



“十二五”普通高等教育本科国家级规划教材

创新大学英语

INNOVATION COLLEGE ENGLISH

综合教程 第二册

INTEGRATED COURSE

学生用书 STUDENTS' BOOK

第二版

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华东师范大学出版社

图书在版编目 (CIP) 数据

创新大学英语第2册综合教程 / 张露蓓, 杨安文, 王英杰主编. — 2版. — 上海: 华东师范大学出版社, 2015.12

(创新大学英语)

ISBN 978-7-5675-4583-0

I. ①创… II. ①张…②杨…③王… III. ①英语—高等学校—教材 IV. ①H31

中国版本图书馆CIP数据核字(2016)第013453号

创新大学英语 综合教程 学生用书 第二册 (第2版)

总 主 编 傅勇林
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策 划 四川创图文化传播有限公司
项目编辑 姚 望
审读编辑 李贵莲
装帧设计 创图文化

出版发行 华东师范大学出版社
社 址 上海市中山北路3663号 邮 编 200062
网 址 www.ecnupress.com.cn
电 话 021-60821666 行政传真 021-62572105
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印 刷 者 成都市海翔印务有限公司
开 本 889 × 1194 16开
印 张 13.5
字 数 272千字
版 次 2016年7月第2版
印 次 2016年7月第1次
书 号 ISBN 978-7-5675-4583-0/H · 860
定 价 39.90元

出 版 人 王 焰

(如发现本版图书有印订质量问题, 请寄回本社市场部调换)

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Unit 1

A Way to Success





Part One Lead-in

Directions: Watch a video clip and answer the following questions.

- 1) What do people experience when they are making decisions?
- 2) According to the video, what can help us overcome the difficulty in making decisions?



Part Two Intensive Reading

Warm-up Activities

Activity One

Directions: Please describe your feelings while you are making a decision and explain the reasons.



Feelings	Why
1) Lost/Disoriented 2) Unclear/Unsure 3) Perplexed/Confused 4) Excited 5) Blessed 6) Grateful	

Activity Two

Directions: Please have a discussion about the following quotation.

Life is about choices, Some we
regret, Some we're proud of.
Some will haunt us forever.
We are what we choose to be.
— Graham Brown



Text A



1 When I was about 10 years old, I had a trip with my grandparents. My grandfather was driving and my grandmother had the passenger seat. She smoked throughout the trip, and I hated the smell.

2 At that age, I'd take any excuse to make estimates and do minor arithmetic. I'd calculate our gas mileage or figure out useless statistics on things like grocery spending. I'd been hearing an ad campaign about smoking, which basically said, every puff of a cigarette takes 2 minutes off of your life. At any rate, I decided to do the math for my grandmother. I estimated the number of cigarettes per day, estimated the number of puffs per cigarette and so on. When I was satisfied that I'd come up with a reasonable number, I poked my head into the front of the car, tapped my grandmother on the shoulder, and proudly proclaimed, "At two minutes per puff, you've taken nine years off your life!"

3 I have a vivid memory of what happened, and it was not what I expected. I expected to be applauded for my cleverness and arithmetic skills. I imagined they'd say something like: "Jeff, you're so smart. You had to have made some tricky estimates, figure out the number of minutes in a year and do some division." That's not what happened. Instead, my grandmother burst into tears. I sat in the backseat and did not know what to do. While my grandmother sat crying, my grandfather, who had been driving in silence, pulled over onto the shoulder of the highway. He got out of the car and opened my door and waited for me to follow. Was I in trouble? My grandfather was a highly intelligent, quiet man. He had never said a harsh word to me, and maybe this was to be the first time? He looked at me, and after a bit of silence, he gently and calmly said, "Jeff, one day you'll understand that it's harder to be kind than clever."

4 What I want to talk to you about today is the difference between gifts and choices. Cleverness is a gift, kindness is a choice. Gifts are easy — they're given after all. Choices can be hard. You can seduce



yourself with your gifts if you're not careful, and if you do, it'll probably be to the detriment of your choices.

5 This is a group with many gifts. I'm sure one of your gifts is the gift of a smart and capable brain. How will you use these gifts? And will you take pride in your gifts or pride in your choices?

6 I got the idea to start Amazon 16 years ago. I came across the fact that Web usage was growing at 2,300 percent per year. I'd never seen or heard of anything that grew that fast, and the idea of building an online bookstore with millions of titles — something that simply couldn't exist in the physical world — was very exciting to me. I had just turned 30 years old, and I'd been married for a year. I told my wife MacKenzie that I wanted to quit my job and go to do this crazy thing that probably wouldn't work since most startups don't, and I wasn't sure what would happen after that. MacKenzie told me I should go for it.

