

- ◎ 汇集国内一流专家
- ◎ 融合多年教学经验
- ◎ 倡导新型学习理念
- ◎ 依托现代信息技术
- ◎ 提供教学解决方案

新思 大学英语综合教程

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主编 王勃然 郝丽霞

教育科学出版社

COLLEGE ENGLISH

新思 大学英语

综合教程

总主编 王勃然

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《大学英语教学指南》(2020版)指出“教材是传播新知识、新思想、新观念的重要载体,是教学内容的主要载体,也是实现教学目标的基本保证。大学英语教材编写的指导思想应体现新时代、新要求,体现党和国家对教育的基本要求,服务高等教育教学改革和人才培养,应体现人类文化知识积累和创新成果。”随着全球化的深入发展,我国对外开放的不断深化,英语作为国际通用语言的重要性愈发凸显。为了适应这一时代需求,我们特别编写了《新思大学英语》系列教材,旨在提升学生的外语综合运用能力、跨文化交际能力、思辨能力、前瞻思维、家国情怀、国际视野和学习能力,为学生的全人发展奠定坚实的基础。

本系列教材顺应新时代发展步伐,内容新颖,难度适合,符合学生发展需求,践行立德树人根本任务,有机融入课程思政元素,自觉坚定文化自信。它既符合当代教学要求又贴近学生实际需求,并具有如下鲜明特色:

1. 体现整体性和层次性,循序渐进

在编写本系列教材过程中,我们注重结构体系编排科学合理,每单元内容的整体性和连贯性,确保每个单元围绕同一主题展开,各个环节紧密相连,形成有机整体。基于对大学生英语水平和高校英语教学现状进行开发,充分考虑基础教育阶段和高等教育阶段英语教学的衔接,各分册、各单元、各板块内容相互关联,环环相扣,难度、挑战度设计合理、科学,具有良好的递进性和层次性,符合学生的认知发展规律。

2. 体现价值引领和时代气息,有机融合工具性和人文性

本系列教材以人与自我、人与自然、人与社会的关系为主线,在选材方面具有鲜明的思想性、经典性、时代性、趣味性和发展性,自觉融入社会主义核心价值观和中华优秀传统文化,体现中国特色、中国风格,同时积极反映世界科技新进展,吸收人类文明优秀成果,体现多元文化和对比文化的国际视野。以单元主题为线索,题材和体裁丰富多样,采用多技能大纲模式,发展学生的英语听、说、读、写、译等语言技能和外语综合应用能力,培养他们的语言感知能力和语言鉴赏能力。引导学生深入阅读、思考和讨论,树立正确的世界观、人生观和价值观,提升跨文化意识、批判性思维和创造性思维,为成为具有前瞻思维、国际眼光的人才提供有力支撑。

3. 突出“以生为本”“体验式学习”的思想

本系列教材立足我国当代大学英语教学的发展特点,充分考虑学生的学习特点和需求,注重教材的实用性和趣味性,强调以学生为中心,以活动为导向,基于问题链设计练习形式,以面向真实世界的任务和项目为驱动,融语言学习于真实的活动之中,学练结合,让学生在

互动中相互学习、共同进步。通过教授学习策略和方法，拓展学生的学习资源和渠道，培养自主学习能力和终身学习意识，激发学习兴趣，提高学习效率。

4. 提供丰富的立体化配套教学资源

为积极推进二十大提出的“教育数字化”，本系列教材配有完备的立体化教学支持系统，充分利用各种信息技术手段提升学生的学习效率和教师的教学效果。借助网络自主学习平台、新思课堂、教学资源库、多媒体学习软件等，实现服务立体化，方便师生进行线上线下、课内课外相融合的教学和学习，满足数字原住民的学习需求。

本书为《新思大学英语综合教程1》，共包括8个单元，分别为 Hello! New World!; Mom, Tom and Maugham; Jam, Jump and Joy; Rich Dad Poor Dad; Footprints Without Feet; Manners Matter; Keen on Green 和 My Chinese Dream。每单元的内容探讨和语言训练围绕同一主题展开，设计了听、说、读、写、译、项目实践等板块，具体包括：

Learning Objectives 提供清晰具体的学习目标，帮助学生明确学习重点，便于进行自我评价，从而及时调整学习策略，提高学习效果。

Be a Good Listener 通过情境自然、真实地道的音频材料，训练学生的听力能力，包括对话、新闻报道、短文等形式。设置与大学英语听力考试相契合的练习形式，为学生提供有价值的实践训练。根据不同的学习内容，加入有关听力方面的学习策略指导，帮助学生提高听力水平。

Be a Good Speaker 对话实例为学生提供一定场景下的交际活动框架和素材，培养学生跨文化交际能力。口语实践通过引导性框架，使学生进一步拓展对话内容，提高他们的口语表达能力。

Be a Good Reader 包括 Text A 和 Text B 两篇阅读。文章选材地道，体裁多样，主题丰富，既符合当代大学生的认知和兴趣点，又能满足他们思想、情感、学习等多维度的需求。配以阅读理解练习、词汇练习和开放式问题，提升学生的理解能力和思辨能力。同时，依据学习内容，给出阅读方面的学习策略指导，帮助学生更有效地开展阅读学习。

Language in Use 包括对两篇阅读中出现的词汇、短语、重点句型等的练习和运用，帮助学生掌握核心词汇、语法、句法等基础知识，并通过拓展词汇和翻译练习提升他们的语言运用能力。

