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INNOVATION COLLEGE ENGLISH

综合教程 第一册

INTEGRATED COURSE

教师用书 TEACHER'S BOOK

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Unit 1

All on Board





Part One Lead-in

Proverbs

- 1) 教育的目的在于品德的培养。
- 2) 教育不是目的，而是达到目的的手段。
- 3) 教育应该培养学生对学习的热爱，而不是为了获取事实。
- 4) 对学生进行填鸭式教育是错误的。
- 5) 教育可以光大善良的天性，矫正邪恶的天性。

College Education

Yes

- 1) Having a university education will lead to fewer rejections later in life.
- 2) Many chances people get in their lives come from their friends and others they meet at university.

No

- 1) There are also many opportunities for success for those without a university degree. Sometimes all it takes is to see an opportunity and chase after it.
- 2) Talent does not require a university degree to shine.



Part One Lead-in

Proverbs

Directions: Please translate the following proverbs into Chinese.

- 1) Education has for its object the formation of character.

- 2) Education is not an end, but a means to an end.

- 3) An educational system should be one in which the love of learning, rather than the acquisition of facts, is cultivated.

- 4) It is wrong to spoon-feed the students.

- 5) Education polishes good natures, and corrects bad ones.

College Education

Directions: Please give your opinions on the following topic. Do you agree or disagree with the following statements? Explain your reasons.

A university education is essential to success in life.

Agree	Disagree
Without a university education, people will not have access to the best and highest-paying jobs.	Many people, in fact, have done quite well for themselves without having the benefit of a university degree.
1)	1)
2)	2)
...	...



Part Two Intensive Reading

Warm-up Activities

Activity One

Directions: Everyone says your college years are to be the best of your life. What kind of expectations do you have about your college life? Share them with your classmates.

Activity Two

Directions: As a freshman in college, you know there are a lot of challenges ahead. This is a year of transition. Discuss with your partner the potential problems you might encounter on campus and explain the reasons.

Tips

- time management
- interpersonal relationships
- homesickness
- loneliness
- academic performance
- challenges of independence
- life skills
- financial problems
- the challenge of balance

Part Two Intensive Reading

Warm-up Activities

Activity One

(Open-ended.)

Activity Two

(Open-ended.)

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 and 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:



Text A 参考译文

大学宿舍生活

如果你刚从高中毕业，即将开始第一年大学宿舍生活，那你多半有不少困惑和担忧。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。要是彼此合不来怎么办？需要带点什么去寝室呢？住上铺还是下铺？

对很多人来说，这都是一次全新的经历。首先：放松一点。并不是你一个人感觉如此——宿舍里其他的新生可能也会有同样的焦虑与担心。好好利用开学前的时间做好准备。可以读些介绍大学宿舍生活及如何适应它的文章。

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。你处于完全陌生的环境。一方面，不用再按时熄灯就寝，也不再有人随时提醒你做作业，问你要去哪里，或跟什么人在一起了。而另一方面，兴许是第一次，你开始了独立生活。除自助餐厅的员工外，可能没人再为你

Text A



1 If you've just graduated from high school and are preparing for what might be your first year of college dorm life, you probably have a lot of questions and concerns. You may be facing the first time you've ever shared a room, especially with someone to whom you're not related. What if you don't get along? What do you need to take for your room? Top bunk or bottom bunk?

2 For many, this will be an entirely new experience. First of all: relax. You're certainly not alone — chances are that every other freshman in the dorms will have the same fears and concerns. Take advantage of the time before school starts to prepare yourself. You can begin by reading some articles about what to expect and how to handle college dorm life.

3 It's natural for some homesickness to accompany your first two or three weeks of adjusting to college dorm life. You're in an entirely new environment. 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. On the other hand, you're on your own for what might be the first time in your life. 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. The freedom accompanying college dorm life can be both a blessing and a curse. However, during this major transition, many students find that the biggest hurdle they face in their first college dorm life experience is homesickness. Here are a number of valuable tips on how to cope with the natural feelings of loneliness and homesickness that often affect new students.

4 Finding an inexpensive way to keep in touch with family and friends can be a great way to smooth the transition into college dorm life. 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. In addition, to save on long distance phone bills, look into available VoIP (Voice over Internet Protocol) services.

- 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

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.

5 Sharing your exciting and trying experiences with people from home can help dispel feelings of isolation and loneliness. You may actually learn that you're not missing much. However, if feelings of homesickness and depression persist as a result of college dorm life, make sure you talk to someone about them.