7 I was working at a financial firm in New York City with a bunch of very smart people, and I had a brilliant boss that I admired. I went to my boss and told him I wanted to start a company selling books on the Internet. He took me on a long walk in Central Park, listened carefully to me, and finally said, "That sounds like a really good idea, but it would be an even better idea for someone who didn't already have a good job." That logic made some sense to me, and he convinced me to think about it for 48 hours before making a final decision. Seen in that light, it really was a difficult choice, but ultimately, I decided I had to give it a shot. I didn't think I'd regret trying and failing. And I suspected I would always be haunted by a decision to not try at all. After much consideration, I took the less safe path to follow my passion, and I'm proud of that choice.

8 Tomorrow, in a very real sense, your life — the life you author from scratch on your own — begins.

9 How will you use your gifts? What choices will you make?

10 Will inertia be your guide, or will you follow your passions?

11 Will you follow dogma, or will you be original?

12 Will you choose a life of ease, or a life of service and adventure?

13 Will you play it safe, or will you be a little bit swashbuckling?

14 When it's tough, will you give up, or will you be relentless?

15 Will you be a cynic, or will you be a builder?

16 Will you be clever at the expense of others, or will you be kind?

17 I will hazard a prediction. When you are 80 years old, and in a quiet moment of reflection narrating for only yourself the most personal version of your life story, the telling that will be most compact and meaningful will be the series of choices you have made. In the end, we are our choices. Build yourself a great story. Thank you and good luck!

(911 words)

 New Words

estimate /'estimeɪt/ <i>n.</i>	an approximate calculation of a quantity or value 估算, 估价; a judgment about a person or situation 评价, 评估
<i>vt.</i>	to form an idea of the cost, size, value, etc. of sth., but without calculating it exactly 估计, 估算
minor /'maɪnə/ <i>adj.</i>	not very large, important or serious 少数的; 不太重要的; 不太严重的
arithmetic /ə'riθmətik/ <i>n.</i>	the part of mathematics that is concerned with the addition, subtraction, multiplication, and division of numbers 算术
mileage /'maɪlɪdʒ/ <i>n.</i>	the distance that you have travelled, measured in miles 里程数
grocery /'grəʊsəri/ <i>n.</i>	food and other goods sold by a grocer or at a supermarket 食品, 杂货; a shop/store that sells food and other things used in the home 食品杂货店
campaign /kæm'peɪn/ <i>n.</i>	(~ against/for sth.) a series of planned activities that are intended to achieve a particular social, commercial or political aim 运动, 活动; a series of attacks and battles 战役
puff /pʌf/ <i>n.</i>	the action of breathing in smoke from a cigarette, pipe, etc. 吸, 抽
<i>v.</i>	to smoke a cigarette, pipe, etc. 吸, 抽
poke /pəʊk/ <i>vt.</i>	to push sth. somewhere or move it in a particular direction with a small quick movement (使)伸出, (使)探出
proclaim /prə'kleɪm/ <i>vt.</i>	to state sth. in an emphatic way 明确表示, 清楚表明; to publicly and officially tell people about sth. important 宣布, 声明
applaud /ə'plɔ:d/ <i>v.</i>	to express praise for sb./sth. because you approve of them or it 称赞, 赞许; to show your approval of sb./sth. by clapping your hands 鼓掌
tricky /'trɪki/ <i>adj.</i>	difficult to do or deal with 难办的, 棘手的; (of people) clever but likely to trick you 诡计多端的, 奸诈的
seduce /sɪ'dju:s/ <i>vt.</i>	(~ sb. into sth.) (~ sb. into doing sth.) to persuade sb. to do sth. that they would not usually agree to do by making it seem very attractive 引诱, 诱惑



detriment /'detrɪmənt/ <i>n.</i>	harm or damage 损害, 伤害
startup /stɑ:tʌp/ <i>n.</i>	a newly established business 创业公司, 新开张的企业
ultimately /'ʌltɪmətli/ <i>adv.</i>	finally, after a long and often complicated series of events 最终, 最后
haunt /hɔ:nt/ <i>vt.</i>	(of sth. unpleasant) to continue to cause problems for a long time (长期) 困扰; (~ a place) (of a ghost) to show up itself (at a place) regularly 闹鬼
author /'ɔ:θə/ <i>v.</i>	to be the writer of a book, report, etc. 创作, 撰写
original /ə'ɹɪdʒənəl/ <i>adj.</i>	new and interesting in a way that is different from anything that has existed before 新颖的, 独创的; existing at the beginning of a particular period, process or activity 起初的, 原来的
ease /i:z/ <i>n.</i>	the state of being very comfortable and able to live as you want, without any worries or problems 舒适, 安逸
<i>v.</i>	to make or become less severe, difficult, unpleasant, painful 减轻, 缓解
swashbuckling /'swɒʃbʌklɪŋ/ <i>adj.</i>	connected with adventure and excitement 冒险的, 惊心动魄的
relentless /rɪ'lentləs/ <i>adj.</i>	refusing to give up or be less strict or severe 坚韧的, 不屈不挠的
cynic /'sɪnɪk/ <i>n.</i>	sb. who believes that people always act selfishly 愤世嫉俗者
hazard /'hæzəd/ <i>vt.</i>	to make a suggestion or guess which you know may be wrong 冒险猜测, 冒失地提出
<i>n.</i>	a thing that can be dangerous or cause damage 危险, 危害
reflection /rɪ'flekʃən/ <i>n.</i>	careful thought about a particular subject 深思; an image that you can see in a mirror or in glass or water 映像; a sign that shows the state or nature of sth. 反映, 体现
narrate /næ'reɪt/ <i>vt.</i>	to tell a story 叙述, 讲述
version /'vɜ:ʃən/ <i>n.</i>	a description of an event from the position of a particular person or group of people 说法, 描述; a copy of sth. that has been changed 版本
compact /'kɒmpækt/ <i>adj.</i>	packed or put together firmly and closely 紧凑的, 小巧的