Be a Good Writer 包括指导性写作和应用写作。指导性写作将学生置身于段落的语篇之中，感受语篇的逻辑性，以任务的方式引导学生完成写作。应用写作则侧重培养学生应用文

的写作能力，包括书信、倡议书、图表等常见应用文的写作方法和技巧。

Do You Know 为实现“立德树人”根本目标，选取与单元话题相关的文章，侧重文化背景与文化差异，践行“深化文明交流互鉴，推动中华文化更好走向世界”，培养学生对中国文化的理解和阐释能力，增强他们的跨文化意识和跨文化交际能力。通过了解不同文化背景下的思想观念、价值观念和行为规范，学生可以形成开放包容的文化心态，更好适应全球化时代的挑战和机遇。

Project 基于单元话题设置项目活动，形式包括调研、讨论、口头报告、演讲或辩论等，培养学生创新思维、调查研究能力和沟通合作意识。通过参与这些项目活动，学生可以将所学知识应用于实际情境中，提高他们的实践能力和核心素养。

《新思大学英语》系列教材由外语教育专家和一线教师分工协作、集体编写而成。东北大学王勃然任总主编，分册《新思大学英语综合教程1》主编为东北大学王勃然、郝丽霞。我们衷心希望这套积极落实《大学英语教学指南》精神和全新教学理念的教材能够成为您英语学习旅程中的得力助手。虽然在编写过程中力求创新，但受限于我们的水平和经验，教材中难免还存在一些不足之处。为此，我们热切期待着广大师生在使用过程中，能够不吝赐教，提出宝贵的意见和建议。

《新思大学英语》系列教材编写团队

2024年4月

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UNIT 1

Hello! New World!

Preview

Dear new students! Congratulations on gaining a place at the university! You're opening a new, open and inclusive world! The world is about you, about the studies you are now starting, and about your future. And your future is also society's future—it is you who will lead the way in a world with both familiar and new challenges. Hope that what you learn and experience during the university will help you make good choices.

You may feel puzzled before the door of university due to being away from parents or familiar environment. But a loss may turn out to be a gain. You can make new friends from all over the nation even the world. And you can get great education from excellent professors and teachers. What you gain in the university is more than a good education: You will strengthen your critical sense, gain a global perspective and become engaged in the society around you. You will become a thinking and considerate person.

So, what are you waiting for? Go and enter the new world!

Learning Objectives

After learning this unit, you will be able to:

- understand the information related to university life;
- talk about the lifestyles at university;
- learn the benefits and challenges of going to university;
- write a problem-solution essay on university life;
- lead a balanced and rich life at university.

Before Listening

Listening Skills

Informational Listening

Informational listening is listening with the goal of learning, understanding, and grasping information. Let's take a look at a few skills that help with informational listening.

1. Concentration

When doing listening exercises, the most taboo is to focus on two tasks at once, so it is best not to do other things while listening. Choose a method that suits you to help focus, such as blinking, sitting straight, etc., but never keep staring at a single point on the test paper.

2. Refraining from Judgment

This skill requires an open mind. If we begin judging and jumping to conclusions when attempting to properly listen and retain information, our mind will wander and possibly miss valuable pieces of information.

3. Organization

This means identifying key concepts from auditory information and mentally organizing them into an outline so that you can better understand and remember materials.

While Listening

Conversation

Listen to a conversation between Li Qiang and Zhang Ke and then answer the following questions briefly.

1. How long has Zhang Ke and Li Qiang been in university?

Vocabulary

self-controlled

/ˌself kən'trəʊld/ adj. 自我控制的

manage /'mænɪdʒ/

v. 管理, 负责

2. What is the largest difference between university and high school according to Zhang Ke?

3. What is more challenging in university than in high school according to Li Qiang?

4. What does Zhang Ke think of her university life?

5. What made Li Qiang get used to university life so fast?

Passages

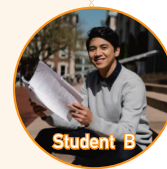
A Listen to three students describing college life and fill in the missing words.



Student A

When you're in college, you really don't know where you're going to 1 _____, but you know who you want to be along that journey. Actually, many of my main 2 _____ are based on my friends and people I met at college.

When you're in college you're 3 _____ independent, nobody is there to hold your hand, and tell you everything is okay. It's mostly being independent without your parents to 4 _____ you up, also you're forced to join a whole new 5 _____, and meet new people. It's your own journey. Enjoy the path you're on and 6 _____ it.



Student B

I wanted to lose 30 pounds healthfully and still be able to enjoy my college experience. Having 7 _____ in doing so, I'd like to share my experiences with those who could 8 _____ my direct knowledge of the difficulty of trying to 9 _____ college life with being healthy. It's a journey about healthy lifestyle choices, including 10 _____ for creating a new relationship with food.



Student C

Pre-speaking Activities

Talk and Discuss

A Brainstorm the things you want to do in college and make a list.

1. set your goals
2. pursue knowledge
3. build up your body
4. _____
5. _____
6. _____

B Now discuss with your partner the things that must be done in college and explain your reasons.

A: What would you do in college?

B: I'd like to

make friends with those who share the same hobbies with me.
 join several clubs that interest me.
 read books, see movies and play sports.
 make the most of my college education.

A: Why?