6 One of the anxieties that come with the approach to college dorm life lies in the preparation. How do you figure out what to take with you? Megan O'Leary, in *What to Bring to College*, provides a college dorm room checklist including many items you've probably considered, such as an alarm clock, a computer, and other essentials of college dorm life.

7 She also includes some items you may not have thought of, but that can make your college dorm life more pleasant, such as houseplants, a shower caddy, and a comfortable chair or bean bag. 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. Remember, one of the biggest adjustments to college dorm life you'll have to make is to be disciplined, to put yourself in charge of getting your homework done and preparing for tests.

8 Experts agree that one of the best ways to cope with the loneliness that can accompany college dorm life is to get involved in activities on campus. Allowing yourself to get bored can lead to depression, so make sure you have things to do; the more you get out of your dorm room, the more you'll get out of college dorm life.

9 By finding activities you like, you'll meet like-minded people and develop friendships, and when you broaden your college experience, you'll find that college dorm life becomes easier and easier.

(661 words)

New Words

dorm /dɔ:m/ <i>n.</i>	(informal) (=dormitory) a room for several people to sleep in, especially in a school or other institution 宿舍
concern /kən'sɜ:n/ <i>n.</i>	a feeling of worry, especially one that is shared by many people 担心, 忧虑
<i>v.</i>	(often passive) to involve sb.; to affect sb. 涉及, 影响
face /feɪs/ <i>vt.</i>	if you face a particular situation, or it faces you, you have to deal with it 面对, 面临
share /ʃeə/ <i>vt.</i>	(~...with...) to have or use sth. at the same time as sb. else 共用, 共有, 共享; 分享, 分担
<i>n.</i>	股份, 份额
related /rɪ'leɪtɪd/ <i>adj.</i>	being a relative of sb. 有(亲属)关系的; connected with sth./sb. in some way 与……相关的, 有联系的

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。伴随大学宿舍生活而来的自由可能是苦乐参半。不过, 在这一重要过渡期, 令很多新生最感困扰的还是思乡心切。常常让新生烦恼的孤独感和恋家情绪总是油然而生。以下是应对这些问题的若干良策。

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。很多大学都在学生宿舍里安装有互联网接口, 供学生免费或低价上网, 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。此外, 为节省长途电话费, 不妨使用网络电话(互联网语音传输协议)服务。

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。没准儿你还会意识到自己并不是那么地想家。但是, 若随大学宿舍生活而来的恋家和低落情绪总是挥之不去, 一定要向他人倾诉。

临近开学, 焦虑之一缘自做准备。你如何知道该带什么去学校呢? 梅甘·奥利里在《新生必备》一文中拟出了一张大学宿舍

生活所需的清单, 其中不少物品你可能考虑到了, 如闹钟、电脑及其他一些宿舍必需品。

但同时, 她也列出了另外一些东西。你可能没想到它们, 但它们能使你的大学宿舍生活更惬意, 比如室内植物、洗浴架、舒适的椅子等等。你务必要准备一张计划安排表或日程表, 记下重要的日期, 比如何时提交论文或设计, 何时考试等等。记住, 要适应大学宿舍生活, 首先得学会自律, 学会约束自己完成作业, 适时备考。

专家们一致认为, 在大学生活中, 应对孤独的最好的办法是积极融入各种校园活动。无所事事容易让人意志消沉, 所以一定要有事可做。你走出宿舍越多, 从大学宿舍生活中获益也就越多。

