



普通高等教育大学英语系列教材

INNOVATION
COLLEGE ENGLISH

创新大学英语

一册 教师用书

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Contents

Unit One **New Life, New Beginning** 1-29

Objectives	1
Teaching Arrangements	2
Teaching Procedures	3
— Part One Listening Comprehension	3
Listening Strategy: Distinguishing between Similar Sounds	
— Part Two Reading Comprehension	7
Reading Strategy: Skimming	
— Part Three Intensive Reading	10
— Part Four Oral Practice	25
— Part Five Writing	28

Unit Two **Holidays** 30-59

Objectives	30
Teaching Arrangements	31
Teaching Procedures	32
— Part One Listening Comprehension	32
Listening Strategy: Identifying Time	
— Part Two Reading Comprehension	36
Reading Strategy: Scanning	
— Part Three Intensive Reading	38
— Part Four Oral Practice	55
— Part Five Writing	58

Unit Three **Friendship** 60-86

Objectives	60
Teaching Arrangements	61
Teaching Procedures	62
— Part One Listening Comprehension	62
Listening Strategy: Identifying Phone Numbers	
— Part Two Reading Comprehension	66

Reading Strategy: Word-formation	
—Part Three Intensive Reading	70
—Part Four Oral Practice	84
—Part Five Writing	85

Unit Four **Traffic and Transportation** 87-110

Objectives	87
Teaching Arrangements	88
Teaching Procedures	89
—Part One Listening Comprehension	89
Listening Strategy: Identifying Adverbials of Frequency	
—Part Two Reading Comprehension	92
Reading Strategy: Reading in Sense Groups	
—Part Three Intensive Reading	94
—Part Four Oral Practice	108
—Part Five Writing	109

Unit Five **Social Manners** 111-138

Objectives	111
Teaching Arrangements	112
Teaching Procedures	113
—Part One Listening Comprehension	113
Listening Strategy: Identifying the Place/Situation	
—Part Two Reading Comprehension	117
Reading Strategy: Developing Good Reading Habits	
—Part Three Intensive Reading	119
—Part Four Oral Practice	134
—Part Five Writing	136

Unit Six **Environment** 139-164

Objectives	139
Teaching Arrangements	139

Teaching Procedures	140
— Part One Listening Comprehension	140
Listening Strategy: Identifying Possibility	
— Part Two Reading Comprehension	144
Reading Strategy: Transition	
— Part Three Intensive Reading	147
— Part Four Oral Practice	162
— Part Five Writing	163
Unit Seven Love and Marriage	165-188
Objectives	165
Teaching Arrangements	165
Teaching Procedures	166
— Part One Listening Comprehension	166
Listening Strategy: Identifying Differences and Similarities	
— Part Two Reading Comprehension	170
Reading Strategy: Looking for Topic Sentence (1)	
— Part Three Intensive Reading	173
— Part Four Oral Practice	186
— Part Five Writing	187
Unit Eight Creativity	189-212
Objectives	189
Teaching Arrangements	189
Teaching Procedures	190
— Part One Listening Comprehension	190
Listening Strategy: Identifying Arrangement and Disarrangement	
— Part Two Reading Comprehension	194
Reading Strategy: Looking for Topic Sentence (2)	
— Part Three Intensive Reading	196
— Part Four Oral Practice	209
— Part Five Writing	211



Unit One

New Life, New Beginning

Objectives

• Skills

- 1) Listening
 - a) Telling Differences between Similar Sounds
 - b) Listening for General Information and Details
- 2) Speaking
 - a) Meeting People for the First Time
 - b) Discussing Campus Life
- 3) Reading
 - a) Skimming
 - b) Reading for General Information and Details
- 4) Writing
 - a) General Writing: Sentence Types
 - b) Practical Writing: Business Cards

• Language Focus

Key Words and Phrases

concern	face	be related to	take advantage of	adjust to
handle	accompany	constant	on one's own	staff
make sure of	affect	smooth	available	isolation
persist	as a result of	anxiety	approach	lie in
figure out	item	essential	due	discipline
be involved in				

Structures

Chances are that...	What if...
On the one hand..., on the other hand....	The more... the more...
the use of "wh-clause"	No one...
come with	

Teaching Arrangements

• Listening

- 1) Time schedule: 1 class hour
- 2) Suggested lesson structure:
 - a) Listening Strategy: 10-15 minutes
 - b) Task I Listening Practice: 10-15 minutes
 - c) Task II Topic-related Listening: 20-25 minutes

• Fast Reading

- 1) Time schedule: 1 class hour
- 2) Suggested lesson structure:
 - a) Reading Strategy: 15 minutes
 - b) Task I Fast Reading: 20 minutes
 - c) Task II Lead-in: 10 minutes