**B: Because/
 For/Since/
 On account of**

making more friends in college will help me not to be lonely.
 joining clubs that interest me can help me develop my hobbies and improve my aesthetic taste.
 reading books, seeing movies and playing sports can make me relaxed.
 making the most of my college education can help me prepare for my future.
 ...

While Speaking

Talk with your partner about your feelings in college. And then read the following conversation and find what college life Zhang Kai has.

Read and Listen

Li Ming, a freshman, is talking with Zhang Kai, a sophomore. They are fellow townsmen.

Li Ming: Hi, Zhang Kai. You have been here for one year, so what do you think of college life?

Zhang Kai: Well, I've been quite busy. I make friends with people who share the same hobbies with me. I join several clubs that interest me, like the Peking Opera Club, and participate in many activities in my spare time.

Li Ming: Wow, your college life is very colourful.

Zhang Kai: You bet! I like travelling, so during the holidays and vacations, I visited Beijing, Shanghai, and Dalian with my friends. On weekends, I enjoy reading, seeing English movies and playing sports. However, I try hard to balance entertainment and study.

Li Ming: Many thanks, Zhang Kai. I've learned a lot by talking to you.

Zhang Kai: You're welcome. Oh, one more thing, teachers in college always let us study ourselves, and they don't oversee us strictly. So, study hard by yourself!

Tip: Stress



Stressed languages are languages spoken with differing degrees of emphasis on the words and syllables in the sentences. Not all words receive equal stress within a sentence in English.

Content words are stressed. Content words include:

Nouns (e.g. school, friend, activity)

Normal verbs (e.g. play, work, study)

Adjectives (e.g. colourful, tall, friendly)

Adverbs (e.g. quickly, hard, strictly)

Listen and Imitate

Now listen again and try to imitate. Pay attention to stress patterns.

Example

*I **make friends** with **people** who **share** the **same hobbies** with me.*

Practice

Mark the stressed words like the example above.

1. I join several clubs that interest me, like the Peking Opera Club, and participate in many activities in my spare time.
2. On weekends, I enjoy reading, seeing English movies and playing sports.
3. Teachers in college always let us study ourselves, and they don't oversee us strictly.

Extended Speaking

Talk and Act

Situation 1 The thought of being a successful college student may sound daunting. But the truth is that it really is easier than you think. When you start good habits in college, you can really make the most of your time. Suppose you are talking about the campus life in college with one of your classmates.

A: *How do you feel about your campus life?*

B: *My campus life is colourful and fulfilling. In my spare time, I play basketball, read in the library, and take part in a variety of organizations and social activities, which can develop myself and broaden my visions and views about the world.*

Reference Expressions:

What do you want to get out of college?

I want college to prepare me for the future. To teach me time management. To teach me how to interact with people. To teach me the skills I'll need for the real world ...

What are you trying to achieve?

Building skills relevant to my coursework. Assessing my learning style. Maintaining a social balance. Managing my time with intention. Taking care of my health.

What does success feel like in college in your opinion?

I feel a sense of belonging in college, which may impact my academic success and emotional well-being.

Situation 2 Li Hui and Nancy are talking about college education. From a larger perspective, what is the most important thing a college student should learn? Make a dialogue with the following hints.

Reference Expressions:

Learn how to live a decent life.

Try to acquire some specific knowledge or skills in a certain field.

Turn long-term goals into short-term plans.

Pre-reading Activities

A Look at the following questions and tick the box that suits for you.

1. What makes you choose your university?

- | | |
|---|--|
| <input type="checkbox"/> Location. | <input type="checkbox"/> Course content. |
| <input type="checkbox"/> Specialist status. | <input type="checkbox"/> Societies and clubs. |
| <input type="checkbox"/> Student support. | <input type="checkbox"/> Sustainability. |
| <input type="checkbox"/> Cost. | <input type="checkbox"/> Previous student experiences. |
| <input type="checkbox"/> Other | |

2. What are the benefits we may obtain by going to university?

- Discover our interests.
- Increase job opportunities.
- Meet professional license requirements.
- Expand our social network.
- Maintain a competitive edge.
- Improve skills.
- Expand personal development.
- Gain diverse perspectives.
- Other

B Make an interview on university life. The following questions may be covered:

What were your expectations of university life before you entered the university?

What differences have you noticed between the life in high school and university?

Which difference do you feel most difficult to adapt to?

What strategies have you used so far to better adapt to your university life?

While Reading

Text A

A Window to the World

- Para. 1** Good morning, everyone! I'd like to extend a very warm welcome to our dear students. Welcome to this great university! "University life is one of the most remarkable and lovable times of a person's life." People always say like this. Indeed, unlike high school life, you will have a different experience here, and you need this experience in your life. University life exposes you to the whole new experiences which you always dream of after high school life. Lucky you to get the chance to enjoy your university life, as many people don't get this due to their circumstances or financial issues. For every person, university life has a different meaning. While some people spend their university life partying with friends, others become more cautious about their careers and study hard. Whatever the way, please enjoy your university life and wish to relive the time once it is over.
- Para. 2** Different from your high school life, university life exposes you to an open environment where you have to learn new things and face new challenges by yourselves in your most time and where every year introduces new requirements for you. But you are not a loner. You have me, your mentors, your classmates, and your libraries. We have an impressive and varied collections here. You may develop the habit of independently solving problems and studying during the journey. This is meaningful for your growth and future career. I expect who you can be.
- Para. 3** Unlike high school life, you don't have many limitations, and it is up to you how to spend your university life. You are free to make new friends who may accompany with you for the rest of your lives. You are free to pick selective courses you prefer and interest. You are free to participate in clubs and activities to show your talent and standout. And you, you are free to shape your future careers and make your life plans. You are free! But don't forget to study. Not only you, but me, even everybody needs to study. We need to study how to get along with others, to study how to deal with mixed messages and to study how to keep track of the time. You can make a trial and adjustment in university and we are here to support you.
- Para. 4** Do you want to be a leader? You get the chance. You may get an opportunity