参与自己喜欢的活动, 你会遇到志趣相投的人, 建立起友谊。积累大学生活经验的同时, 你会发现, 大学生生活变得越来越容易了。



bunk /bʌŋk/ <i>n.</i>	one of two beds that are fixed together, one above the other, especially for children (尤指儿童双层床的) 床铺
entirely /ɪn'taɪəli/ <i>adv.</i>	in every way possible; completely 完全地, 彻底地, 全然
handle /'hændl/ <i>vt.</i>	to deal with a situation, a person, an area of work or a strong emotion 应对, 应付, 处理
<i>n.</i>	part of an object by which it is held or lifted 柄, 把手
homesickness /'həʊmsɪknɪs/ <i>n.</i>	a depression caused by a longing for one's home during absence from it 思乡, 想家
accompany /ə'kʌmpəni/ <i>vt.</i>	to happen or appear with sth. else 与……同时出现或发生; to travel or go somewhere with sb. 伴随, 陪伴
adjust /ə'dʒʌst/ <i>v.</i>	to get used to a new situation by changing the way you behave and/or think (调整以) 适应, 习惯
environment /ɪn'vaɪərənmənt/ <i>n.</i>	the physical surroundings and conditions that affect the behavior and development of sb./sth. 环境
curfew /'kɜ:fju:/ <i>n.</i>	the time, decided by a parent, by which a child must be home or asleep in the evening 晚间必须回家或就寝的时间; signal or time after which people must stay indoors until the next day 宵禁
constant /'kɒnstənt/ <i>adj.</i>	happening all the time or repeatedly 经常的, 不断发生的; unchanging; fixed 不变的, 恒定的
reminder /rɪ'maɪndə/ <i>n.</i>	sb./sth. that makes you think about or remember sb./sth. that you have forgotten or would like to forget 提醒者, 提醒物
cafeteria /'kæfɪ'tɛrɪə/ <i>n.</i>	a type of restaurant where you choose and pay for your meal at a counter and carry it to a table (usually in a factory, college or office building) 自助餐厅
staff /stɑ:f/ <i>n.</i>	all the workers employed in an organization 全体职员
blessing /'blesɪŋ/ <i>n.</i>	sth. that is good or helpful 幸事
curse /kɜ:s/ <i>n.</i>	sth. that causes harm or evil 祸根, 祸因; swear word or words that you say because you are very angry 诅咒, 咒语
major /'meɪdʒə/ <i>adj.</i> <i>n.</i>	large, significant, or important 主要的, 重要的 the main subject studied by a university or college student 专业; a student studying a particular subject 专业生

► Detailed Study of the Text

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

【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.

好朋友应该分享快乐和悲伤。

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

e.g. She and I are related.

她和我 是亲戚。

relate *v.* (~ sth. to/with sth.) 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.

该报告把高工资和劳动力短缺联系起来。

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

transition /træn'ziʃən/ <i>n.</i>	the process or a period of changing from one state or condition to another 转变, 转换, 转移; 变化, 变迁, 变换
hurdle /'hɜ:dl/ <i>n.</i>	a problem or difficulty that must be solved or dealt with before you can achieve sth. 难关, 障碍
valuable /'væljuəbl/ <i>adj.</i>	very useful or important, very expensive 有价值的, 重要的, 贵重的
tip /tɪp/ <i>n.</i>	a small piece of advice about sth. practical 建议, 提示
loneliness /'ləʊnlɪnis/ <i>n.</i>	a feeling of sadness caused by being separated from other people or from friends 孤独, 寂寞
affect /ə'fekt/ <i>vt.</i>	to produce a change in sb./sth. 影响
smooth /smu:ð/ <i>vt.</i>	to make sth. happen or continue without any problems 让……顺利进行
<i>adj.</i>	happening or continuing without problems 顺利的; having an even and regular surface 平滑的, 平坦的
instant /'ɪnstənt/ <i>adj.</i>	happening immediately 立即的, 立刻的
available /ə'veɪləbl/ <i>adj.</i>	(of things) that you can get, buy or find (指物) 可得到的, 可买到的, 可获得的; (of a person) free to see or talk to people (指人) 可会见的, 有空
trying /'traɪɪŋ/ <i>adj.</i>	annoying or difficult to deal with 难受的, 费劲的
dispel /dɪs'pel/ <i>vt.</i>	to make sth., especially a feeling or belief, go away or disappear 驱散, 驱逐
isolation /aɪsəʊ'leɪʃən/ <i>n.</i>	the state of being alone or lonely 孤独, 孤立
persist /pə'sɪst/ <i>vi.</i>	to continue to exist 持续, 保持; to continue to do sth. despite difficulties or opposition, in a way that can sometimes seem unreasonable 坚持
approach /ə'prəʊtʃ/ <i>n.</i>	movement nearer to sb./sth. in distance or time (距离和时间上的) 靠(接)近; a way of dealing with sb./sth.; a way of doing or thinking about sth. such as a problem or a task 方式, 方法, 途径
<i>v.</i>	to come near to sb./sth. in distance or time 靠近, 接近
checklist /'tʃeklɪst/ <i>n.</i>	a list of the things that you must remember to do, to take with you or to find out 清单
item /'aɪtəm/ <i>n.</i>	one thing on a list of things to buy, do, talk about, etc. (清单上的) 项目

【译文】要彼此合不来怎么办？

“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?