• Intensive Reading

- 1) Time schedule: 2-3 class hours
- 2) Suggested lesson structure:
 - a) Warm-up Activities: 15-20 minutes
 - b) Text Understanding: 20-25 minutes
 - c) Language Study: 45 minutes
 - d) Exercises: 45 minutes

• Speaking

- 1) Time schedule: 1 class hour
- 2) Suggested lesson structure:
 - a) Task I: 15 minutes
 - b) Task II: 15 minutes
 - c) Task III: 15 minutes

• Writing

- 1) Time schedule: 1 class hour

2) Suggested lesson structure:

- a) General Writing: 25 minutes
- b) Practical Writing: 20 minutes

Teaching Procedures



Part One Listening Comprehension

Listening Strategy

Distinguishing between Similar Sounds

1. Focus on Listening Strategy:

- 1) Recognizing the vowels /i:/, /i/, /e/ and /æ/
- 2) Recognizing the vowels /u:/, /u:/
- 3) Recognizing the consonants /s/, /θ/, /z/, /ð/, /f/, /ʒ/
- 4) Recognizing the consonants /tʃ/, /dʒ/

2. 发音要领:

● 前元音 /i:/ /i/ /e/ /æ/

- 1) 发前元音 /i:/ 时, 舌前部向硬腭抬起, 舌位较高, 嘴唇向两旁平伸, 成微笑状。
- 2) 发前元音 /i/ 时, 舌前部也需向硬腭抬起, 但舌位比 /i:/ 稍低、稍后。口型扁平, 比 /i:/ 稍大。
- 3) 发 /e/ 时舌尖抵下齿, 舌前部向硬腭抬起的高度介于 /i/ 和 /æ/ 之间, 牙床半合, 唇型中长。
- 4) 发 /æ/ 时舌尖抵下齿, 舌身低平。发音时口要张大, 上下齿之间约可容纳食指和中指。

● 后元音 /u:/, /u/

- 1) 发后元音 /u:/ 时需将双唇收圆, 收小, 并向前突出。发音时口腔肌肉始终保持紧张, 发长音。
- 2) 后元音 /u/ 的舌位比 /u:/ 稍低, 口型比 /u:/ 稍大一些, 口腔肌肉放松, 发短音。

● 摩擦辅音 /θ/ /ð/, /s/ /z/, /f/ /ʒ/

- 1) 发摩擦辅音 /θ/, /ð/ 时舌尖轻触上齿下面的边缘, 气流由舌齿间的窄缝泄出, 摩擦成音。
/θ/ 是清辅音, 送气强, 但声带不振动; /ð/ 是浊辅音, 送气弱, 但声带振动。
- 2) 发摩擦辅音 /s/, /z/ 时舌端靠近齿龈(但不要贴住), 气流由舌端和齿龈所形成的窄缝中通过时摩擦成音。
/s/ 是清辅音, 发音时要送气, 但声带不振动; /z/ 是浊辅音, 发音时不送气, 但声带振动。
- 3) 发摩擦辅音 /f/, /ʒ/ 时舌端(包括舌尖)抬起, 靠近齿龈后部(但不要贴住), 舌前也随之向硬腭抬起, 形成一条狭长的通道, 气流通过时摩擦成音。双唇须向前突出并稍收圆。

● 破擦辅音 /tʃ/ /dʒ/

发破擦辅音 /tʃ/, /dʒ/ 时舌尖贴住上齿龈后部, 憋住气不发音, 然后舌尖稍稍下降(但舌的两端仍须顶住齿龈两侧), 气流通过时发出的声音即破擦音。
/tʃ/ 是清辅音, 发音时送气, 声带

不振动。/dʒ/是浊辅音,发音时声带振动。



Task I Listening Practice

1.

- | | | | |
|--------------|----------|------------|----------|
| 1) A. lead | B. lid | C. led | D. land |
| 2) A. books | B. boss | C. bought | D. boots |
| 3) A. sought | B. short | C. thought | D. ought |
| 4) A. pull | B. poor | C. Paul | D. pool |
| 5) A. deed | B. did | C. dead | D. dad |
| 6) A. sank | B. tank | C. thank | D. think |
| 7) A. room | B. rock | C. raw | D. roof |
| 8) A. this | B. these | C. the | D. those |
| 9) A. same | B. shame | C. tame | D. chain |
| 10) A. sip | B. ship | C. thick | D. chip |

2.