Notes

A **student union**, or association, is a student-run organization that devotes its time and resources to providing fairness, opportunities, and a voice to the entire university student community. Student unions, depending on the type of role you want to play, need all the help they can get from incredible and passionate students. Whether it's a peaceful protest to get better muffins in the cafeteria or an administrative role, they will list the vacancies they require, and you can choose what best suits you.

A **field trip** or excursion is a journey taken by a group of people to a place away from their usual environment. In education, field trips are defined as visits to an outside area of the normal classroom and made by a teacher and students for purposes of firsthand observation. They are a popular method carried out for students to introduce to the concepts, experiences, and ideas that cannot be given in a classroom environment.



to be class monitors in high school, while in university you may get a chance to nominate yourselves for more prominent positions like **Student Union** Chairman. Apart from deciding the courses and stream, you'll also get the chances to build your confidence by being a part of various societies and events that take place all year. Lectures, matches, exhibitions, shows are waiting for you. You can be the representatives of our university to communicate with peers in other schools all over the nation even all over the world.

Para. 5 Believe me, there is a lot of fun in university. First, it's the canteen. The canteen is always the place where you satisfy your hunger and hang out with your friends. Eight major Chinese cuisines may be not complete, but you can meet local features there, such as rice noodles, pancakes and buns. You'll find the perfect match here. Second, it's festivals. They always fill your life with excitement and buzz, which give you new opportunities to explore, compare, compete and provide a platform to showcase your talents. They become a great time when you take lots of pictures and record your experiences. Last but not the least, it's university trips. One of the best things in university is **field trips** where you can go out and have quality time with your friends and teachers and learning experience. Field trips or just any other university trips are filled with stories and dramas. And you'll have your own stories to share in the near future!

Para. 6 College life is a bridge between school days and future careers. It prepares you with the finest academics and platform to turn dreams into realities. It acts as a transition to prepare you to be more independent. You are supposed to become independent in university regarding studying, travelling as well as decision-making, and financially independent after university. It is a valued and very smooth transition where you do not realize that you have become independent.

Para. 7 In a nutshell, university life is a remarkable and essential time in a person's life. And it opens the window to the beautiful, wonderful and diversified world. Wish you enjoy it, value it and remember it. Thank you and do us proud!

(787 words)

Text Understanding

A Vocabulary building. Pick out 3 ~ 5 new words from the text and try to guess the meanings according to the context. Then look them up in the dictionary and write their definitions.

New Words	Paragraph	My Guess	Dictionary Definition

B Text organization. Read the text and then complete the missing parts of the text outline.

Introduction
(Para. 1)

University life is very 1 _____ for an individual.

2 _____ of
university life
(Para. 2 ~ 4)

- A. We get less protection in university and more resources. (Para. 2)
 B. We have fewer 3 _____ in university life but don't forget to study. (Para. 3)
 C. We get more chances to be a 4 _____. (Para. 4)

Fun of university
life
(Para. 5)

- A. College canteen
 B. Festivals
 C. 5 _____

Conclusion
(Para. 6 ~ 7)

- A. University life serves as a 6 _____ between our school days and our future careers. (Para. 6)
 B. College life opens the window to the 7 _____ world. (Para. 7)

C Comprehension check. Choose the best answer to each statement or question.

1. University life is different from high school life in the following aspects except that _____.
 - A. we learn everything in a protected environment in high school
 - B. more independence and freedom is enjoyed by university students
 - C. it is not easy for us to form long-lasting relationships at university
 - D. university students have to learn new things and face new challenges on their own
2. The word "buzz" in Para. 5 refers to _____.
 - A. the noise made by a bee
 - B. the excitement that lasts for a while
 - C. something quite popular
 - D. a continuous vibrating sound
3. University life is considered a bridge between our school days and our careers because it _____.
 - A. helps us ignore the challenges and struggles in the future
 - B. is the right time when we can enjoy our life better
 - C. awards us a university diploma which guarantees job offers
 - D. makes us well-prepared and become more independent
4. Why is university life a remarkable and essential time in a person's life, according to the text?
 - A. We build our confidence by getting good grades at university.
 - B. We learn to become financially independent of our parents.
 - C. University life helps us to develop in every aspect.
 - D. Going to university paves the way to career success.
5. The author is probably a _____.
 - A. student
 - B. student's parent
 - C. university president
 - D. student Union Chairman

D Debate. Some people claim that study is the only thing that college students should focus on while some others believe for the overall development. College students should participate in all kinds of activities and socialize as much as possible. Choose your point and give your reasons.