▶ Phrases and Expressions

at any rate	无论如何，不管怎样
take... off	拿走；取走
burst into	突然进入（某种状态）
pull over	靠边停车
in trouble	处于困境中
to the detriment of	有损于，有害于
take pride in	以……为傲
make sense	有道理，言之有理
give it a shot	试试看，试一试
in a sense	从某种意义上说
from scratch	白手起家，从头做起
play it safe	小心谨慎，谨慎行事
at the expense of	以……为代价

▶ Exercises

Text Comprehension

Global Reading

Directions: Fill in the blanks with appropriate words according to the text.

Years later, Jeff Bezos came to understand what his grandpa had told him once: “It is harder to be 1) _____ than clever”. Cleverness is a gift, but kindness is a choice. Gifts are 2) _____, but choices can be hard. Seen in that light, he quit his job, followed his 3) _____, and gave Amazon a 4) _____. Proud of his choice of this less safe road, he’s now telling his audience, “The most meaningful part of your life will be the 5) _____ of choices you have made. If you want to build yourself a great story, use your smart and 6) _____ brain to make the right choice. Ultimately, you are what you 7) _____”.

Detailed Reading

Directions: Write T (True) or F (False) for each of the statements according to the text.

- 1) The author decided to do arithmetic for his grandma because he wanted her to quit smoking. ()
- 2) His grandma burst into tears for she was touched by her grandson’s cleverness. ()
- 3) If you are not careful with your gifts, it will probably be harmful to your choices. ()
- 4) The author’s wife objected to his idea of starting an online bookstore at the beginning. ()



- 5) What his boss said during their long walk made a difference in Jeff's final decision. ()
- 6) Compared to a life of ease, the author prefers to have a life of adventure. ()
- 7) The author encourages us to make sensible choices with our gifts. ()

Language Focus

Vocabulary

1. Directions: Match the words in Column A with their definitions in Column B.

A	B
1) estimate	A. the state of being very comfortable and able to live as you want, without any worries or problems
2) minor	B. a series of planned activities that are intended to achieve a particular social, commercial or political aim
3) campaign	C. small shallow cuts
4) proclaim	D. to form an idea of the cost, size, value, etc. of sth., but without calculating it exactly
5) detriment	E. the act of causing harm or damage
6) scratch	F. not very large, important or serious
7) ease	G. to state sth. in an emphatic way
8) original	H. careful thought about a particular subject
9) hazard	I. sth. which could be dangerous to you, your health or safety, or your plans or reputation
10) reflection	J. new and interesting in a way that is different from anything that has existed before

2. Directions: Complete the sentences with the correct form of the words in Exercise 1.

- 1) They played only a _____ role in local government.
- 2) He worked very long hours, to the _____ of his marriage.
- 3) I don't think George is capable of having _____ ideas.
- 4) Scientists _____ that smoking reduces life expectancy by around 12 years on average.
- 5) On some level, a student's grades are a _____ on the teacher.
- 6) Polluted water sources are a _____ to wildlife.
- 7) Florida was a key state in his _____ for re-election.
- 8) He had been dreading their meeting but her warm welcome soon put him at _____.
- 9) The President _____ the republic's independence.
- 10) She was unharmed apart from a few cuts and _____.



3. Directions: Fill in the blanks using the appropriate form of the words given below. Change the form where necessary.

● **minor, major**

- 1) We have made some _____ changes to the program, but most people won't notice.
 2) The government's _____ concern is with preventing accidents on the roads.

● **original, origin**

- 3) The scientist proposed a new theory to explain the _____ of the universe.
 4) The _____ painting is now in the National Gallery in London.

● **reflect, reflection**

- 5) I need time to _____ on what you've offered.
 6) His speech was an accurate _____ of the public mood.

