

# 1

UNIT

# Going to College





## Text A

### Introduction

本文讲述作者适应大学生活的故事：作者最初走错教室，之后在食堂当众摔倒，逐渐学会克服尴尬情绪，最终变得自信和坚强。

文中的故事让人感觉似曾相识，读后又忍俊不禁。

## Fresh Start

- 1 I first began to wonder what I was doing on a college **campus**. My parents drove off, leaving me standing **pitifully** in a parking lot. I wanted nothing more than to find my way safely to my **dorm** room. My plan was to keep my ears open and my mouth shut and I hoped no one would notice I was a **freshman**.
- 2 The next morning I found my first class and marched in. Once I was in the room, however, another problem **awaited** me. Where to sit? After **hesitation**, I chose a seat in the first row and to the side.
- 3 “Welcome to Biology 101,” the professor began. A cold sweat broke out on the back of my neck. I **groped** for my schedule and checked the room number. I was in the right room. Just the wrong building.

- 4 So now what? Get up and leave in the middle of the lecture? Wouldn't the professor be angry? I knew everyone would stare. Forget it. I settled into my chair and tried to look as serious as a biology major might be.
- 5 After class I felt hungry and hurried to the **cafeteria**. I piled my **tray** with sandwiches. I was heading for the salad bar when I **accidentally** stepped in a large **puddle** of **ketchup**. Keeping myself upright and getting out of the **mess** was not going to be easy. My food tray **tipped** and I lost my balance. As my **rear end** met the floor, I saw my entire life pass before my eyes: It ended with my first day of college classes.
- 6 In the seconds after my fall I thought how nice it would be if no one had noticed. But all the students in the cafeteria came to their feet, cheering and **clapping**. I knew they had not only noticed; they were determined that I would never forget it.
- 7 For three days I **dined** alone on nothing more than some junk food from a machine placed outside my room. On the fourth day I needed some real food. Perhaps three days was long enough for the campus population to have forgotten me. So off to the cafeteria I went.
- 8 I made my way through the food line and **tiptoed** to a table. Suddenly I heard a **crash** that sounded familiar. I looked up to see that another poor soul had met the same fate as I had. My heart went out to him as people began to cheer and clap as they had for me. He got up, hands held high above his head in a victory **clasp**, **grinning** from ear to ear. I expected him to **slink** out of the cafeteria as I had, but instead he turned around and began preparing another tray. And that's when I realized I had been taking myself far too seriously.
- 9 Who cared whether I dropped a tray, where I sat in class, or even whether I showed up in the wrong lecture? Nobody. This wasn't like high school. In college, it didn't matter. This was my big chance to do my own thing.
- 10 Once I recognized that I had no one's **expectations** to live up to but my own, I relaxed. I began to view college as a wonderful experiment.
- 11 College, I decided, was probably the only time I would be completely forgiven for **massive** mistakes (including stepping in puddles of ketchup and dropping food trays). So I used the **opportunity** to make all the ones I thought I'd never make.
- 12 Three years after graduation, I'm **still** making mistakes. And I'm even being forgiven for a few. (595 words)



## New Words

campus <i>n.</i>	(大学、学院的) 校园
pitifully <i>adv.</i>	可怜地
dorm <i>n.</i>	宿舍
freshman <i>n.</i>	大学一年级学生; 大学新生
await <i>vt.</i>	(某事) 将降临到……身上
hesitation <i>n.</i>	踌躇, 犹豫, 迟疑 (不决)
grope <i>v.</i>	(在包、袋等中) 摸索, 寻找
cafeteria <i>n.</i>	(工厂、学校等的) 自助餐厅, 食堂
tray <i>n.</i>	浅盘; 托盘
accidentally <i>adv.</i>	无意地
puddle <i>n.</i>	(小径、道路上的) 水坑 (尤指雨水坑)
ketchup <i>n.</i>	番茄酱
mess <i>n.</i>	(尤指因错误或疏忽所造成的) 困难局面, 困境
tip <i>v.</i>	(使) 翻倒
rear end <i>n.</i>	臀部
clap <i>v.</i>	拍手; 鼓掌
dine <i>vi.</i>	进餐
tiptoe <i>vi.</i>	踮着脚走; 蹑手蹑脚地走
crash <i>n.</i>	哗啦声; 破裂声
clasp <i>n.</i>	紧握; 攥; 抓
grin <i>vi.</i>	露齿而笑; 咧着嘴笑
<i>n.</i>	露齿笑; 咧嘴笑
slink <i>vi.</i>	偷偷溜走
expectation <i>n.</i>	期待; 期望; 希望
massive <i>adj.</i>	大量的; 巨大的
opportunity <i>n.</i>	机会
still <i>adv.</i>	还; 仍然
<i>adj.</i>	静止的; 不动的



## Phrases and Expressions

break out	(在皮肤上) 开始出现
pile ... with ...	把……放在……
head for	前往
lose one's balance	失去平衡
come to one's feet	站起来; 起身
sb.'s heart / thoughts go out to sb.	同情某人
grin from ear to ear	笑得合不拢嘴; 咧嘴大笑
take sb. / sth. seriously	认真对待某人 / 某事
live up to	符合(期望); 实践(诺言)