假如下起雨来，我们又没处避雨怎么办？

What if the rumor is true?

要是传言是真的怎么办？

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?

你和你的老板合得来吗？

We get along just fine.

我们相处融洽。

3. You're certainly not alone — **chances are that** every other freshman in the dorms will have the same fears and **concerns**. (Para. 2)

【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……



essential /ɪ'senʃəl/ *n.*

adj.

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

extremely important in a particular situation or for a particular activity 必不可少的, 极其重要的

houseplant /'haʊsplənt/ *n.*

a plant that you grow in a pot and keep indoors 室内植物

planner /'plænə/ *n.*

a book, computer program, etc. that contains dates and is used for recording information, arranging meetings, etc. 记事簿, 规划簿

due /dju:/ *adj.*

(not before noun) arranged or expected (to happen or arrive at a particular time) 到期的, 预期的

discipline /'dɪsɪplɪn/ *vt.*

to control the way you behave and make yourself do things that you believe you should do 自我控制, 严格要求 (自己)

n.

a system of control exerted over people 纪律

like-minded /laɪk 'maɪndɪd/ *adj.*

having similar ideas and interests 有相同想法的

broaden /'brɔːdn/ *vt.*

to increase the range of your experience, knowledge, etc. 增长 (经验, 知识等)



Phrases and Expressions

get along	融洽相处; 取得进展
take advantage of	利用
adjust to	适应……
on one's own	独自, 单独
cope with	(成功地) 应对, 处理
keep in touch with	与……保持联络
instant messaging	即时信息
check in	(打电话) 报平安; (为住旅馆或登机) 办理登记手续
in addition	另外, 还有
look into	调查
as a result of	由于; 作为……的结果
lie in	在于
figure out	理解, 领会到; 计算出
in charge of	负责
get involved in	参与, 介入

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

她可能会来。

Chances are that we will win the championship.

我们可能会赢得冠军。

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.

我们最担忧的是, 他们没有得到足够的帮助。

There is now considerable concern for their safety.

现在大家对他们的安全相当担心。

(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.

我挣多少钱，与你无关。

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.

不要介入与自己无关的事。

【扩展】**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

4. **Take advantage of** the time...(Para. 2)

【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.

趁孩子们不在，她整理了房间。

(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!

别借车给他们——他们在利用你！

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.

在法国的成长经历使她与班上其他同学相比具有一定优势。

5. 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. (Para. 3)

【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

强风伴随暴雨

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

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

那次旅行他妻子随行。

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.

请调下闹钟。

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

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

我们必须适应恶劣的经济形势。

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

他很快适应了这个国家的炎热气候。

【扩展】**adjustment** n. 调整，适应

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

面临新的形势，我们经常需要做出调整。

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

younger brothers.

有与三个弟弟一起长大的经历，吉姆搬进宿舍后适应很快。

6. *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. (Para. 3)

【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。

【解析】“on the one hand”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.

一方面，社会为他们提供了更好的教育设施，另一方面，社会又竭尽所能把他们排除在真正重要的工作之外。

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.

一方面，我想要更多的钱；但另一方面，我又不打算加班挣钱。

7. On the other hand, you're *on your own* for what might be the first time in your life. (Para. 3)

【译文】而另一方面，兴许是第一次，你开始了独立生活。

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

on one's own

- (1) alone; without anyone else 独自

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

今天我独自一人。

- (2) without help or supervision 独立地；单独地

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

虽然她父亲在这家公司，但她得到这份工作全靠自己。

8. 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. (Para. 3)

【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.

我想门是锁上的，但我得去核实下。

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

首先要确保打印机里有足够的纸张。

- (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.

他们又进了一个球，锁定了胜利。

Note that in the sentence “**No one...No one...No one...**” is also 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.

音乐是医治心灵创伤的良药，音乐洗涤生活中心灵的尘埃，音乐表达了无以言说又不甘沉寂的东西。

有人说的对，音乐是天使的语言。

9. **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. (Para. 4)

【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。

doing sth. 动名词词组作主语

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

上下班高峰开车让人很疲惫。

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

在这种条件下工作不是享受，而是痛苦。

并列结构的动名词词组作主语，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.