● **proclaim, claim**

- 7) The company _____ that their product "makes you thin without dieting".
 8) After its independence India was _____ a republic.

Structure

Directions: Rewrite the following sentences after the model, using a present participle as an attributive.

Model: I went to my boss and told him I wanted to start a company which will sell books on the Internet.

I went to my boss and told him I wanted to start a company *selling* books on the Internet.

- 1) The young man who sits between John and Mary is the editor of the campus newspaper.

- 2) Those who wish to join the club should sign here.

- 3) Do you know the young man who is waiting outside the school gate?

- 4) There seems to be something wrong with the cat that is lying at the corner of the street.

- 5) The man who was wearing a blue shirt and blue jeans was caught shortly after he had left the bank.



Comprehensive Exercises

Cloze

Directions: There is a passage with 10 blanks. Please read it carefully and select one word from the word bank below to fill in each blank appropriately.

There are always two 1) _____ in life, either put up with the conditions as they are, or take the responsibility to change them.

It happened when I was at my father's clinic whilst he was out of town. A lady named Saraswati came with her one year old daughter. The baby was burning with high fever and I 2) _____ her for not bringing the baby in any earlier. The lady started crying, saying she did not have the money for the doctor's 3) _____ and medication.

Saraswati had got married three years ago; her parents paid a dowry of 10,000 rupees. However, her husband ran away with the money, leaving her pregnant. Saraswati returned to her home and 4) _____ on the job of a servant. Her husband's family did not care about whether her daughter was sick or well since she was a girl. I did not 5) _____ Saraswati, but I knew this would not solve her problem. I thought about her all night and wondered what could be done to help these 6) _____, cheated and downtrodden women.

The next day I received a call from my aunty who needed a housemaid. I felt as if God had showed me a way to help Saraswati. I recommended her to my aunty and she was given a good income and a good home to live in.

Then one sunny morning when I was having coffee, a group of women came to my house (guided by the ever so dear Saraswati). Everybody had a common story, cheated, exploited and dowry 7) _____. I recommended them to domestic maid jobs. Now these ladies are independent and all are working hard to live a 8) _____ life. I may have not been successful but when one day Saraswati came to my home with a box of sweets because she had got 9) _____ for her daughter at a nearby school, she 10) _____ to my feet and said: you have given my daughter and me a respectable living, may God give you much success.

I realized I had done nothing, I just showed them a way — a way to self-respect and thereafter, they all continued this tough journey themselves.

scolded

devices

admission

victims

respectable

miserable

took

treated

illiterate

fell

charge

educated

choices

approval

fees

**Translation**

Directions: Translate the following sentences into English, using the words and phrases given in the brackets.

1) 最终，产品的成功还是取决于高明的销售手段。(ultimately)

2) 园丁估计他给花园除草需要四个小时。(estimate)

3) 无论你怎么读这个句子，它还是讲不通。(make sense)

4) 你是否有某段记忆总在午夜梦回萦绕心头？(haunt)

5) 我不知道他在哪里，不过我可冒昧猜一猜。(hazard)





Text B



College — A Single Step on a Much Longer Journey

Richard H. Shaw

1 This afternoon, my office sent out over 34,000 email notifications to high school seniors who applied Regular Decision and were waiting with anticipation to learn whether they would be invited to spend the next four years at Stanford.

2 Even though I have been in the admission field for over 30 years, I still feel quite a bit of pain at the end of this week (as I do each year) about the many exceptional youths who were not offered a space in the class. I also expect that in the following weeks I will hear from parents who are understandably distraught that their sons and daughters with top high school class rankings, very high SAT scores and some truly impressive extracurricular accomplishments were denied entry.

3 Clearly, I believe that a Stanford education is wonderful, but my experience suggests it's often parents who are more upset about our admission decisions than the kids. I can relate to their concerns: I found myself getting jittery as my

own daughter waited for her college application decisions. But given that today's teens already have enough pressure in their lives, I wish to impart three credos to these parents.

4 First, it's all relative. While the number admitted into the undergraduate class has remained unchanged for years, Stanford, like many of its peer schools, has had a record number of total applicants — more than 42,000. Regardless of arguments over whether too much preference is given to one category over another, thousands of students are going to be turned away, and there is no doubt that the vast majority of them could have met the demands of a Stanford education. We could, for instance, have filled incoming classes four or five times over with applicants who achieved grade point averages of 4.0 or greater.

5 I wish there were a formula to explain who is accepted and who isn't, but the decision-making is as much art as it is science. Each class



is a symphony with its own distinct composition and sound; the final roster is an effort to create harmony, and that means that some extraordinary bass players don't get a chair. What's more, even among my staff there are legitimate differences about applicants. The bottom line: The world is not going to judge anyone negatively because they didn't get into Stanford or one of our peer institutions.