- 1) Is John your friend? (C)
- 2) They are waiting for their books. (B)
- 3) Have you seen her lately? (C)
- 4) Excuse me, may I see Miss Taylor? (B)
- 5) Pass me the salt, please. (C)
- 6) Is the man feeling cold? (A)
- 7) Tom and his wife look very healthy. (B)
- 8) Peter is always right. (B)
- 9) This is Bob Smith speaking. (C)
- 10) Are you going to sell the boat? (A)



Task II Topic-related Listening

1.

Script:

College Life

W: Oh, hi, Dave. Long time no see!

M: Hi, Maria. I was in the neighborhood, so I thought I'd drop by.

W: Come on in. Take a seat. Would you like anything to drink? I have Sprite or orange juice.

M: Sprite would be fine. Uh, so, how have you been?

W: Oh, not bad. And you?

- M: Oh, I'm doing okay, but school has been really hectic these days, and I haven't had time to relax.
- W: By the way, what's your major anyway?
- M: Hotel management.
- W: Well, what do you want to do once you graduate?
- M: Uh... I haven't decided for sure, but I think I'd like to work for a hotel or travel agency in this area. How about you?
- W: Well, when I first started college, I wanted to major in French, but I realized I might have a hard time finding a job using the language, so I changed majors to computer science. With the right skills, landing a job in the computer industry shouldn't be as difficult.
- M: So, do you have a part-time job to support yourself through school?
- W: Well, fortunately for me, I received a four-year academic scholarship that pays for all of my tuition and books.
- M: Wow. That's great.
- W: Yeah. How about you? Are you working your way through school?
- M: Yeah. I work three times a week at a restaurant near campus.
- W: Oh. What do you do there?
- M: I'm a cook.
- W: How do you like your job?
- M: It's okay. The other workers are friendly, and the pay isn't bad.

1) What does the man want to do after he graduates?

- A) He wants to become a teacher.
- B) He hopes to go on to graduate school.
- C) He would like to be a tourism guide.
- D) He'd like to work at a hotel.

2) What is the woman's major?

- A) History.
- B) French.
- C) Computer science.
- D) Hotel management.

3) How does the woman pay for college?

- A) She has a part-time job.
- B) She received a scholarship.
- C) Her parents are paying for it.
- D) She depends on the bank loan.

4) Where does the man work part-time?

- A) In a library.
- B) At a restaurant.
- C) In a bookstore.
- D) At a bakery.

5) What did the man NOT say about his job?

- A) He works long hours.
- B) His co-workers are friendly.
- C) The pay is okay.
- D) He works as a cook there.

2.

Script:

Roommate Wanted

Hello, I am a freshman at Brown University and I have a two-bedroom apartment to share with you. If you are a male, non-smoker, clean and responsible, you could be the one I am looking for. The apartment is on the 6th floor of an apartment building, with an elevator and laundry in the basement. It is located on Bright Road, a 10-minute walk to the south entrance of the university. The apartment is medium sized and furnished; equipped with private bedroom, closet, telephone, air conditioning, balcony, cable/satellite, high speed internet, microwave, parking, and yard. The rent is \$300 per month, heating and utilities not included. If you are interested, please call 401-863-6363.

3.

Script:

Roommates in College

Many high school students have their own rooms. If high-school students do share a room, it is usually with a brother or sister, but not a stranger. Unless you are coming from a boarding school, you most likely will need to adapt to life with a roommate. Although some think having a roommate means less private space, a roommate is actually a great benefit in college. The first few weeks of college can be a lonely time — you are in a new place with new surroundings. A roommate can keep you company and will help you adapt to college life because you are adapting together. You immediately have someone who can go to the dining hall with you, explore the campus with you, help you find a class location, and share your social network. In addition, with a roommate you can share the costs of college life. You and your roommate can figure out who can

bring what into the dorm room, and can split groceries, additional furnishings, and other costs.

1) With whom do high-school students usually share a room?

A brother or sister (but not a stranger).

2) In some people's view, what is the disadvantage of having a roommate?

You will have less private space.

3) How may you feel in the first weeks of college?

Lonely.

4) What are the benefits of having a roommate?

Your roommate can keep you company and will help you adapt to college life; you can also share the costs of college life with a roommate.

4.

1) You're on your own for what might be the first time in your life.

2) Chances are that every other freshman will have the same fears and concerns.

3) You can begin by reading some articles about how to handle college dorm life.

4) Take advantage of the time before school starts to prepare yourself.

5) The more you get out of your dorm room, the more you'll get out of college life.

Part Two Reading Comprehension

Reading Strategy

Skimming

It is advisable to read a comprehension passage at least twice. For the first time, try to get a general idea of the text. And for the second time, concentrate on specific details.