翻阅这些页面，研究这些图画，真是件美妙的事。

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

做家务和在公司上班，于我是两件不同的工作。

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!

一定记着与我保持联系哦！

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

e.g. He smoothed down his hair.

他理顺了头发。

This agreement will smooth the way to peace.

这一协议将为和平铺平道路。

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

【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.

书到货了会通知你的。

(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.

首相无暇作出评论。

【扩展】**avail** v. (~oneself of sth.) 使用，利用（某事物）

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

你得抓住一切机会说英语。

11. Sharing your exciting and trying experiences with people from home can help dispel feelings of **isolation** and loneliness. (Para. 5)

【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.

很多失业者感到孤独和沮丧。

【扩展】**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.

传染病患者应予隔离。

He was immediately isolated from the other prisoners.

他和其他犯人立即被隔离开了。

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

【译文】但是，若随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.

若症状持续，请咨询医生。

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

好多世纪以来，人们一直认为地球是平面的。

(2) to continue to do sth. despite difficulties or opposition, in a way that can sometimes seem unreasonable 坚持，执着地做

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

她执着地追寻真理。

Why do you persist in blaming yourself for what happened?

你何必为已经发生的事没完没了地自责呢？

persistent *adj.* 持续（久）的；坚持不懈的

e.g. a persistent salesman 执着的推销员

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.

她因受伤而死亡。

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

由于飞行员罢工，所有航班都不得不取消了。

13. One of the ***anxieties*** that ***comes with the approach to*** college dorm life ***lies in*** the preparation. (Para. 6)

【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.

如果你担心自己的健康，把你的焦虑告知医生。

Some hospital patients experience high levels of anxiety.

有些住院病人极度焦虑。

【译文】**anxious** *adj.* feeling worried or nervous 焦虑，忧虑

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

他有点担心机器的安全。

come with be associated with 伴随……发生

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

昨夜的暴雨伴随着闪电雷鸣。

approach

n. (1) movement nearer to sb./sth. in distance or time （距离和时间上的）靠近，接近

e.g. the approach of spring

春天的临近

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

她没有听见他走近的声音，所以门开时吓了一跳。

(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.

他决定采用新的方法教授英语。

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.

走近那个镇时, 你会看到位于左边的那所大学。

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.

问题在于, 决定何时开始。

The difficulty lies in providing sufficient evidence.

困难在于, 得提供足够的证据。

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

【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 them/it 理解, 领会到

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

我们从来都搞不懂她。

I can't figure out how to do this.

我不懂这事怎么做。

(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?

你算出旅行要花多少钱了吗?

15. *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. (Para. 7)

【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, 何时该考试。

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.

务必参加会议。

Be sure to read all the directions carefully.

一定要仔细阅读所有指示。

due *adj.*

(1) (not before noun) arranged or expected (to happen or arrive at a particular time) 到期的, 预期的

e.g. My essay's due next Friday.

我的文章下周五该交了。

The band's first album is due for release later this month.

乐队的第一张唱片预定在本月下旬发行。

(2) (not before noun) due to sth./sb. caused by sth./sth.; because of sth./sth. 由于, 因为

e.g. Most of the problems were due to human error.

多数问题是人为错误造成的。

【短语】**in due course** 在适当的时候

e.g. Your request will be dealt with in due course.

您的要求将在适当的时候予以处理。

16. Remember, one of the biggest adjustments to college dorm life you'll have to make is to be *disciplined*, to put yourself *in charge of* getting your homework done and preparing for tests. (Para. 7)

【译文】记住, 要适应大学宿舍生活, 首先得学会自律, 学会约束自己完成作业, 适时备考。

discipline

vt. to control the way you behave and make yourself do things that you believe you should do 自我控制，严格要求（自己）

e.g. He disciplined himself to exercise at least three times a week.

他规定自己每周至少锻炼三次。

Dieting is a matter of disciplining yourself.

节食是自律的问题。

n. the practice of training people to obey rules and orders and punishing them if they do not; the controlled behavior or situation that results from this training 训练，训导，纪律

e.g. She keeps good discipline in class.

她在课上很守纪律。

in charge of controlling or responsible for a group of people or an activity 负责，主管，照顾

e.g. You are not in charge of the universe; you are in charge of yourself.

你不是宇宙的主宰，但你可以主宰自己。

17. ...the more you get out of your dorm room, the more you'll get out of college life. (*Para. 8*)

【译文】你走出宿舍越多，从大学宿舍生活中获益也就越多。

the more..., the more... 越……越……

e.g. It seems like the more I earn, the more I spend.