6 Second, celebrate the bigger picture. Despite the constant media buzz about the turbulent state of youth today, most of the applications I reviewed — as well as those reviewed by my colleagues at Stanford and elsewhere — are truly remarkable. And in most cases, those denied admission to some schools are admitted to others. The transition from high school to college is a monumental turning point, and it's more important to focus on how a young adult is moving on to a new stage than where that stage happens to be. This is the moment when parents should mark the success of their children and rejoice in the excitement that the next four years will bring.

7 And that leads to my final point: Education is what a student makes of it. Of course, certain schools have resources that others don't, but they

all offer opportunities to learn and to grow.

8 I am reminded of a teenager graduating high school in Sunnyvale, Calif., in 1975, who applied to only Stanford and one other school. He was understandably disappointed when denied admission here, but he later excelled as an undergraduate at the distinguished university across San Francisco Bay, UC Berkeley.

9 He went on to earn a doctorate at the Massachusetts Institute of Technology and to become a research scientist at the Carnegie Institution of Washington and an adjunct professor at Johns Hopkins. In 2003, he joined the Stanford University School of Medicine and was the co-winner of the Nobel Prize in physiology or medicine in 2006.

10 An undergraduate degree from Stanford, or an Ivy League college, may well end up being only one line at the bottom of a resume. What parents and college applicants across the country need to remember is that the news they receive, whether good or bad, is but a single step on a much longer journey.

(698 words)



New Words

notification /ˌnəʊtɪfɪˈkeɪʃən/ *n.*

official information about sth. 通知, 报告

anticipation /ˌæntɪsɪˈpeɪʃən/ *n.*

expectation or hope 期待, 希望

admission /ədˈmɪʃən/ *n.*

permission given to sb. to become a member of a school (被学校) 录取

exceptional /ɪkˈsepʃənəl/ *adj.*

unusually good, outstanding 杰出的, 突出的

distraught /dɪsˈtrɔ:t/ *adj.*

so upset and worried that one cannot think clearly 心烦意乱的

extracurricular

/ˌeskstrəˈkʊlə(r)/ *adj.*

outside the regular curriculum or program of courses 课外的



deny /dɪ'naɪ/ <i>v.</i>	to refuse to give sb. or prevent sb. from having sth. 拒不给 予, 阻止……获得某物……
jittery /'dʒɪt(ə)rɪ/ <i>adj.</i>	anxious or nervous 焦虑的, 紧张的
teen /ti:n/ <i>n.</i>	teenager 青少年
<i>adj.</i>	relating to teenagers or used by teenagers 青少年的
impart /ɪm'pɑ:t/ <i>v.</i>	to give information, knowledge, wisdom, etc. to sb. 告知, 传 授
credo /'kri:dəʊ/ <i>n.</i>	creed 信条
peer /pɪə/ <i>n.</i>	sth. of equal worth or quality 同类, 同行
applicant /'æplɪkənt/ <i>n.</i>	sb. who has formally asked, usually in writing, for a job, university place, etc. 申请者
category /'kætɪɡəri/ <i>n.</i>	class or group of things in a complete system of grouping 种 类, 类别, 范畴
formula /'fɔ:mjələ/ <i>n.</i>	expression of a rule or relationship in algebraic symbols 公式
symphony /'sɪmfəni/ <i>n.</i>	long complex musical composition, usu. in three or four parts for a large orchestra 交响曲, 交响乐
distinct /dɪs'tɪŋkt/ <i>adj.</i>	clearly different or belonging to a different type 独特的, 不 同的
composition /kəm'pəzɪʃən/ <i>n.</i>	the way in which sth. is made up of different parts, things, or members 布局, 构成
roster /'rəʊstə/ <i>n.</i>	名单, 花名册
harmony /'hɑ:məni/ <i>n.</i>	pleasing combination of related things 和谐, 协调
extraordinary /ɪks'trɔ:dnəri/ <i>adj.</i>	very unusual or surprising 特别的, 非凡的
bass /beɪs/ <i>n.</i>	electric guitar producing very low notes 贝斯, 低音电吉他
legitimate /lɪ'dʒɪtɪmət/ <i>adj.</i>	fair or reasonable 正当的, 合理的; acceptable or allowed by law 合法的
institution /,ɪnstɪ'tju:ʃən/ <i>n.</i>	a large organization that has a particular kind of work or purpose 机构
buzz /bʌz/ <i>n.</i>	a continuous noise like the sound of a bee 嗡嗡声
turbulent /'tɜ:bjulənt/ <i>adj.</i>	in a state of commotion or unrest; disturbed 动荡的; 混乱的
remarkable /rɪ'mɑ:kəbl/ <i>adj.</i>	unusual or surprising and therefore deserving attention or praise 不同凡响的, 引人注目的



