً بك في Spotlight. أنا ليز وايد.

Voice 2

And I'm Bruce Gulland. Spotlight uses a special English method of broadcasting. It is easier for people to understand, no matter where in the world they live

الصوت الثاني

وأنا بروس جولاند. يستخدم برنامج Spotlight أسلوب لغة إنجليزية خاصة للبحث بحيث يسهل على الناس فهم اللغة بغض النظر عن المكان الذي يعيشون فيه حول العالم.

الوقت: 00:30

Voice 1

Alone in her room, a young girl sits down and begins reading a book. The book is a very famous one. It is called "Roll of Thunder, Hear My Cry." It tells the story of Cassie Logan and her family. They live in the United States in the 1930s. And they are African Americans. In those times, the state of Mississippi had a severe problem with racism. The government allowed people to make life difficult for African Americans, and people with darker skin colour. Often, groups of white men killed black men and women without punishment. It was a very frightening time.

الصوت الأول

تجلس فتاة صغيرة وحدها في غرفتها وتبدأ في قراءة كتاب. الكتاب مشهور جداً يطلق عليه "لفة الرعد"، اسمع صرختي". يروي قصة كاسي لوجان وعائلتها. يعيشون في الولايات المتحدة في الثلاثينات. وهم أمريكيون من أصل أفريقي. واجهت ولاية ميسيسبي مشكلة حادة مع العنصرية في تلك الأوقات. سمحت الحكومة للناس بجعل حياة للأميركيين الأفارقة وذوي البشرة الداكنة صعبة. قامت مجموعات من الرجال البيض بقتل الرجال والنساء السود دون عقاب في كثير من الأحيان. لقد كانت فترة مخيفة للغاية.

Voice 2

But the young girl does not know this. She knows little about American history. She is growing up many years later, in the 1970s. The situation in the United States has improved.

But reading the book helps the young girl understand Cassie Logan's fear, and her other emotions. The girl reading is white. She lives in a very small town, where there are no black people. But the book helps her see what it is like to be different. When she finishes the book, she is crying. That night, she tells herself she will never judge another person by what they look like. The book has changed her life. Today's Spotlight is on how reading can help people understand each other.

الصوت الثاني

لكن الفتاة الصغيرة لا تعرف ذلك. إنها لا تعرف سوى القليل عن التاريخ الأمريكي. لقد كبرت بعد سنوات عديدة ، في السبعينيات. تحسن الوضع في الولايات المتحدة. لكن قراءة الكتاب ساعد الفتاة الصغيرة على فهم خوف كاسي لوجان وعواطفها الأخرى. الفتاة التي تقرأ الكتاب من أصحاب البشرة بيضاء. تعيش في بلدة صغيرة جداً ، حيث لا يوجد شعب أسود. لكن الكتاب ساعدها على معرفة الاختلاف. تبكي عندما تنتهي من قراءة الكتاب. في تلك الليلة، أخبرت نفسها أنها لن تحكم أبداً على شخص آخر من مظهره. لقد غير الكتاب حياتها. تتركز أضواء اليوم على كيفية مساعدة القراءة للأشخاص على فهم بعضهم البعض.

Voice 1

There is a name for the emotion the girl felt while reading the book. It is empathy. There are two different kinds of empathy. The first lets people sense other people's emotions. It is what happens when we feel sad because another person is sad. Or it helps us understand that a person is angry, even when they will not say.

الصوت الأول

هناك اسم للعاطفة التي شعرت بها الفتاة أثناء قراءة الكتاب. إنه التعاطف. هناك نوعان مختلفان من التعاطف. الأول يتيح للأشخاص الشعور بمشاعر الآخرين. هذا ما يحدث عندما نشعر بالحزن لأن شخصاً آخر حزين. أو أنه يساعدنا على فهم أن الشخص غاضب، حتى عندما لا يخبرنا بذلك.

Voice 2

The second kind of empathy is called cognitive empathy. This is what happens when a person reads a book. Cognitive empathy happens when a person tries to identify and understand another person's emotions. Some people even imagine that they *are* the other person. There is even an old English idiom for cognitive empathy: taking a walk in another person's shoes. It means to imagine that you have lived their life.

الصوت الثاني

النوع الثاني من التعاطف يسمى التعاطف المعرفي. هذا ما يحدث عندما يقرأ الشخص كتاباً. يحدث التعاطف المعرفي عندما يحاول شخص التعرف على مشاعر شخص آخر وفهمها. يضع الأشخاص أنفسهم مكان الشخص الذي يشعرون بالتعاطف تجاهه. حتى أن هناك عبارات اصطلاحية قديمة باللغة الانجليزية للتعاطف المعرفي: "المشي في حذاء شخص آخر" هذا يعني أن تتخيل أنك عشت حياتهم.