似乎我挣得越多，花得越多。

The more I try to exercise, the better I feel.

我锻炼越多，感觉越好。

Exercises

Text Comprehension

Global Reading

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

If you are preparing for your first year of college dorm life, you probably have a lot of questions and 1) _____. For many, this will be an entirely new experience. The freedom 2) _____ college dorm life can be both a blessing and a 3) _____. In order to cope with the loneliness and 4) _____, you'd better find an 5) _____ way to keep in touch with family and friends and 6) _____ your experiences with them. In addition, you need to find out what to take with you and learn to manage your time well. Experts agree that one of the best ways to overcome loneliness is to get 7) _____ in activities on campus, which can 8) _____ your college experience and make your college dorm life easier and easier.

Detailed Reading

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

- 1) Fears and concerns felt by freshmen before their first year of college dorm life are thought to be _____.
 A) impossible to cope with B) serious mental problems
 C) a common problem among students D) difficult to understand
- 2) The freedom accompanying college dorm life is _____.
 A) a blessing B) a mixed blessing
 C) a curse D) nothing
- 3) It is suggested that freshmen can dispel feelings of isolation and loneliness by _____.
 A) crying out B) sharing experiences with people from home
 C) talking to someone about them D) Both B and C
- 4) Which of the following is NOT recommended as a way to get in touch with one's family and friends?
 A) Long distance phone calls. B) E-mails.
 C) Instant messaging. D) VoIP.
- 5) According to the text, what is one of the biggest adjustments to college dorm life for a freshman?
 A) To discipline oneself. B) To get one's homework done on time.
 C) To get prepared for tests. D) To get oneself a daily planner.

Exercises

Text Comprehension

Global Reading

- 1) concerns 2) accompanying
- 3) curse 4) homesickness
- 5) inexpensive 6) share
- 7) involved 8) broaden

Detailed Reading

- 1) C
- 2) B
- 3) D
- 4) A
- 5) A



Language Focus

Vocabulary

1. 1) C 2) F
3) B 4) G
5) I 6) J
7) A 8) D
9) H 10) E

2. 1) available
2) face
3) handled
4) due
5) persist
6) essentials
7) concern
8) constant
9) major
10) share
11) staff
12) anxiety
13) isolation
14) adjusting
15) environment

Language Focus

Vocabulary

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

A	B
1) concern	A. large, significant, or important
2) relate	B. to deal with a situation, a person, an area of work or a strong emotion
3) handle	C. a feeling of worry, especially one that is shared by many people
4) accompany	D. to produce a change in sb./sth.
5) adjust	E. to continue to exist
6) constant	F. connected with sth./sb. in some way
7) major	G. to happen or appear with sth. else
8) affect	H. (of things) that you can get, buy or find
9) available	I. to get used to a new situation by changing the way you behave and/or think
10) persist	J. happening all the time or repeatedly; unchanging; fixed

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

essential	constant	approach	isolation	major
instant	handle	available	anxiety	concern
environment	due	face	persist	share
broaden	staff	smooth	accompany	adjust

- 1) We'll send you a copy as soon as the book becomes _____.
2) As the project comes to an end, many workers now _____ an uncertain future.
3) The headmaster _____ the situation very well.
4) The final results of the experiment are _____ on December 9.
5) Fog will _____ throughout the night.
6) We only had time to pack a few _____.
7) Our main _____ is that they are not receiving enough help.
8) A newborn baby needs _____ care and attention.
9) Smoking is one of the _____ causes of lung cancer.
10) We don't have enough books, so you'll have to _____.
11) The _____ in this shop are very helpful.
12) Some hospital patients experience high levels of _____.
13) Because of its geographical _____, the area developed its own unique culture.
14) Some former soldiers have difficulty in _____ to civilian life.
15) An unhappy home _____ can affect a child's behavior.

3. Directions: Rewrite each sentence using the word or phrase in the brackets, keeping the same meaning.

- 1) Slowly the country is adapting to the new market economy. (adjust to)
- 2) He made use of his old contacts to get a job when he came back from Australia. (take advantage of)
- 3) Write down a few notes to remind yourself of what you want to say. (as a reminder of)
- 4) Do you share the apartment, or do you live by yourself? (on one's own)
- 5) I phoned the hotel to double-check that they had reserved a room for us. (make sure)
- 6) Besides their normal teaching duties, teachers these days have stacks of paperwork to do. (in addition to)
- 7) The civil war made many people homeless. (as a result of)
- 8) I just can't see eye to eye with my mother — she can't understand why I don't want to get married. (like-minded)

Structure

1. Directions: Study the models and complete the following sentences by translating the Chinese into English, using "chances are that..." or "what if...".