monumental /ˌmɒnju'mentl/ <i>adj.</i>	of outstanding significance 极为重要的
rejoice /rɪ'dʒɔɪs/ <i>v.</i>	to feel or show that you are very happy 欢喜, 高兴
excel /ɪk'sel/ <i>v.</i>	to do sth. very well, or much better than most people 优于, 擅长
distinguished /dɪs'tɪŋɡwɪʃt/ <i>adj.</i>	successful, respected, and admired 杰出的, 著名的
doctorate /'dɒktərɪt/ <i>n.</i>	a university degree of the highest level 博士学位
physiology /ˌfɪzɪ'ɒlədʒi/ <i>n.</i>	scientific study of the normal functions of living things 生理学
resume /rɪ'zju:m/ <i>n.</i>	a short written account of your education and your previous jobs that you send to an employer when you are looking for a new job 简历

▶ Phrases and Expressions

turn away	拒绝某人进入或加入
the bottom line	最重要的（是）；底线
adjunct professor	副教授，兼职教授
end up	结束，告终

▶ Proper Names

SAT	学术能力评估测试 (Scholastic Assessment Test, 俗称“美国高考”)
Stanford	斯坦福大学 (Stanford University)
UC Berkeley	加州大学伯克利分校 (University of California, Berkeley)
Massachusetts Institute of Technology	麻省理工学院
Carnegie Institution of Washington	卡内基科学研究所
Johns Hopkins	约翰·霍普金斯大学 (The Johns Hopkins University)
Ivy League	常春藤联盟



▶ Exercises

1. Directions: Choose the best answer to each of the questions or unfinished statements after reading the passage.

- 1) Why does the author feel quite a bit of pain at the end of this week?
 - A) Because some parents will be angry.
 - B) Because there is too much work to do.
 - C) Because he has been in the admission field for over 30 years.
 - D) Because he feels pity for the outstanding students who were not admitted.
- 2) There isn't a formula for decision making in admission because _____.
 - A) it is an art but not a science
 - B) it is a science but not an art
 - C) it is both an art and a science
 - D) it is neither an art nor a science
- 3) Each class is similar to a symphony in that _____.
 - A) it needs only one bass player
 - B) it only recruits qualified candidates
 - C) it needs to achieve harmony as a symphony does
 - D) it has the same number of members as a symphony orchestra
- 4) According to the passage, more importance should be attached to _____.
 - A) which college young adults are admitted to
 - B) how young adults move on from high school to college
 - C) the reason why young adults are not admitted by Stanford
 - D) the fact that students denied admission to some schools are admitted to others
- 5) By saying "Education is what a student makes of it" the author means that _____.
 - A) students don't need higher education
 - B) it is not worth going to an Ivy League college
 - C) schools with more resources offer students more opportunities
 - D) individual efforts are as important as being admitted by a good university

2. Directions: Fill in the blanks using some of the words or phrases given below. Change the form where necessary.

anticipation	admission	exceptional	deny	applicant
category	formula	symphony	distinct	composition
harmony	legitimate	turbulent	transition	peer

- 1) After he was officially pronounced the world's oldest man, he offered this simple _____ for a long and happy life.
- 2) They were vegetarians and lived in _____ with nature and other creatures.
- 3) _____ to the museum is always free, but tickets are required for entry and can be booked



online in advance.

- 4) The decisions people make tend to fall into two primary _____: important and unimportant.
- 5) Engineering and technology are disciplines (学科) _____ from one another and from science.
- 6) It was unacceptable that all the foreigners got to visit the park, but locals were _____ admission.
- 7) The Girls Education Program focuses on the _____ years when girls enter and leave secondary education.
- 8) According to his father's will, he is the _____ heir (继承人) to the property.
- 9) People bought in stocks of tinned goods in _____ of the possible food shortage.
- 10) George Washington University will no longer require freshman _____ to provide standardized test scores.

3. Directions: Translate the following sentences.

- 1) Clearly, I believe that a Stanford education is wonderful, but my experience suggests it's often parents who are more upset about our admission decisions than the kids.

- 2) I wish there were a formula to explain who is accepted and who isn't, but the decision-making is as much art as it is science.

- 3) The transition from high school to college is a monumental turning point, and it's more important to focus on how a young adult is moving on to a new stage than where that stage happens to be.

- 4) 我不想剥夺他们这点无伤大雅的乐趣。(deny)

- 5) 青春期是儿童期和成年期之间的一个过渡阶段。(adolescence, transitional)

- 6) 你要是老这样花钱，总有一天要负债。(end up)



Part Three Listening Comprehension

Listening Strategy

Recognizing Strong and Weak Forms

A weak form is the pronunciation of a word or syllable in an unstressed manner. The use of weak forms is a common and essential feature of spoken English. Articles, pronouns, prepositions, adverbs, conjunctions and auxiliary verbs in English are usually not stressed in speech except for emphasis.

e.g.: I often 'take a nap in the 'afternoon and then 'take a walk in a 'nearby park.