Word List

lovable /'lʌvəbl/ adj. having qualities that people find attractive and easy to love, often despite any faults 可爱的；惹人爱的；讨人喜欢的

circumstance /'sɜ:kəmstəns/ n. the conditions and facts that are connected with and affect a situation, an event or an action 条件；环境；状况

financial /faɪ'nænʃl/ adj. connected with money and finance 财政的；财务的；金融的

cautious /'kɔ:ʃəs/ adj. being careful about what you say or do, especially to avoid danger or mistakes; not taking any risks 小心的；谨慎的

relive /'ri:'lɪv/ v. to experience sth again, especially in your imagination (尤指在想象中) 再次体验，重温；回味

mentor /'mentɔ:(r)/ n. an experienced person who advises and helps sb with less experience over a period of time 导师；顾问

nominate /'nɒmɪneɪt/ v. to formally suggest that sb should be chosen for an important role, prize, position, etc. 提名；推荐

prominent /'prɒmɪnənt/ adj. important or well known 重要的；著名的；杰出的

canteen /kæn'ti:n/ n. a place where food and drink are served in a factory, a school, etc. 食堂；餐厅

compete /kəm'pi:t/ v. to try to be more successful or better than sb else who is trying to do the same as you 竞争；对抗

platform /'plætfɔ:m/ n. an opportunity or a place for sb to express their opinions publicly or make progress in a particular area (公开发表意见或在某方面发展的) 机会，阵地，讲坛

showcase /'ʃəʊkeɪs/ v. to exhibit or display 展示(优点等)

academic /'ækə'demɪk/ n. a person who teaches and/or does research at a university or college 高等院校教师；高校科研人员

transition /træn'zɪʃn/ n. the process or a period of changing from one state or condition to another 过渡；转变；变革；变迁

Phrases & Expressions

due to caused by; because of 因为；由于

become cautious about being careful about what you say or do, especially to avoid danger or mistakes; not taking any risks 对……谨慎

be up to being the responsibility of (someone) 取决于……

participate in to take part in or become involved in an activity 参加；参与

hang out to spend a lot of time in a place 常去某处；泡在某处

last but not the least importantly, despite being mentioned after everyone else 最后也是非常重要的一点

turn... into... to change and become someone or something different, or to make someone or something do this

把……变成

act as to do a particular job, especially one that you do not normally do 充当; 起……作用

in a nutshell very briefly, giving only the main points 简而言之

Text B

Embarking on Your Journey

Para. 1 Starting college is one of the most exciting times in a young adult's life. It is a time of unprecedented freedom and excitement. It begins a new chapter of your life where you make your own choices and take full responsibility for yourself and your behaviour. No one is there to remind you to eat and get enough sleep or wake up in time for class. You are in control.

Para. 2 Freshman year can be amazing and full of wonderful new experiences. It can also be lonely and overwhelming. The new pressures to manage your own space, deal with roommates, effectively manage time, get good grades, and take care of everything else that comes along, can take a toll. When not managed properly, these new pressures can lead to anxiety, stress, and even depression.

Para. 3 In the first year of college, everything is new. You are at a new school, may have a new “home”, and people are unfamiliar. The structure of classes is new. The level of responsibility and lack of accountability can be disarming for freshmen who are used to teachers who know them well and know when they have missed an assignment. There are all kinds of new things to adjust to. It can be lonely and overwhelming when college begins. Homesickness is not uncommon.

Para. 4 It may seem counter-intuitive, but getting involved in a study group or a team activity can be the best remedy for all the unfamiliarity. Since new students are all in it together, you will find that bonds are formed quickly and before you know it, you will have a “home” away from home. Having a weekly dinner with a roommate or classmate can also help give you something to look forward to and make you feel less lonely. Finally, getting together with anyone you might know from home can keep you feeling connected to your roots as you get established in your new place. It may take a semester to get used to the format of college. Make sure to discuss your challenges with professors or visit an **academic advisor** if you are struggling.

Para. 5 It can be tempting to stay up all night and sleep in late on the days you don't have any classes. Many freshmen sleep too much and overeat during the first year away. The wide open days can be difficult if you have not yet made friends and it may seem that sleeping and eating break up the monotony of studying and going to class.

Para. 6 Try to set a schedule for yourself. Getting to bed at relatively the same time each evening and getting up at a reasonable hour in the morning will help you feel less like you are lost in an endless stream of days. Make sure to set aside time to study. If you need to break up the day, head to the library or a cafe to study, or go out for a walk. Additionally, eating three regular meals a day instead of snacking and eating at random hours will help avoid the dreaded freshman weight gain which can cause added anxiety.

Para. 7 Now more than any time in the past, university students are dealing with anxiety, stress, and depression. There are many theories about why young adults are struggling with more mental health issues now than in years past. It is difficult to pinpoint, but many of the factors noted above can contribute to these challenges.

Para. 8 There are a number of things that you can do to help with stress and anxiety: get adequate sleep, eat well-balanced meals, avoid junk food and alcohol, and get regular exercise, for starters. You can also practice relaxation techniques like yoga and meditation. If your emotions are still too much to manage, remember, many campuses have mental health clinics. Additionally, there are often **peer support** groups you can join if you are struggling with stress and anxiety. If you think you may be depressed or if you feel hopeless, it is very important that you let your family know and see a professional as soon as possible.

Para. 9 For many young people, college is the first taste of adulthood. It is not uncommon to experience the **freshman blues**. A bit of self-care and practical coping strategies can make this transition much easier.

(711 words)

Notes

An **academic advisor** is someone who guides you through your college degree. He or she can help you choose your classes and will also make sure you've met all the requirements for your big day—graduation! An academic advisor is not just like a guidance counselor from high school. In college, you work hand-in-hand with your academic advisor making decisions that are right for you and your future goals.