Model 1:

If you have someone on your mind, let her know. _____
(很可能她心里也有你。)

If you have someone on your mind, let her know. *Chances are that you are on hers as well.*

Model 2:

_____ (如果你的计划失败了), what then?
What if your plan fails, what then?

- 1) If you don't hurry up, _____ (我们可能会错过下一航班).
- 2) Dick thought if he wasn't able to take the machine apart, _____ (很可能厂里别的工人也拆不开).
- 3) Obviously, if we don't control the problem, _____ (很可能我们会陷入危险).
- 4) _____ (如果我一个人都不认识怎么办) at the party?

3. 1) Slowly the country is adjusting to the new market economy.
- 2) He took advantage of his old contacts to get a job when he came back from Australia.
- 3) Write down a few notes as a reminder of what you want to say.
- 4) Do you share the apartment, or do you live on your own?
- 5) I phoned the hotel to make sure that they had reserved a room for us.
- 6) In addition to their normal teaching duties, teachers these days have stacks of paperwork to do.
- 7) Many people were homeless as a result of the civil war.
- 8) My mother and I just aren't like-minded — she can't understand why I don't want to get married.

Structure

1. 1) chances are that we will miss the next flight
- 2) chances are that no other worker in the plant could, either
- 3) chances are that it will lead us to (or into) danger
- 4) What if I don't know anyone



5) but what if it rains or snows

6) What if your plan doesn't work?

2. 1) On the one hand, I'd like to eat out, but on the other hand I should be trying to save money.

2) On the one hand, you want to help your kids as much as you can, but on the other hand, you've got to be careful to help them learn on their own.

3) On the one hand, I have to work; on the other hand, I have many visitors to see.

4) On the one hand, I don't have any extra money this month; on the other hand, I really want to have that book.

3. 1) what clothes you should wear

2) what's going to happen

3) what her new dorm was like

4) what the writer is trying to say

5) We planned to go picnicking tomorrow, _____
(如果下雨或者下雪怎么办?)

6) — _____ (你的这个方案行不通怎么办?)
— We'll have to change it.

2. Directions: Combine the following pairs of sentences as shown in the model.



Model: Nuclear power is relatively cheap.

You could argue that it's not safe.

On the one hand, nuclear power is relatively cheap, but *on the other hand*, you could argue that it's not safe.

1) I'd like to eat out.

I should be trying to save money.

2) You want to help your kids as much as you can.

You've got to be careful to help them learn on their own.

3) I have to work.

I have many visitors to see.

4) I don't have any extra money this month.

I really want to have that book.

3. Directions: Complete the following sentences after the model, using "Wh-clause" and the words in the brackets.



Model: If you've just graduated from high school and are preparing for _____
...(might, your first year of college dorm life)

If you've just graduated from high school and are preparing for *what might be your first year of college dorm life*...

1) There are no special rules as to _____. (clothes, you, wear)

2) You can't be certain of _____. (be going to, happen)

3) From the description Jane gave in her e-mail it was easy to imagine _____. (her new dorm, like)

4) If only you would read more carefully, you'd understand _____. (the writer, try to, say)

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.

Real life, unlike Reel life (镜头人生), has no script. You can't 1) _____ when you will be called upon to speak. But this doesn't mean you can't prepare in advance for your 2) _____.

When you are meeting someone for the first time or are 3) _____ a meeting, you should prepare ideas for topics. Conversational readiness helps put you, and others, at ease by eliminating 4) _____ silences. It doesn't take long — you can think on the drive to the airport what you want to say when you pick up your district manager. Also, the more you do it, the more 5) _____ it comes. When you later face a 6) _____ situation, you may even be able to 7) _____ a few lines from an old script.

How do you find things to talk about? Read at least one newspaper a day and several magazines a month to keep up with 8) _____ events. It's an 9) _____ good idea to read the local newspapers of any cities you visit. Observe the world around you. A traffic jam, new buildings under 10) _____ and the opening of an art exhibition are all possible topics.

role	expression	suggest	pick up	construction
attending	predict	similar	especially	control
awkward	borrow	naturally	current	present

Translation

Directions: Translate the following sentences.