(The words in italics are unstressed, i.e. weak forms; the words in boldface are stressed.)

In some cases, the use of the weak or strong forms can change the meaning of the sentence. For example, in the sentence “John thinks that rose is beautiful”, whether “that” is stressed or unstressed gives the sentence a different meaning:

1) John thinks *that* rose is beautiful.

This version of the sentence, with the weak form of *that* /ðət/, means “John thinks all roses are beautiful.”

2) John thinks 'that rose is beautiful.

This version of the sentence, with the strong form of **that** /ðæt/, means “John thinks a specific rose is beautiful.”

Task I Listening Practice

1. Directions: Listen to the following sentences, and pay attention to the pronunciation of the underlined words. Choose the answer with the underlined word(s) STRESSED and think about the reason for the stress.

1) A) You should have used the conjunction “and” between the last two nouns.

B) Sit down and tell me about it.

2) A) She stood up and walked to the window.

B) Who were you speaking to?

3) A) I found what I was looking for.

B) If you're looking for a bargain, try the local market.

4) A) I go to and from the station every day.

B) This is the kind of problem that we all have from time to time.

5) A) There are some people waiting outside to see you.

B) Some people always get on my nerves.



2. Directions: Listen to the following sentences twice and underline the unstressed words you hear. Then read the sentences aloud, paying special attention to the weak forms.

- 1) A boatman wanted to cross a river.
- 2) He had to take with him a goat, a wolf and a basket of cabbage.
- 3) His boat was so small that he could take only one of them at a time.
- 4) "If I leave the wolf and the goat together, the wolf may eat the goat," he said to himself.
- 5) What did the boatman do to solve the problem?

Task II Topic-related Listening

1. Directions: Listen to the passage and answer the questions.

Word Tips

make an offer 出价, 报价
binary *adj.* 双重的, 二元的
rules of thumbs 经验法则

option *n.* 选项, 选择
present *v.* 提出, 呈现
split-second *adj.* 一刹那的, 极快的

- 1) When do the choices get harder?

- 2) How many options can our brains react to quickly?

- 3) What will most people do when they are presented with several really good options?

- 4) What can help us make those split-second decisions?

2. Directions: Listen to the passage three times and fill in the blanks with the missing words.

Word Tips

distinct *adj.* 明显的, 清楚的
conscious *adj.* 有意识的
go with one's gut 依直觉行事

factor *n.* 因素
unconscious *adj.* 无意识的
claim *v.* 声称, 断言

Research shows that people who make decisions quickly, even when 1) _____ information, tend to be more satisfied with their decisions than people who research and carefully 2) _____ their options. Some of this difference is simply in the lower level of 3) _____ the decision created, but much of it comes from the very way our brains work.



The conscious mind can only hold between five and nine 4) _____ thoughts at any given time. That means that any complex problem with more than (on average) seven 5) _____ is going to overflow the conscious mind's ability to 6) _____ effectively — leading to poor choices.

Our unconscious mind, however, is much better at juggling and working through complex problems. People who “go with their gut” are actually 7) _____ the work their unconscious mind has already done, rather than second-guessing it and 8) _____ their conscious mind's much more limited ability to deal with complex situations.

Whatever process you use to arrive at your decision, your satisfaction with your decision will depend largely on whether you 9) _____ ownership of your choices. If you feel pressured into a choice or not in control of the conditions, you'll find even 10) _____ colored negatively.



Part Four Oral Practice

Language Focus: Choice



Useful Vocabulary

paradox *n.* 自相矛盾

preference *n.* 偏爱

option *n.* 选择, 选择权

consequence *n.* 后果

assess *v.* 评估 (价)

pick *v.* 挑选

voluntary *adj.* 自愿的

reluctant *adj.* 勉强的

optional *adj.* 可以选择的

sensible *adj.* 明智的

prudent *adj.* 谨慎的

perpetual *adj.* 永远的

comparison *n.* 比较

alternative *n.* 取舍

dilemma *n.* 困境

compromise *v.* 折中, 妥协

ponder *v.* 深思

claim *v.* 声称

multiple-choice *adj.* 多选择的

unwilling *adj.* 不情愿的

decisive *adj.* 果断的

deliberate *adj.* 深思熟虑的

win-win *adj.* 双赢的

desirable *adj.* 向往的

► Useful Expressions

of one's own choice 自己的选择
 a happy medium 折中方案
 out of/from one's choice 出于自愿, 愿意地
 be spoilt for choice 挑花眼
 cut both ways 有利有弊
 preserve one's integrity 坚持自己的原则
 Hobson's choice 没选择的余地
 choose sth. over another 选择……而放弃另一个
 be fed up with sth. 受够了……