Skimming, a major fast-reading skill, is often applied to the first-time reading. By skimming, we mean glancing through a passage to get a general idea of the content and organization before reading in detail. You do not need to read everything and you do not need to read carefully. Here are the steps for skimming:

1. Look at the title, subtitles, and subheadings if there are any. These give a good idea of what the text is about.
2. If there are any pictures, maps or diagrams, look at them quickly, too. Do not forget to read the captions, the words that go with them.
3. Look at the first paragraph as it often contains an introduction to or overview of what will

be talked about.

4. Look at the first, or perhaps both the first and second sentences of each following paragraph to see if you can find the topic or most important point. If you can't, read the last part of the paragraph for the main idea.
5. Look at the last paragraph because it often contains a conclusion or summary.

Once you have done all this, you should have a good idea of what the reading passage is all about. Use skimming when you want to see if an article is related to your research. It helps you decide whether you need to read a particular part in detail. Reading like this makes understanding much easier and more efficient because you have a mental framework into which you can fit details as you read. So skimming can not only help double your reading speed, but also improve your comprehension to a certain extent.



Task I

1.

1)【题解】 Y

依据文章第一段第四行“almost everyone — even those ‘life of the party’ types — feels anxious in some social situations”,可知这句陈述正确。

2)【题解】 N

第二段第二行提到“Often we find that people who are quite shy have a very small circle of friends.”,即“害羞的人通常朋友圈子很小”,而不是“有很多朋友”,故这个陈述错误。

3)【题解】 N

由第三段第四、五行“But that's not a great place to meet people. Often it's a good place to meet troubled people”可知:“酒吧不是结识人的好地方,通常是有烦恼的人爱聚集的地方”,因此这句陈述错误。

4)【题解】 NG

由第三段最后一句“Compliments are a wonderful way to break the ice”可知“赞美是打破僵局的好办法”。而文章并没有提到complaints(抱怨)在人际交往中的作用,故无法判断这句陈述的正误。

5)【题解】 N

第四段的第二行到第四行提到:“Don't start off by inviting three couples over to your home for a lavish dinner party. You'll put too much pressure on yourself”(不要一开始就请三对夫妇到家里来赴丰盛的晚宴,这样会给自己太大压力),故陈述错误。

6)【题解】 Y

第六段谈到“... start looking for opportunities to give presentations. For help with this, find

books on the subject, take public-speaking courses, or join your local Toastmasters Club...” , 由此可知这三项都有助于give presentations, 因此陈述正确。

7) 【题解】 Y

依据倒数第三段开头“Walker’s advice is to practice, practice, practice” 和本段最后一句“I encourage them to practice with family member”, 可知这句陈述正确。

2.

1) 【题解】 a huge difference

依据第七段第二句。

2) 【题解】 phone someone

依据倒数第二段第一句。

3) 【题解】 reduce their anxiety

依据最后一段第二句。



Task II

1) 【题解】 They usually realize that they have just left behind everyone they know.

依据第二段第一句 “... the excitement wears off and you realize that you have just left behind everyone you know.” (……兴奋感逐渐消失, 你意识到自己已远离了所有熟知的朋友)。

2) 【题解】 The good news is that they are not alone. Every other freshman is in the same situation.

依据第三段第二、第三句“还好, 并不是你一个人感觉如此——其他的新生同样地焦虑不安”。

3) 【题解】 A freshman can increase his/her odds of making friends by leaving the dorm room door open when he/she is studying or hanging out.

依据第四段第一句“你可以在学习或闲暇时开着寝室门, 这样更有可能交到新朋友”。

4) 【题解】 At university-sponsored events for freshmen or the general student body.

依据第五段第一句 “Another opportunity to meet people outside your dorm is at university-sponsored events for freshmen or general student body.” (在寝室之外结识人的另一方法是参加学校为新生或所有学生举办的活动)。

5) 【题解】 Because it will only make him/her more homesick and prevent him/her from meeting new people.

依据第六段“尽量不要给老朋友发即时消息打电话抱怨你有多想家, 这样只会加深你对家的思念, 而且还会妨碍你结识新朋友”。



Part Three Intensive Reading

Background Information

1. U.S. Education System

International students who come to the United States might wonder how their American classmates reached that educational level. The American education system appears to be very confusing. This is a brief overview.

To begin with, no national education system or national curriculum exists in the United States. The federal government does not operate schools.

Each of the 50 states has its own Department of Education, which sets guidelines for the schools of that state. Public colleges and universities receive funding from student tuition fees and from the state in which they are located. Each state's legislature decides how many tax dollars will be given to colleges and universities.

Most of the control of American schools is in the hands of each local school district. Each school district is governed by a school board, a small committee of people elected by the local community. Students do not pay tuition fees in grades 1—12.

Generally, school districts are divided into elementary schools, middle schools or junior high schools, and high schools. Elementary schools contain students in kindergarten and 1st through 5th or 6th grades. Many children go to kindergarten when they are five years old. Children begin first grade at age six.