- 1) It's natural for some homesickness to accompany your first two or three weeks of adjusting to college dorm life.
- 2) However, if feelings of homesickness and depression persist as a result of college dorm life, make sure you talk to someone about them.
- 3) The freedom accompanying college dorm life can be both a blessing and a curse.
- 4) 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.
- 5) The more you get out of your dorm room, the more you'll get out of college dorm life.

Comprehensive Exercises

Cloze

- 1) predict
- 2) role
- 3) attending
- 4) awkward
- 5) naturally
- 6) similar
- 7) borrow
- 8) current
- 9) especially
- 10) construction

Translation

- 1) 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。
- 2) 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。
- 3) 伴随大学宿舍生活而来的自由，可能是苦乐参半。
- 4) 务必准备一张每日计划表或日程表，记下重要的日期，比如何时提交论文或设计，何时考试。
- 5) 你走出宿舍越多，从大学宿舍生活中获益也就越多。



Text B 参考译文

同龄群体的压力

随着孩子年龄的增长，他们会逐渐融入与其年纪相当、兴趣相似的同龄群体。同龄群体与家庭和学校有很大区别。父母、老师比孩子和学生拥有更多的权威，而同龄群体则由平等的同龄人构成。

青少年群体能教会其成员一些重要的事情：第一，独立于成年人权威之外。有时，这意味着同龄群体可能教唆其成员反抗权威和成年人——无视家庭和学校的条条框框，乃至触犯法律。不过，大多数青少年仅以取笑长者这种无伤大雅的方式来表达他们的反叛。第二，掌握社交技能——学会如何与他人相处。第三，珍视同龄人之间的友情。

同龄群体逐渐形成其独特的亚文化，有自身的价值观、语言、音乐、着装特色及推崇的英雄人物。青少年尤其愿意信其朋辈所信，以同样的方式交谈、着装，听同样的音乐，对电视明星、社会名流等流露出相同的好恶。而他们的兴趣、行为、价值观可能与父母师长大相径庭。

青少年群体与父母师长的价值观往往相去甚远。父母与老师很可能会看重学业，而同龄群体则可能更看重声望、社会领导才能和体育成就。但这些差异的存在并不意味着父母与青少年就得吵架争斗。事实上，大多数年青人与父母相处融洽。他们只是和不同的人做不同的事——与父母一起完成工作和任务，与同龄人一起玩耍和娱乐。他们倾向于从父母那里听取关于理财、教育、事业及其他重要事情的建议，而和同龄人一起时则更可能讨论诸如该与谁约会，加入哪个俱乐部之类的社交活动。

同龄群体成员会寻求彼此间的相互认同，而非依赖自己的个人信念。随大流比特立独行更为重要。刚刚步入青春期的会很乐意与别人保持一致，因而与同龄群体的关系也最紧密。步入青春期中、后段，随着独立性的日益增强，他们与同伴的联系也逐渐减少。到了中学最后一年，他们常常更愿接受成年人的价值观，如渴望取到好成绩，找到好工作等等。

Text B



Peer Group Pressure

1 As children grow older, they become increasingly involved with their peer group, a group whose members are about the same age and have similar interests. The peer group is very different from the family and the school. Whereas parents and teachers have more power than children and students, the peer group is made up of equals.

2 The adolescent peer group teaches its members several important things. First, it teaches them to be independent from adult authorities. Sometimes this can mean that a peer group can teach its members to go against authorities and adults — to ignore home and school rules and even to break the law. Most teenagers, though, rebel only by making fun of older people in a harmless way. Second, it teaches social skills — how to get along with other people. Third, the peer group teaches its members the value of

friendship among equals.

3 Peer groups often develop distinctive subcultures with their own values, language, music, dress, and heroes. Adolescents, in particular, tend to believe in the same things as their friends, talk the same way, dress the same way, listen to the same music, and like and dislike the same TV stars and other celebrities. There may be a considerable difference between these interests, behaviors, and values and those of their parents and teachers.

4 Adolescent peer groups frequently differ from parents and teachers in what they value. Whereas parents and teachers tend to place great importance on academic achievement, peer groups are likely to think that popularity, social leadership, and athletic achievement are most important. These differences do not necessarily mean that parents and teenagers will fight and