Peer support can be defined as a form of help offered by role models who have gone through similar situations. This can be social, practical, or emotional. More importantly, peer support is mutually provided and reciprocated, thus allowing everyone in the program to benefit from the help.

Freshman blues refers to new college students' homesickness and difficulty adjusting to college life. If not managed properly, it may develop into more severe anxiety or depression.

Text Understanding

A Chart filling. Read the text and find out the problems college students may face and the suggested coping skills.

Problems College Students May Face	Coping Skills
Unfamiliar 1 _____ and surroundings	Get involved in a study group or a team activity. 4 _____ with a roommate or classmate. Get together with anyone you might know from home. 5 _____ with the professors or academic advisors.
Unstructured 2 _____	Set 6 _____ for yourself. Set aside time to study. 7 _____ a day.
3 _____ issues	Get adequate sleep and 8 _____ Avoid junk food and alcohol. Eat well-balanced meals. Practice 9 _____. Visit mental health clinics. Join 10 _____ groups. Tell your family and see a professional.

B Comprehension check. Answer the following questions according to the text.

- Why starting college is one of the most exciting times in a young adult's life?

- What are the new pressures that a college freshman may face?

- How long does it take for a college freshman to be used to the format of college?

- What would many freshmen do to break up the monotony of studying and going to class?

- What should a college student do if he or she feels very depressed or even hopeless?

C Matching. Based on the text, match the statements of cause and effect.**Cause**

1. There are new people to meet and new things to adjust to.
2. You can make your own choices at college.
3. You have fewer classes and even don't have any class the whole day.
4. New pressures emerge and you fail to manage them properly.

Effect

- a. You may stay up all night and sleep in late.
- b. They may lead to anxiety, stress, and even depression.
- c. You will enjoy a lot of freedom.
- d. You may feel homesick.

D Critical thinking. It is said that college is the greatest vacation anyone can take before real life begins. Do you agree or not? Explain from your own perspectives.**Word List**

unprecedented /ʌn'presɪdntɪd/ adj. has never happened, been done or been known before 前所未有的；空前的；没有先例的

overwhelming /'əʊvə'welmɪŋ/ adj. very great or very strong; so powerful that you cannot resist it or decide how to react 巨大的；压倒性的；无法抗拒的

accountability /ə'kaʊntə'bɪləti/ n. the state of being accountable, liable, or answerable 责任

disarming /dɪs'ɑ:mɪŋ/ adj. making people feel less angry or suspicious than they were before 使人消气的；解人疑虑的

homesickness /'həʊmsɪknəs/ n. a longing to return home 思乡，想家

counter-intuitive /'kaʊntər ɪn'tju:ɪtɪv/ adj. the opposite of what you would expect or what seems to be obvious 反直觉的；与正常预期相反的

unfamiliarity /ʌnfə'mɪli'ærəti/ n. the condition of being uninformed or unaware 不熟悉，陌生

remedy /'remədi/ n. a way of dealing with or improving an unpleasant or difficult situation 处理方法；改进措施；补偿

format /'fɔ:mæt/ n. the general arrangement, plan, design, etc. of sth 总体安排；计划；设计

overeat /,əʊvər'i:t/ v. eat more than you need or more than is healthy 吃得过量；吃撑了

monotony /mə'nɒtəni/ n. boring lack of variety 单调乏味；千篇一律

endless /'endləs/ adj. very large in size or amount and seeming to have no end 无止境的；无垠的；无穷无

尽的

random /'rændəm/ adj. without sb deciding in advance what is going to happen, or without any regular pattern 随机的, 随意的 (非事先决定或不规则)

dreaded /'dredɪd/ adj. causing fear 令人害怕的; 可怕的

pinpoint /'pɪnpɔɪnt/ v. to be able to give the exact reason for sth or to describe sth exactly 准确解释 (或说明)

yoga /'jəʊgə/ n. a system of exercises for your body and for controlling your breathing, used by people who want to become fitter or to relax 瑜伽术 (健体和控制呼吸的锻炼)

meditation /'medɪ'teɪʃn/ n. the practice of thinking deeply in silence, especially for religious reasons or in order to make your mind calm 冥想; 沉思; 深思

blues /blu:z/ n. feelings of sadness 忧郁; 悲伤; 沮丧

transition /træn'zɪʃ(ə)n/ n. the process or a period of changing from one state or condition to another 过渡; 转变; 变革; 变迁

Phrases & Expressions

embark on/upon to start to do sth new or difficult 从事, 着手, 开始 (新的或艰难的事情)

take responsibility for means to accept the negative consequences of a mistake 对……负责

in control to direct or manage an organization, an area or a situation 掌管, 管理, 控制, 操纵

take a toll to have a bad effect on sb/sth; to cause a lot of damage, deaths, suffering, etc. 产生恶果; 造成重大损失 (或伤亡、灾难等)

adjust to to get used to a new situation by changing the way you behave and/or think 适应; 习惯

stay up to go to bed later than usual 深夜不睡; 熬夜

sleep in to sleep until after the time you usually get up in the morning 迟起; 睡过头; 睡懒觉

break up to cease to function or cause to stop functioning as an organized unit or group 结束; 中断

set aside to separate and reserve for a special purpose 留作……之用

contribute to to be one of the causes of sth 是……的原因之一

Language in Use

Word Training

- A** Word formation. Form new words by using “un-” or “-less” according to the rule of derivatives.