Voice 1

Scientists do not yet know exactly what happens in a person's brain when they feel empathy. It is a very complex process. But scientists have observed it happening. They believe empathy involves a brain cell called a mirror neuron. These cells work when we observe other people. Mirror neurons send messages through the brain. This is called "firing". When these cells fire, they help us to identify emotions we see. But the same kind of cell also fires when we HAVE that emotion. So, when we are sad, a mirror cell will fire. But when we see someone who is sad, that same cell fires. We can understand an emotion. And through mirror neurons, we feel that emotion ourselves.

الصوت الأول

لا يعرف العلماء بالضبط ما يحدث في دماغ الشخص عندما يشعر بالتعاطف. إنها عملية معقدة للغاية. لكن العلماء لاحظوا حدوث ذلك. يعتقدون أن التعاطف يشمل خلية دماغية تسمى العصبونات المرآتية. تعمل هذه الخلايا عند ملاحظتنا لأشخاص آخرين. ترسل الخلايا العصبية المرآتية رسائل عبر الدماغ. وهذا ما يسمى "الانبعاث". عندما تنبعث هذه الخلايا، فإنها تساعدنا على تحديد العواطف التي نراها. لكن نفس النوع من الخلايا ينبعث أيضًا عند حصولنا على هذه المشاعر. لذا، عندما نكون حزينين، ستنبعث الخلية المرآتية. وعندما نرى شخصًا حزينًا، ستنبعث نفس الخلية. يمكننا فهم المشاعر. ومن خلال الخلايا العصبية المرآتية نشعر بأن هذه المشاعر تمثلنا.

Voice 2

Empathy is very important in society. Without empathy we would not help each other. We would not care for each other. As a feeling, empathy makes us want to help. It makes us want the world to be a better place.

الصوت الثاني

التعاطف مهم جدا في المجتمع. بدون التعاطف لن نساعد بعضنا البعض. لن نهتم ببعضنا البعض. يجعلنا التعاطف كشعور نرغب بالمساعدة. إنه يشعركم بجعل العالم مكانًا أفضل.

الوقت: 6:45

Voice 1

Barack Obama is the former president of the United States. In 2006, he made a speech to the graduates of Northwestern University. He described how empathy influences how people act.

الصوت الأول

باراك أوباما هو الرئيس السابق للولايات المتحدة. في عام 2006، ألقى كلمة أمام خريجي جامعة نورث وسترن. ووصف كيف يؤثر التعاطف على تصرف الناس.

Voice 3

"Think of a child who is hungry or the steel worker who no longer has a job. Or think of the family whose home was destroyed by a storm. When you have empathy, it does not matter if they are close friends or far-away strangers. It is difficult not to act. It is hard not to help."

الصوت الثالث

"فكر في طفل جائع أو الحداد الذي لم يعد لديه عمل. أو فكر في الأسرة التي دمرت عاصفة منزلها. عندما تشعر بالتعاطف لا يهم إذا كانوا أصدقاء مقربين أو غرباء. من الصعب ألا تتصرف. من الصعب ألا تساعد."

Voice 2

Most people have empathetic feelings. But people can train themselves to be more empathetic. However, this takes work. Meeting people who are different than we are is one way to gain empathy. But distance often divides people. So it is difficult for people to understand each other when they never meet.

الصوت الثاني

معظم الناس لديهم مشاعر للتعاطف. لكن يمكن للناس تدريب أنفسهم ليكونوا متعاطفين أكثر. ومع ذلك، هذا يحتاج إلى تدريب. إن مقابلة أشخاص مختلفين عنا هو إحدى الطرق لاكتساب التعاطف. لكن المسافة تفرق الناس في كثير من الأحيان. لذا من الصعب على الناس أن يفهموا بعضهم البعض عندما لا يلتقون.

Voice 1

Reading may be a solution for this. The girl who read "Roll of Thunder, Hear my Cry", did not know any African Americans. But the book helped her understand the life of a person who was. Cassie Logan was not a real person. But her situation was real. And the girl understood Cassie's feelings. From the book, the girl learned a little of what it was to be African American. She felt like she could understand.

الصوت الأول

قد تكون القراءة حلاً لهذا. الفتاة التي قرأت كتاب "لفة الرعد ، اسمع صرختي" ، لم تكن تعرف أي أمريكي من أصل أفريقي. لكن الكتاب ساعدها على فهم حياة الشخص الذي كان. لم يكن كاسي لوجان شخصاً حقيقياً. لكن موقفها كان حقيقياً. فهمت الفتاة مشاعر كاسي. تعلمت الفتاة من الكتاب القليل عن كونك أمريكياً من أصل أفريقي. شعرت أنها من الممكن أن تفهم. .

Voice 2

David Kidd is a psychologist. He studies the science of how people behave. Kidd works at the New School for Social Research in New York. In 2012, he helped show that reading increases empathy. In a test, he made people read different kinds of books. Some of these books were literary fiction, or complex invented stories. These stories made people think about the emotions of the characters in them. After reading these literary fiction books, the people were better able to understand what other people were thinking. And they could more easily identify emotions.