Depending on the school district, students follow elementary school with either middle school or junior high school. Middle school contains grades 6—8. Junior high school contains grades 7—9. Following that, students go to high school. High school contains grades 9—12 or 10—12.

In the United States, education is compulsory for all children until age 16 or 17. Usually, a student graduates after he or she has successfully passed all of the required courses. In 1970, about half of all American students who graduated from high school went to college. Today, nearly three out of four American high school graduates go to college.

2. Admission to a College/University

Although admission policies vary from one college or university to the next, most determine admission based on several factors such as a student's high school course of study, high school GPA, SAT scores, written essay, and possibly a personal interview.

- The college or university admissions office considers whether a student has taken courses

in high school that have prepared him/her for the more difficult college courses. A student's high school grade point average (GPA) is also considered. A GPA is a quantitative figure representing a student's accumulated grades.

- Most colleges and universities set a minimum SAT score that a student must achieve in order to gain admission. The SAT is the Scholastic Aptitude Test, a standardized quantitative examination taken by high school students throughout the United States. Each college or university decides the minimum SAT score it will accept.

- Colleges and universities often require applicants to write an essay. The length and content of the essay is determined by each admissions office. Depending on the college or university, applicants might also have a personal interview with a representative from the admissions office.

3. VoIP (Voice over Internet Protocol)

IP Telephony, also called "Internet telephony", is the technology that makes it possible to have a telephone conversation over the Internet or a dedicated Internet Protocol (IP) network instead of dedicated voice transmission lines.

Its advantages over traditional telephony include:

- 1) lower costs per call, or even free calls, especially for long-distance calls;
- 2) lower infrastructure costs: once IP infrastructure is installed, no or little additional telephony infrastructure is needed.

Warm-up Activities

I. Purposes

- to start students talking about college life;
- to start students thinking about the room conflicts they may (have already) encounter(ed);
- to help students adapt themselves to their college dorm life;
- to familiarize students with the topics in the text.

II. Warm-up Activities

Activity One

Directions: *Ask students the following questions.*

- How do you feel about going to university?
- Did you have any worries or concerns before coming to the campus?
- How do you get along with your roommates? (Group discussion)

Tips:

- I feel excited, happy, nervous, worried...

- Yes, I do. I'm worried that I couldn't adapt to dorm life. (I can't get along well with my roommates/ I have trouble catching up with others in my studies...)
- No, I don't. I am confident that I can establish a good relationship with my classmates, roommates, etc. (I am capable of taking care of myself in study as well as in life.)
- Be frank with each other / be tolerant of each other / show flexibility / the art of compromise / communication...

Activity Two

Directions: *Ask students to make a checklist of the things they would take or have taken to college and explain the reasons for bringing them.*

Tips:

daily necessities, cell phone, mp3, mp4, computer, laptop, radio, comic strips (连环漫画), favorite novels, toys, clock, plants...

Global Study of the Text

Suggested Activities

Activity One: *Understanding the Text Structure*

Directions: *The text can be organized into four parts. Please go through the text quickly and decide the paragraphs the following titles can cover:*

Paragraphs	Titles
Paras 1—2	General introduction to potential problems and solutions
Paras 3—5	College dorm life and homesickness
Paras 6—7	College dorm room checklist
Paras 8—9	Getting involved in college dorm life

Activity Two: *Understanding the Content*

Directions: *Answer the following questions.*

1) According to the writer, what are you advised to do when feeling homesick?

Tips: finding an inexpensive way to keep in touch with family and friends, such as e-mails, instant messaging, VoIP services...

2) According to the writer, how can you cope with loneliness?

Tips: getting involved in activities...

Activity Three: Pair Work

Directions: *Fill in the blanks using the following words.*

disciplined accompany depression adjusting rise campus persists

For a college student, the advantages of having room-mates always _____ the disadvantages. Those who have difficulty _____ themselves to college dorm life claim that several people living together gives _____ to some unpleasantness because every person has his or her own way of doing things. Those who support dorm life believe that living on _____ is a good chance to learn to be _____ and to relieve the depression caused by homesickness or difficulties on one's own. As long as one _____, he/she will dispel _____ and together with his/her roommates create a wonderful college life.

Keys: accompany, adjusting, rise, campus, disciplined, persists, depression

Detailed Study of the Text

1) (Para.1) **You may be facing the first time you've ever shared a room, especially with someone to whom you're not related.**

【译文】或许,你得第一次与他人,尤其是与你毫不相关的人,同住一个房间。

share sth. with sb.: 与某人分享某事(物)

e.g. Good friends should share happiness and sorrow with each other.

related: adj. being a relative of sb. 有(亲属)关系的

e.g. She and I are related.

relate: v. (~ sth. to/with sth.) to show or make a connection between two or more things 将……联系起来

e.g. The report relates high wages to/with labor shortages.