► Useful Sentences

- Life gives us choices. You either grab on with both hands and just go for it, or you sit on the sidelines.
- It is our choices that show us what we truly are, far more than our abilities.
- Destiny is no matter of chance. It is a matter of choice. It is not a thing to be waited for; it is a thing to be achieved.
- Everything can be taken from a person but one thing: the last of human freedoms — to choose one's attitudes in any given set of circumstances, to choose one's own way.
- Choice, not chance, determines human destiny.
- Life is the sum of all your choices.
- Everything that is happening at this moment is a result of the choices you've made in the past.
- I, not events, have the power to make me happy or unhappy today. I can choose which it shall be. Yesterday is dead, tomorrow hasn't arrived yet. I have just one day, today, and I'm going to be happy in it.
- One of the huge mistakes people make is that they try to force an interest on themselves. You don't choose your passions; your passions choose you.



▶ Exercises

Activity One: Poem Appreciation

Directions: Read the poem *The Road Not Taken* and discuss your understanding of it.

The Road Not Taken

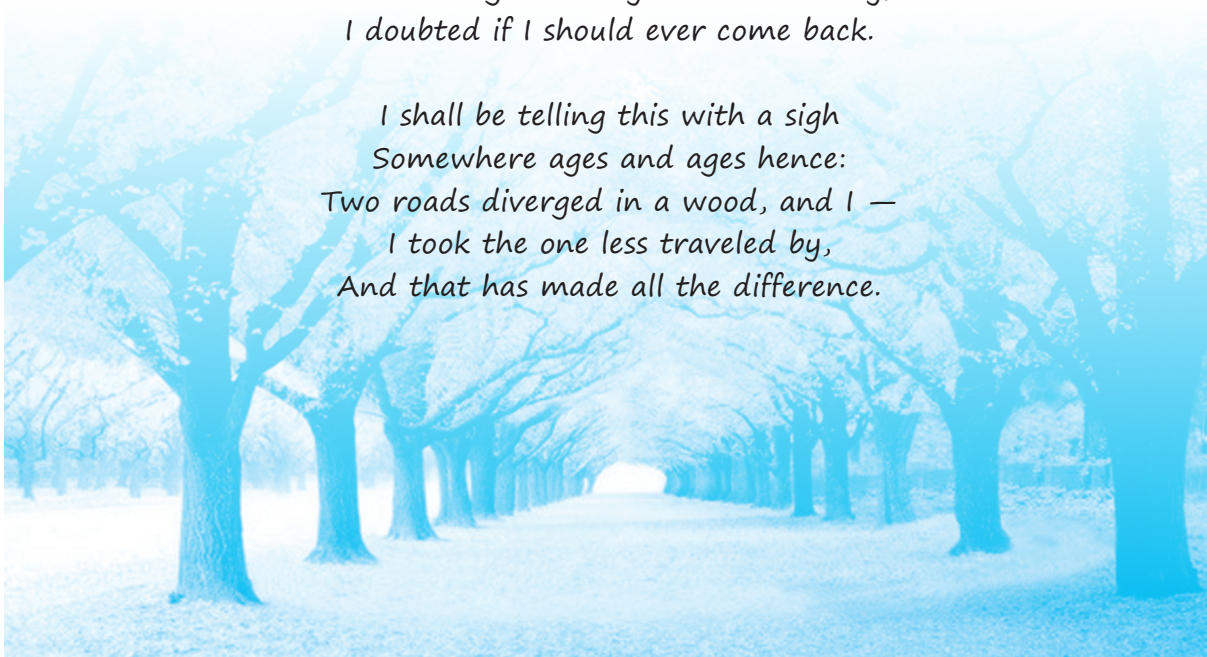
Robert Frost

Two roads diverged in a yellow wood,
And sorry I could not travel both
And be one traveler, long I stood
And looked down one as far as I could
To where it bent in the undergrowth.

Then took the other, as just as fair,
And having perhaps the better claim,
Because it was grassy and wanted wear;
Though as for that the passing there
Had worn them really about the same.

And both that morning equally lay
In leaves no step had trodden back.
Oh, I kept the first for another day!
Yet knowing how way leads on to way,
I doubted if I should ever come back.

I shall be telling this with a sigh
Somewhere ages and ages hence:
Two roads diverged in a wood, and I —
I took the one less traveled by,
And that has made all the difference.





Activity Two: Discussion

Directions: Read the following table and think about your dream job. Break into groups and discuss the questions with your group members.

Questions	Your Answers
What am I really passionate about and why?	
What does my dream job look like?	
How does this job fit into my dream life?	

Activity Three: Self-reflection

Directions: Reflect on your past experience and describe an important choice you had to make in your life. You may use the following questions as clues.

- 1) What was the choice about?
- 2) What were the pros and cons of the choice?
- 3) Did you consult anyone to make the choice? If you did, what did he or she say? If not, why?
- 4) What did you finally choose to do?