الصوت الثاني

ديفيد كيد طبيب نفسي. يدرس علم كيف يتصرف الناس. يعمل كيد في المدرسة الجديدة للبحوث الاجتماعية في نيويورك. في عام 2012 ، ساعد في معرفة أن القراءة تزيد من التعاطف. في الاختبار، جعل الناس يقرأون أنواعاً مختلفة من الكتب. بعض هذه الكتب كانت روايات أدبية ، أو قصص معقدة مخترعة. جعلت هذه القصص الناس

يفكرون في عواطف الشخصيات فيها. بعد قراءة كتب الروايات الأدبية هذه، كان الناس أكثر قدرة على فهم ما يفكر فيه الآخرون. ويمكنهم تحديد العواطف بسهولة أكبر.

Voice 1

Keith Oatley is another psychologist. He also studies how reading connects to empathy. He tells the Washington Post newspaper,

الصوت الأول

كيث أوتلي هو طبيب نفسي آخر. يدرس أيضا كيف ترتبط القراءة بالتعاطف. قال لصحيفة واشنطن بوست:

Voice 4

"When we read about other people, we can imagine that we are in their position. We can imagine what it's like being that person. That lets us better understand people and to work together better."

الصوت الرابع

"عندما نقرأ عن أشخاص آخرين، يمكننا أن نتخيل أننا مكانهم. ماذا يعني أن تكون مكان الشخص. وهذا يتيح لنا فهم الناس بشكل أفضل والعمل معًا بشكل أفضل."

الوقت: 11:07

Voice 2

Many studies say that the effect of reading on empathy only works for complex fictional, or invented, stories. That is because this kind of writing concentrates on a character's thoughts and feelings. This helps the reader to feel like they are inside the character's head and thoughts. This produces the effect that leads to empathy.

الصوت الثاني

تقول العديد من الدراسات أن تأثير القراءة على شعور التعاطف يوجد فقط مع القصص الخيالية المعقدة أو المخترعة. وذلك لأن هذا النوع من الكتابة يركز على أفكار ومشاعر الشخصية. هذا يساعد القارئ على الشعور وكأنه داخل الشخصية وأفكارها. هذه نتيجة تؤدي إلى التعاطف.

Voice 1

Today, many scientists believe that books are good tools for increasing empathy. But for readers, and many writers, this is not a new discovery. Together, they have made and explored new worlds and places. They have looked at how different people think and live. Stories have taken them places they may have never gone before.

الصوت الأول

اليوم، يعتقد العديد من العلماء أن الكتب هي أدوات جيدة لزيادة التعاطف. لكن بالنسبة للقراء والعديد من الكتاب، فإن هذا ليس اكتشافاً جديداً. وقد صنعوا معاً واستكشفوا عوالم وأماكن جديدة. لقد نظروا حول كيفية تفكير الناس ومعيشتهم. وقد نقلتهم القصص إلى أماكن ربما لم يذهبوا إليها من قبل.

Voice 2

Have you ever read a book that changed you? How did it make you feel? Tell us about your experiences. You can leave a comment on our website. Or email us at radio@radioenglish.net. You can also comment on our Facebook page – just search for Spotlight Radio.

الصوت الثاني

هل قرأت كتابًا قادمًا إلى التغيير؟ كيف شعرت؟ أخبرنا عن تجربتك. يمكنك ترك تعليق على موقعنا. أو راسلنا بالبريد الإلكتروني على radio@radioenglish.net. يمكنك أيضًا التعليق على صفحتنا على فيسبوك – فقط ابحث عن راديو Spotlight.

الوقت: 12:46

Voice 1

The writer of this programme was Dan Christmann. The producer was Michio Ozaki. The voices you heard were from the United States and the United Kingdom. All quotes were adapted for this programme and voiced by Spotlight. You can listen to this program again, and read it, on the internet at www.radioenglish.net. This programme is called 'Reading and Understanding.'

الصوت الأول

كاتب هذا البرنامج هو دان كريستمان. المنتج هو ميشيو أوزاكي. الأصوات التي سمعتها كانت من الولايات المتحدة والمملكة المتحدة. جميع الاقتباسات تتماشى مع هذا البرنامج وتم التعبير عنها بواسطة Spotlight. يمكنك الاستماع إلى هذا البرنامج مرة أخرى وقراءته على الإنترنت على www.radioenglish.net. يسمى هذا البرنامج "القراءة والفهم".

Voice 2

Look for our free listening app in the Google Play store and in iTunes. We hope you can join us again for the next Spotlight programme. Goodbye.

الصوت الثاني

ابحث عن تطبيق الاستماع المجاني في متجر جوجل بلاي و آيتونز. نأمل أن تتمكن من الانضمام إلينا مرة أخرى في برنامج Spotlight التالي. وداعا