2) (Para.1) **What if you don't get along?**

【译文】要是彼此合不来怎么办?

“**What if**” here means “What would happen if...” 要是……又怎样?

e.g. What if it rains when we can't get under shelter?

What if the rumor is true?

get along (with sb.): have a friendly relationship with sb. (与某人)合得来

e.g. Do you get along with your boss?

We get along just fine.

3) (Para.1) **Top bunk or bottom bunk?**

Note that it is an elliptical sentence: Do you want to sleep on the top bunk or bottom bunk?

【译文】住上铺还是下铺？

bunk: one of a pair of single beds, fixed one above the other, esp. for children (尤指儿童)双层床的上铺或下铺

- 4) (Para.2) **You're certainly not alone — chances are that every other freshman in the dorms will have the same fears and concerns:** It is likely that every first year student in the dorms will have the same anxieties as you do.

【译文】并不是你一个人感觉如此——宿舍里其他的新生可能会同样地焦虑不安。

“**chances are that...**” here means “it is likely that...” 有可能……

e.g. Chances are that she'll be coming.

Chances are that we will win the championship.

freshman: student in his/her first year at college or university 大学一年级学生

sophomore: student in his/her second year at college or university 大学二年级学生

junior: student in his/her third year at college or university 大学三年级学生

senior: student in his/her fourth year at college or university 大学四年级学生

concern: n.

- ① (~for/about/over sth./sb.): a feeling of worry, especially one that is shared by many people 担心, 忧虑

e.g. Our main concern is that they are not receiving enough help.

There is now considerable concern for their safety.

- ② sth. that is important or interesting to sb. 重要的或感兴趣的事

e.g. How much money I earn is none of your concern.

concern: v. (often passive) to affect sb.; to involve sb. 影响, 涉及

e.g. Don't interfere in what doesn't concern you.

To whom it may concern?... (used at the beginning of a public notice or of a job reference about sb.'s character and ability) 敬启者……

as/so far as sb./sth. is concerned: 就某人(某事物)而言

be concerned with: 与……有关

- 5) (Para.2) **Take advantage of the time before school starts...**

【译文】好好利用开学前的时间……

take advantage of:

- ① to make use of sth. well; to make use of an opportunity 充分利用

e.g. She took advantage of the children's absence to tidy their rooms.

- ② to make use of sb./sth. in a way that is unfair or dishonest (不正当或不诚实地)利用某人或某事(物)

e.g. Don't lend them the car — they're taking advantage of you!

advantage: n. (~ over sb.) a thing that helps you to be better or more successful than other people 优势

e.g. Her French upbringing gives her certain advantages over other students in her class.

6) (Para.2) ... **how to *handle* college dorm life.**

【译文】……如何应对大学宿舍生活

handle: v.

① to deal with a situation, a person, an area of work or a strong emotion 应对(付), 处理

e.g. A new man was appointed to handle the crisis.

② to touch, hold or move sth. with your hands (用手) 触摸, 拿

e.g. The label on the box said, "Fragile. Handle with care."

n. the part of an object, such as a cup, a bag, or a tool that you use to hold it, or carry it 柄, 把手

7) (Para.3) **It's natural for some homesickness to *accompany* your first two or three weeks of *adjusting to college dorm life*:** It is natural for you to feel homesick in the first two or three weeks while you adjust yourself to living in a college dorm.

【译文】在适应大学宿舍生活的最初两三周里, 思乡心切是很自然的。

accompany: v.

① to happen or appear with sth. else 与某事物同时出现或发生

e.g. strong winds accompanied by heavy rain

② to travel or go somewhere with sb. 伴随, 陪伴

e.g. His wife accompanied him on the trip.

adjust: v.

① to alter or regulate so as to achieve accuracy or conform to a standard 调整, 校准

e.g. Adjust the clock, please.

② (~... to...) to adapt or conform oneself to new or different conditions 适应

e.g. We must adjust to the bad economic situation.

He adjusted himself very quickly to the heat of the country.

adjustment: n. 调整, 适应

e.g. When we enter a new situation, we often have to make an adjustment.

Moving into the dorm room was an easy adjustment for Jim after having grown up with three younger brothers.

8) (Para.3) **On the one hand, there are no more curfews, no constant reminders to do your homework, no questions about where you're going, or who you're going to be with:** You

are not troubled by any rules about when you must stay indoors; no one will remind you to do your homework; no one will ask you where you are going or who you are going to be with.