Words	Add “un-” or “-less”	New Words
common	→	
hope	→	
familiarity	→	
like	→	
worth	→	
home	→	

Derivatives

The prefix “un-” or the suffix “-less” combines with adjectives and their related nouns and adverbs to form new adjectives, nouns, and adverbs. Words formed in this way have the opposite meanings to the original words. For example:

employment–unemployment
 preceded–unprecedented
 end–endless
 regard–regardless

- B** Banked cloze. Complete the passage below with the words from the word bank. Note that each word can be used only once.

A. practically B. communicate C. obtain D. encounter
 E. ambition F. skills G. present H. professional

For many people, attending educational institutions such as college or university is a path to 1 _____ knowledge, skills and contacts for realizing their professional dreams and 2 _____.

First of all, by taking courses or program at college, students gain strong knowledge in their fields of 3 _____ interest. They comprehensively study subjects including theories, principles and laws. Also, 4 _____, all colleges and universities organize workshops and seminars where recognized experts from a particular field share their experience with participants.

Beyond knowledge, students should learn several important 5 _____ which allow transferring well-built theoretical knowledge into the professional life. One of such skills is the ability to 6 _____ ideas clearly, and every college and university train students to make a presentation and speak on the public.

Another essential skill is the ability to 7 _____ with different people properly. That is why during the educational process students have a lot of discussions and do several projects. Besides, working together, students 8 _____ some problems which take place in a real workplace and learn to solve them.

Expressions Training

C Phrases consolidation. Complete the following sentences with the phrases learned in this unit. Change the form where necessary.

contribute to	regardless of	be up to	instead of
adjust to	set aside	embark on	turn... into

- Hard work will _____ your dreams _____ realities.
- Medical negligence was said to have _____ her death.
- We should be positive and work hard _____ wasting the precious time doing nothing.
- The club welcomes all new members _____ age.
- Our class will _____ a new language course very soon.
- To be frank, it takes quite a while for a freshman _____ college life.
- They've _____ a small area as a children's playground and staked it off.
- The exercises in this chapter can guide you, but it will _____ you to do the actual work.

D Error correction. There is an error in each sentence below. Underline it and make necessary corrections.

- Whoever the way, every individual enjoys their college life and always wishes to relive that time once it is over.

- College life is a valued and smooth transition which we do not realize that we have become independent.

- Regardless what career field you plan to be committed to, you will likely benefit from going to college!

- When not managing properly, these pressures may lead to anxiety, stress, and even depression.

- A bit of self-care and practical coping strategies can make the transition from high school to college more easier.

Translation Training

E Chinese to English translation. Translate the following Chinese sentences into English. The key words or phrases are given in the brackets.

1. 我们应该集中精力寻找使我们更加自信和独立的方法。(focus on)

2. 我们希望这本书将成为沟通老师与学生的纽带。(act as)

3. 简而言之，无论你计划从事什么行业，你都可能从大学中受益！（in a nutshell）

4. 任何有音乐才能或喜欢唱歌的学生都可以参加此次比赛。(participate in)

5. 因为拥有更多的独立和自由，大学生愿意尝试他们在高中时代不敢做的事情。(due to)

F English to Chinese translation. Translate the following passage from Text B into Chinese.

For many young people, college is the first taste of adulthood. It is not uncommon to experience the freshman blues. A bit of self-care and practical coping strategies can make this transition much easier.

Pre-writing Preparation

Writing Skills

Tip:

A problem-solution essay is used to state a problem and the methods to solve it. While reading, focus on what the problem is, and why it is worthy of attention based on evidence, details and examples, etc. Moreover, you need to locate the suggested solutions (normally 3-5) to the particular problem.

Problem-solution Essay

The point of the problem-solution writing is to solve problems or, at least, to suggest the possible ways out. This means that the problem solution topic should also be specifically formulated. No matter what you are writing about, the title should be the essence of your writing.

Problem-solution Essay Outline

Introduce the backgrounds of the issue you are talking about and the context of the problem.

Problems

The problem has to be delivered to the readers so that they get to understand its importance and become interested in the ways of its solution.

Transitional Paragraph

This is a necessary part of every essay, in order to avoid the sort of, chopped delivery, where the suggestion of solutions goes right after the description of the problem. There are one or two transitional sentences that softly take the reader from the problem to solution.

Solutions

The possible solutions to the problem have to be delivered as clearly as possible. It is also important to write about all the possible disadvantages of your solution, how to avoid or to solve them.

Evaluation and Conclusion

The conclusion of an essay has to be a clear reflection of the introduction. In the beginning, you were talking about the important problem that has to be solved and you end the essay by telling, this is why this problem is important to solve.

While Writing

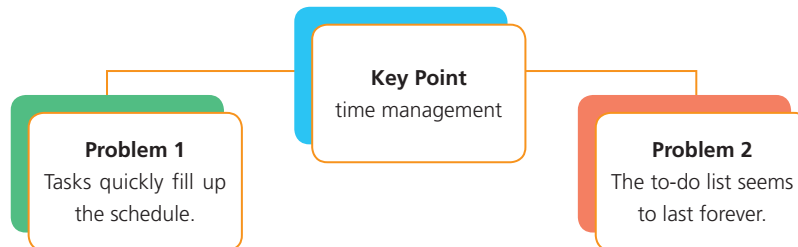
Topic Choice

Read the following passage carefully.