## Notes of the Text

1 My parents drove off, leaving me standing pitifully in a parking lot. (Para. 1) 我的父母驾车离开, 我可怜巴巴地站在停车场。

leave sb. doing ... 意为“使某人处于……状态”。

e.g. Don't leave her waiting outside in the rain. 别让她在外边淋雨等着。

2 I wanted nothing more than to find my way safely to my dorm room. (Para. 1) 我只想平平安安地找回宿舍。

nothing more than 意为“仅仅; 只不过”。

e.g. I wanted nothing more than to help her. 我只不过想帮帮她。

3 A cold sweat broke out on the back of my neck. (Para. 3) 我的脖颈子冒冷汗。

a cold sweat 意为“冷汗”。

e.g. To tell the truth, I broke out in a cold sweat just thinking about speaking in front of all those people. 说实话, 我一想到在那么多人面前讲话就冒冷汗。

4 Keeping myself upright and getting out of the mess was not going to be easy. (Para. 5) 想要站直并摆脱窘境并非易事。

两个动名词短语 Keeping myself upright and getting out of the mess 充当主语，指一件事，谓语句动词用单数形式。

e.g. Going to bed early and getting up early does good to your health. 早睡早起对你的健康有好处。

5 In the seconds after my fall I thought how nice it would be if no one had noticed. (Para. 6) 在我跌倒后的几秒里，我想如果没有人发现，那该多好。

I thought 后面跟着宾语从句，宾语从句用了混合虚拟语气：if 引导的从句表示与过去事实相反的情况，用过去完成时，主句表示与现在事实相反的情况，用“would + 动词原形”。

e.g. If the weather had been more favorable, the crop would be growing better. 如果天气再好一点，庄稼会长得更好。

6 I looked up to see that another poor soul had met the same fate as I had. (Para. 8) 我抬头一看，另一个可怜的家伙遭遇了和我一样的命运。

由 as 引导的定语从句可以修饰表示人或物的先行词。关系代词 as 在定语从句中常用于 the same ... as ...、such ... as ... 等结构。不论 as 在定语从句中充当什么成分，均不能省略。此处定语从句的先行词是 the same fate，as 在从句中充当宾语，指“相同的命运”。

e.g. This is the same pen as I lost yesterday. 这支笔和我昨天丢的笔是同款。

7 He got up, hands held high above his head in a victory clasp, grinning from ear to ear. (Para. 8) 他站了起来，双手紧握高举过头顶，摆出胜利的姿势，笑得合不拢嘴。

hands held high above his head 是独立主格结构，在句中作伴随状语。此处独立主格结构的形式是名词 (hands) + 动词的过去分词 (held) + 介词短语。

e.g. He was lying on the grass, his hands crossed under his head. 他躺在草地上，两手交叉在脑后。

## Discussion

- 1 Why did the author dine on junk food for three days?
- 2 What did the author learn from college experiences?
- 3 What can you learn from the author's experiences after reading the text?







## Text B

### Introduction

大学是人生一段美好的时光，是追逐梦想的新起点。面对新舞台、新角色和新机遇，在憧憬、期待之余，你可能也会感到迷茫和焦虑。在这美好的时刻，你是否怀揣梦想并为之全力以赴？只要努力学习，合理规划大学生活，总有一天你会满载而归！

## How to Adapt to College Life

- 1 You are making the change from a comfortable life at home with your parents to the cold and unknown world of college. This can be a major shock to any student. You are changing from having home **privacy** to sharing your space with complete strangers in dorm rooms. This can sometimes be a **frustrating** and difficult adjustment. Cope with your new college life by being smart, wise, and prepared.

**Acknowledge that you are not the only one.**

- 2 Whether you're coming from five minutes away or five states away, you will almost certainly feel awkward about the fact that you do not know anyone else on campus. Take a step back and realize that almost everyone else there is in the same situation. That knowledge will help give you the confidence to strike up conversations with new people, from your dorm **hallways** to the dining hall.



### Take action socially.

- 3 College is all about learning, networking and **establishing** relationships with people. If you want to gain opportunities and meet people, then you need to take the appropriate steps. Just sitting back and crossing your fingers will do nothing for you. Look for activities, teams, and clubs on campus that interest you, from soccer and swimming to singing and debating. Being **active** on campus can be a highly **effective** and fast way to adapt to your new college lifestyle.

### Work hard academically.

- 4 College can be **overwhelming**, but you always need to remember your main **priority**, which is learning. If you are tempted by social gatherings and new people, tell yourself that your primary focus needs to be on your education. Go to all of your classes. Spend a **significant** amount of time studying every day. Do not get caught up in all of the **frills** of college, because you will regret it later.

### Fight homesickness.

- 5 If you are attending college far from home, then a little bit of homesickness is normal. Cope with your feelings of loneliness by **maintaining** healthy ties with family and friends back home. Talk to your parents on the phone several times a week. Communicate with your closest friends through emails and instant messages. Exchange letters and pictures with your younger **siblings**.