【译文】一方面,不用再按时熄灯就寝,也没人再不时提醒你做作业,问你要去哪里,或跟什么人在一起了。

“**on the one hand**”经常与“**on the other hand**”搭配使用以引导出同一问题的两个方面或相互矛盾的观点、意见等,表示“一方面……而另一方面……”。

e.g. While on the one hand society provides them with better educational facilities, on the other hand it does its best to exclude them from the jobs that really matter.

On the one hand, I'd like more money. But on the other hand, I'm not prepared to work the extra hours in order to get it.

9) (Para.3) **On the other hand, you're on your own for what might be the first time in your life:** Instead, you are now alone, which might be the first time in your life.

【译文】而另一方面,兴许是第一次,你开始了独立生活。

on one's own:

① alone; without anyone else 独自

e.g. I'm all on my own today.

② without help or supervision 独立地,单独地

e.g. Although her father is in the firm she got the job all on her own.

Note that “**what**” in “... for what might be the first time in your life” refers to “that time which...”

10) (Para.3) **No one's cooking your meals, except maybe the cafeteria staff. No one's making sure your homework gets done, or that you get up for class on time. No one's washing your clothes.**

【译文】除自助餐厅的员工外,可能没人再为你做饭了。没人再督促你完成作业,按时起床上课了。也没人再为你洗衣服了。

make sure (of sth/that...)

① to check that sth. is true or has been done 核实,查明

e.g. I think the door's locked, but I'll just go and make sure.

First, make sure the printer has enough paper in it.

② to do sth. so that you can be certain of the result 确保

e.g. They scored another goal and made sure of victory.

Note that in the sentence “**No one... No one... No one...**” is a parallel structure.

e.g. Music is the medicine for the breaking heart. Music washes from the soul the dust of everyday life. Music expresses that which cannot be said and on which it is impossible to

be silent. Music is well said to be the speech of angels.

11) (Para.3) **The freedom accompanying college dorm life can be both a blessing and a**

curse: Being free to do anything at college can be a happy thing and also a sad thing.

【译文】伴随大学宿舍生活而来的自由可能是苦乐参半。

blessing: *n.* sth. good or helpful 幸福,可喜的事情

e.g. The blessing of having family around you is that there is always help when you meet difficulties.

curse: *n.* sth. that causes trouble, harm etc. 令人痛苦或烦恼的事

e.g. The curse of being famous is that you have trouble getting any time to yourself.

12) (Para.4) **Finding an inexpensive way to keep in touch with family and friends can be a**

great way to smooth the transition to college dorm life: Find a cheap way to contact your family and friends and this will make it easy for you to adapt yourself to dorm life.

【译文】寻找一种经济的方式与家人和朋友保持联系,这样你可以更顺利地适应大学宿舍生活。

smooth: *v.* to make sth. smooth 使(某物)光滑、平坦或顺利

e.g. He smoothed down his hair.

This agreement will smooth the way to peace.

keep in touch with: be in contact with 与某人保持联系

e.g. Be sure to keep in touch with me in the next five years!

Doing sth...: 动名词词组做主语

e.g. Driving a car during rush hour is tiring.

Working in these conditions is not a pleasure but a suffering.

并列结构的动名词词组做主语,谓语动词的单复数视表达的内容而定,如果表示同一事件用单数;如果表示两个不同的事件用复数。

e.g. Turning these pages and studying the pictures is really a wonderful thing.

Doing housework and working for a company are two different tasks for me.

13) (Para.4) **Many campuses offer free or low-cost Internet connections in the dorms, so e-mail and instant messaging are two ways you can check in with people at home.**

【译文】很多在校学生,都可在宿舍免费或低价上网。所以发送电子邮件和即时信息是与家人随时沟通的两种方式。

Internet connection: 上网

instant messaging: 即时消息

14) (Para.4) ..., **look into available VoIP (Voice over Internet Protocol) services.**

【译文】不妨使用网络电话(互联网语音传输协议)服务

available: adj.

① (of things) that you can get, buy or find (指物)可用的,可得到的

e.g. You will be informed when the book becomes available.

② (of a person) free to see or talk to people (指人)可以会见的,有空的

e.g. The Prime Minister was not available for comment.

avail: v. (~ oneself of sth.) 使用,利用(某事物)

e.g. You must avail yourself of every opportunity to speak English.

15) (Para.5) **Sharing your exciting and trying experiences with people from home can help**

dispel feelings of isolation and loneliness: Exchanging exciting and difficult experiences with people from home can help you get rid of feelings of isolation and loneliness.