Sometimes there is too much to do with little time. Attending classes, studying for exams, making friends, taking time to relax, and developing hobbies can quickly fill up your schedule. The to-do list seems to last forever, and you often find yourself wishing there were more hours in the day.

Analyse the passage and write its gist in one sentence.

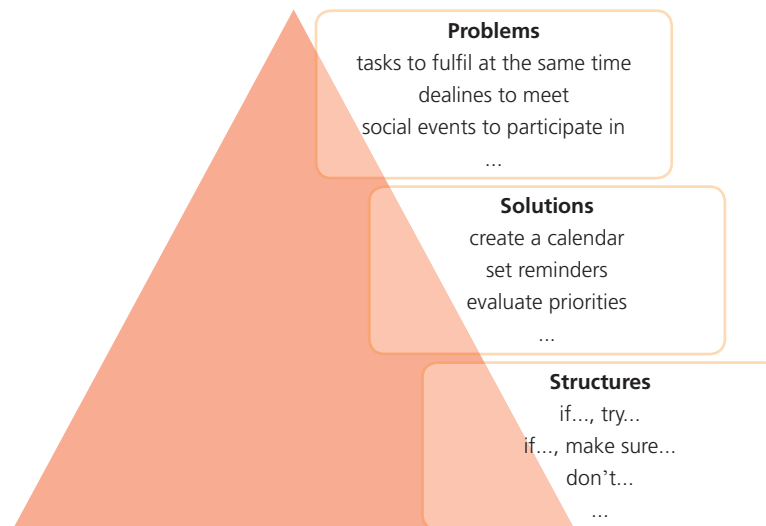
1) Structure Analysis



2) Gist

Solution Brainstorm

Based on the problems, and brainstorm possible solutions. You may use the following structures.



Writing Sample

Try to complete the following passage with the given information. Note that the last sentence is open for you to complete.

- a. moving on to tasks that require a lot of focus
- b. consider which deadlines are most urgent
- c. checking a couple things off your to-do list




Time management isn't just about getting work done. Instead, you have to accomplish what you need to get done with greater efficiency. Take just a few minutes to evaluate your priorities, and 1 _____ as well as how much energy you have.

If you are able to complete simple tasks first, try getting them out of the way before 2 _____. It helps reduce some of the pressure by 3 _____. If you are struggling to fit everything in your schedule, consider 4 _____...

Practical Writing

Part-time Job

Many college students have a part-time job. Below are some problems that students meet while working.

1	Balance between making money and developing team spirit.	
2	Worry about security problems.	
3	Balance between work and study.	

Based on the graph above, describe the challenges they may face in getting a part-time job. Give some suggestions to handle them.

Use language such as:

- | | |
|---------------------------------------|---|
| get to know the society better | less time to participate in school activities |
| trap into fraud groups | under stress/pressure |
| less time available for academic work | strike a balance between study and work |
| The suggestions are as follows. | First of all, ... Secondly, ... Finally, ... |

According to the graph above, we know that _____

Yuelu Academy

Yuelu Academy was among the four ancient Chinese academies along with Bailudong Academy on Lushan Mountain of Jiangxi Province, Yingtianfu Academy in Shangqiu of Henan Province and Songyang Academy in Kaifeng of Henan Province. Yuelu Academy was built by Zhu Dong, the governor of Tanzhou (presently named Changsha), in the 9th year (976) of the Kaibao period of the Northern Song Dynasty (960-1127). Since the millennium, Yuelu Academy has produced a large number of talented people.

Yuelu Academy became Hunan University in 1926, and it was listed among the key cultural relics under China's state protection in 1988 owing to its perfect combination of natural scenery and man-made landscapes.

With an area of 21,000 square meters, Hunan Yuelu Academy nestles at the foot of Yuelu Mountain in an elegant style, where the architectural buildings are distributed along the central axis. The main buildings include lecture hall, imperial library and temple of literature, which embody the three functions of the academy's lecture, collection and sacrifice.

The academy taught the essence of Chinese culture, including Confucian classics, social etiquette, and calligraphic skills. While the desks, chairs and decor in the classroom retain the style of ancient China, teachers here have already begun to use modern teaching equipment when conducting classes. The strong affection between teachers and students is one of the cores of the academy's spirit.

Yuelu Academy, which focuses on teaching students in accordance with their aptitude, implements the tutorial system from undergraduate to doctoral students, combining the people-centred education of traditional academies with the curriculum-centred education of modern universities.

While nourishing their own spiritual life with traditional culture, the teachers and students at the academy are striving to spread excellent traditional culture to the whole of society and make contributions to the revival of national culture.

Group Discussion: Since the millennium, Yuelu Academy has produced a large number of talented people. Can you list some?



Interview Sophomores

Situation: It's always a good idea for freshmen to learn from fellow students. Work in groups to find out the benefits they have gained at college and the challenges they have faced.

Step 1: The group members find 3 to 5 sophomores from your major or department. Settle a time for the interview.

Step 2: Within your group, design some questions for the interview. The questions may cover the following aspects:

- a. impression of the college/university
- b. major benefits gained by going to college
- c. main challenges faced
- d. strategies to handle challenges
- e. friendly reminders to the freshmen

Step 3: Write a report based on the interview. One group member is selected to present your work in the class.

Our Harvest Time

What I learned

1. Vocabulary
2. Sentences
3. Expressions

What I knew

1. Structure of a problem-solution essay.
2. Communicative strategies.

How I felt

1. In study time.
2. In clubs and activities.
3. In part-time jobs.