### Behave responsibly.

- 6 When you begin college, the adjustment can be difficult, because you probably are not used to the concept of time management. In the presence of your parents and with a fixed high school schedule, you did not have to manage your own time. Realize that when you are in college, no one is going to be monitoring your every action. From maintaining a healthy sleep schedule to eating regular meals, everything is up to you. Write out a **detailed** schedule of your daily and weekly plans, including your classes, outside activities, and social **obligations**. If you do not feel that you have **sufficient** time for one activity or obligation, drop it, because you do not want to risk overwhelming yourself at this **hectic** time in your life. (492 words)



## New Words

privacy <i>n.</i>	隐私
frustrating <i>adj.</i>	使人不快的；令人沮丧的；让人泄气的
hallway <i>n.</i>	走廊；过道
establish <i>vt.</i>	(与某人或某种情况) 建立(关系)
active <i>adj.</i>	积极的；活跃的
effective <i>adj.</i>	有效的；产生预期效果的
overwhelming <i>adj.</i>	(形势或感情) 无法抗拒的，不可遏制的
priority <i>n.</i>	优先考虑的事
significant <i>adj.</i>	相当数量的；显著的
frill <i>n.</i>	(良好但非必要的) 附加特色
homesickness <i>n.</i>	乡思之情；怀乡病
maintain <i>v.</i>	维持；保持
sibling <i>n.</i>	兄弟(或姐妹)
responsibly <i>adv.</i>	负责地；可靠地
detailed <i>adj.</i>	详细的；详尽的
obligation <i>n.</i>	(法律上或道义上的) 义务，责任
sufficient <i>adj.</i>	足够的；充足的
hectic <i>adj.</i>	繁忙的；忙乱的



## Phrases and Expressions

cope with	(成功地) 对付，应付
strike up a conversation (with sb.)	(与某人) 开始交谈
communicate with	(用语言、符号、信件等) 交流
in the presence of sb.	在某人面前；当着某人的面



1 You are changing from having home privacy to sharing your space with complete strangers in dorm rooms. (Para. 1) 你正经历从拥有家庭隐私到与完全陌生的室友共享宿舍空间的变化。

share sth. with sb. 意为“与某人共用某物”。

e.g. I will share the cost with you. 我愿与你分摊费用。

2 Whether you're coming from five minutes away or five states away, you will almost certainly feel awkward about the fact that you do not know anyone else on campus. (Para. 2) 不管你是从五分钟路程之外的地方来，还是从五个州之外的地方来，你几乎肯定会因为不认识学校里的其他人而感到尴尬。

whether ... or ... 引导让步状语从句，意为“不管 / 无论……还是……”。

e.g. Whether he is rich or poor, I will marry him all the same. 无论他富有还是贫穷，我都要嫁给他。

句中 that you do not know anyone else on campus 为 that 引导的同位语从句，解释说明 the fact 的内容。

3 If you want to gain opportunities and meet people, then you need to take the appropriate steps. (Para. 3) 如果你想获得机会结识朋友，那么你需要采取适当的措施。

take steps 意为“采取措施”。

e.g. We must take steps to rectify the situation. 为了改变局面，我们一定要采取措施。

4 Do not get caught up in all of the frills of college, because you will regret it later. (Para. 4) 不要沉迷于大学里所有的花哨事，你以后会因此后悔。

be / get caught up in sth. 意为“被卷入某事（尤指坏事）”。

e.g. It's easy for college students to get caught up in the social whirl. 大学生容易被各种社交活动缠得脱不开身。

because 引导原因状语从句。

e.g. He won't resign because he's not a quitter. 他不会辞职，因为他不是一个半途而废的人。

5 When you begin college, the adjustment can be difficult, because you probably are not used to the concept of time management. (Para. 6) 刚上大学时，这种调整可能很难，因为你可能还不熟悉时间管理的概念。

be / get used to (doing) sth. 意为“习惯于（做）某事”。

e.g. After three weeks, she got used to the extreme heat. 三个星期后，她就适应了酷热的环境。

6 If you do not feel that you have sufficient time for one activity or obligation, drop it, because you do not want to risk overwhelming yourself at this hectic time in your life. (Para. 6) 如果你觉得自己没有足够的时间完成一项活动或承担一项责任，那就放弃吧，因为在人生中这个忙碌的时刻，你不想冒险让自己不堪重负。

此复合句的结构为：if 引导的条件状语从句 + 主句（此处为祈使句）+ because 引导的原因状语从句。

## Discussion

- 1 What is your college plan?
- 2 According to the author, how can you benefit most from higher education?
- 3 As a student, what type of college life do you prefer? And why?



## Quotes

1

Great Learning aims to foster moral integrity, forge close ties with the people and attain consummate virtue in both words and deeds.

- *The Book of Rites*

大学之道，在明明德，在亲民，在止于至善。

——《礼记》

2

Every person has two educations, one which he receives from others, and one, more important, which he gives to himself.

- Edward Gibbon

每个人都接受两种教育。一种是自己从别人那里获得的教育，另一种更重要的教育自我教育。

——爱德华·吉本

3

Education is not preparation for life; education is life itself.

- John Dewey

教育不是为生活做准备，而是生活本身。

——约翰·杜威