【译文】与家人分享你的激动心情和烦恼经历,可以帮助你排遣孤独和寂寞。

isolation: n. the state of being alone or lonely 孤独(立)

e.g. Many unemployed people experience feelings of isolation and depression.

isolate: v. to separate sb./sth. physically or socially from other people or things (使)隔离,孤立,脱离

e.g. Patients with an infectious disease should be isolated.

He was immediately isolated from the other prisoners.

16) (Para.5) **However, if feelings of homesickness and depression persist as a result of life in the dorm, make sure you talk to someone about them.**

【译文】但是,若继大学宿舍生活而来的恋家和低落情绪迟迟不去,一定要向他人倾诉。

persist: vi

① to continue to exist 持续,保持

e.g. If the symptoms persist, consult your doctor.

The belief that the earth was flat persisted for many centuries.

② to continue to do sth. despite difficulties or opposition, in a way that can sometimes seem unreasonable 坚持,执著地做

e.g. She persisted in her search for the truth.

Why do you persist in blaming yourself for what happened?

persistent: adj. 坚持不懈的;持续的

a persistent salesman: 执著的推销员

e.g. persistent rain 连绵不断的雨

as a result of: because of 作为……的结果

e.g. She died as a result of her injuries.

As a result of the pilots' strike, all flights have had to be cancelled.

- 17) (Para.6) **One of the *anxieties* that comes with the approach to college dorm life lies in the preparation:** Going to live in a college dorm will bring a lot of anxieties. One of them is how to prepare for the new life.

【译文】临近开学,焦虑之一缘自做准备。

anxiety: *n.* worry or fear about sth. 忧虑,焦急

e.g. If you're worried about your health, share your anxieties with your doctor.

Some hospital patients experience high levels of anxiety.

anxious: *adj.* feeling worried or nervous 焦虑,忧虑

e.g. He was a bit anxious about the safety of the machinery.

... that come(s) with... be (is, are...)/do (does, did...)

e.g. A new bank account that comes with a free gift is a good way to get new customers.

A kindly action that does not come with kind thoughts will be easily seen as false.

approach: *n.*

① movement nearer to sb./sth. in distance or time (距离和时间上的)靠(接)近

e.g. the approach of spring

She hadn't heard his approach and jumped as the door opened.

② a way of dealing with sb./sth.; a way of doing or thinking about sth. such as a problem or a task 方式(法),途径

e.g. He decided to adopt a new approach to teaching English.

approach: *v.* to come near to sb./sth. in distance or time (在距离或时间上)靠近,接近

e.g. As you approach the town, you'll see the college on the left.

come with: be associated with 伴随……发生

e.g. The heavy rain came with thunder and lightning last night.

lie in: (of ideas, qualities, problems, etc.) to exist or be found 存在,在于

e.g. The problem lies in deciding when to start.

The difficulty lies in providing sufficient evidence.

- 18) (Para.6) **How do you figure out what to take with you?**

【译文】你如何知道该带什么去学校呢?

figure out:

① to think about sb./sth. until you understand 理解,领会到

e.g. We've never been able to figure her out.

I can't figure out how to do this.

② to calculate an amount or the cost of sth. 计算出

e.g. Have you figured out how much the trip will cost?

19) (Para.6) ... **including many items you've probably considered.**

【译文】……其中不少物品你可能考虑到了。

item: n

① one thing on a list of things to buy, do, talk about, etc. (清单上的)项目

e.g. What's the next item on the agenda?

② a single article or object 一件商品(或物品)

e.g. The store is having a sale on furniture and household items.

③ a single piece of news in a newspaper, on television, etc. 一则,一条(新闻)

e.g. an item of news/a news item 一条新闻

20) (Para.6) ..., **and other essentials of college dorm life.**

【译文】……及其他一些宿舍必需品

essential: n.

① sth. that is needed in a particular situation or in order to do a particular thing 必需品

e.g. The studio had all the essentials like heating and running water.

② an important basic fact or piece of knowledge about a subject 要点,要素,实质

e.g. the essentials of English grammar

essential: adj.

① extremely important in a particular situation or for a particular activity 必不可少的

e.g. Money is not essential to happiness.

It is essential that you have some experience.

② connected with the most important aspect or basic nature of sb./sth. 本质的,基本的

e.g. The essential difference between Sara and me is our attitude to money.

21) (Para.7) **Be sure to get yourself a daily planner or calendar to mark down important dates, such as when papers or projects are due and exam days:** Do not forget to make a daily plan or to keep a calendar, and write down the important dates, Such as when to hand in your papers or projects and when to take exams.

【译文】务必准备一张日计划表或日程表,记下重要的日期,如何时提交论文或设计,何时考试。

Be sure to...: used to tell sb. to remember to do sth. 一定要,务必要做某事

e.g. Be sure to attend the meeting.