

# Map of the book

Unit	Scenario	Active reading
<b>1</b> College: Survive and thrive <i>P2</i>	Talk about freshman challenges and ways to overcome them at the English Club <i>P3</i>	<b>Text <i>P4</i></b> Diary of a fresher <b>Analyzing writing techniques:</b> Using exaggeration in writing <b>Sharing your ideas:</b> Write a diary entry about freshman challenges
<b>2</b> New words, new worlds <i>P30</i>	Respond to an inquiry email as a volunteer of the International Student Affairs Office <i>P31</i>	<b>Text <i>P32</i></b> Metaphors for language <b>Analyzing writing techniques:</b> Using metaphors to explain abstract things <b>Sharing your ideas:</b> Write about your understanding of language and language learning
<b>3</b> Taste life! <i>P60</i>	Recommend a local Chinese food for a food program <i>P61</i>	<b>Text <i>P62</i></b> My first oyster <b>Analyzing writing techniques:</b> Describing feelings directly and indirectly <b>Sharing your ideas:</b> Talk about your experience of a food
<b>4</b> Handing it down <i>P86</i>	Share a family story related to a family object for the World Family Memory Archive <i>P87</i>	<b>Text <i>P88</i></b> The pickle jar <b>Analyzing writing techniques:</b> Using symbolism in a story <b>Sharing your ideas:</b> Write a story plan about a symbolic family object
<b>5</b> The admirable <i>P114</i>	Participate in an English public-speaking competition on the topic "A hero in my eyes" <i>P115</i>	<b>Text <i>P116</i></b> Yuan Longping: A true food hero <b>Analyzing writing techniques:</b> Describing a person's life story in chronological order <b>Sharing your ideas:</b> Tell the life story of a hero
<b>6</b> Go green! <i>P142</i>	Respond to a post about climate change on the official website of a global forum <i>P143</i>	<b>Text <i>P144</i></b> Ringing in the changes <b>Analyzing writing techniques:</b> Persuading your readers <b>Sharing your ideas:</b> Write a letter about your understanding of the impact of climate change on humanity

## Further exploration

## Project

## Extended reading

**Text P11**

Settling down around the world

**Video P14**

What is the point of college?

**Sharing your ideas:** Talk about solutions to freshman challenges

Hold a conversation **P16**

**Communication skill:** Using turn-taking appropriately in a conversation

**Text P19**

Why is college the best time of your life?

**Text P39**

The secret of polyglots

**Video P42**

When wrong is right

**Sharing your ideas:** Talk about methods for learning foreign languages

Write a response email **P44**

**Communication skill:** Analyzing the needs of your audience in writing

**Text P47**

Forgetting my first language

**Text P69**

Street food around the world

**Video P71**

Chongqing hotpot

**Sharing your ideas:** Talk about cultural dimensions of a food

Make a presentation **P73**

**Communication skill:** Bridging cultural differences between you and your audience

**Text P76**

What food tells us about culture

**Text P95**

*Jiafeng*: Traditional family virtues

**Audio P98**

The importance of family stories

**Sharing your ideas:** Talk about family virtues

Write a family story **P100**

**Communication skill:** Conveying a moral message in a story

**Text P103**

Beginnings matter!

**Text P123**

Heroes in Western literature

**Audio P126**

Chinese heroes

**Sharing your ideas:** Talk about admirable qualities of your hero

Give a speech **P128**

**Communication skill:** Making your speech inspiring

**Text P131**

Search for the hero inside yourself

**Text P151**

Share the Earth, share the responsibility

**Video P154**

China makes great efforts in green development

**Sharing your ideas:** Talk about how to combat climate change

Write a response post **P156**

**Communication skill:** Responding appropriately to someone with a different opinion

**Text P159**

Who should pay to fix climate change?



UNIT

# 1

# College: Survive and thrive

## Learning objectives

After completing this unit, you will be able to

- > describe various challenges that college freshmen face
- > offer suggestions for dealing with freshman challenges
- > hold a conversation using turn-taking appropriately



You saw a poster about the first activity of the English Club in the new semester. It is a get-together with the topic “Challenges for freshmen and ways to overcome them.” You feel a little bit anxious about the challenges of college life and want to discuss them with other club members to ease the pressure you feel and look for possible solutions. How would you talk with your partner at the English Club?



## Try it out

- 1 Try to do the task above.
- 2 What difficulties did you experience while doing the task? List two or three major ones in English or Chinese in the following table.

	Aspects	Difficulties
<b>Content</b>	Introducing freshman challenges	
	Suggesting solutions to the challenges	
<b>Language</b>	Vocabulary / Sentence / Style	
<b>Structure</b>	Organizing a conversation in a clear and logical way	
<b>Communication</b>	Taking turns appropriately in a conversation	

# Active reading

Work in pairs. Talk about the challenges you encountered when you first arrived at college and add two of your own to the following list.

- Homesickness
- Making new friends
- Managing my time

- \_\_\_\_\_
- \_\_\_\_\_

The transition from high school to college is not always easy. The following diary entries written by a freshman in the U.K. describe the author's experiences of the first week in college. What challenges did the author encounter? Read the diary entries and find out if you came across similar problems when you first arrived at college.

## Diary of a fresher

### Sunday

- 1 After a tiring car journey, we arrive at my hall of residence for me to get settled in. My room is five floors up, and the lift has a sign on it, "Out of order." Finally, with my mother flushed and gasping for breath, we find the room and walk in.
- 2 After one minute, my dad climbs out. The room is barely big enough for one, and certainly not big enough for the whole family. I can stretch out full-length on the bed and touch three walls without moving a muscle.
- 3 It's a while later, and my parents have just left. I'm here alone and can't move, with my books and suitcase in the way. What do I do next?



## Monday

- 4 There's a coffee morning for freshers. I meet my tutor, a tall man with sloping shoulders, who is making a determined effort to be friendly.
- 5 "Have you come far?" he asks as he peers down at me. As he speaks, his head jerks wildly from side to side, which makes his coffee spill out.
- 6 "I live not far from Edinburgh, about six hours away," I explain.
- 7 "Splendid!" he says and moves on to the fresher standing beside me. "Have you come far?" he asks. "Splendid!" he continues, without waiting for the answer, and moves on. He takes a sip of coffee and looks shocked to discover the cup is empty.
- 8 My mum calls. She asks if I've met my tutor yet.



## Tuesday

- 9 Am feeling a bit hungry, and I feel like I haven't eaten for three days. I go downstairs and stumble across the canteen. I join a long queue of people, which is winding its way out of the door.
- 10 "What's for breakfast?" I ask the guy in front of me.
- 11 "No idea. I was too late for breakfast. This is lunch."
- 12 It's self-service, and today's menu includes chicken, rice, potatoes, salad, vegetables, yoghurt, and fruit. The boy in front piles them all onto his plate. I seem to have lost my appetite.
- 13 My mum calls. She asks if I'm eating proper meals.

## Wednesday

- 14 I have a lecture at 9 a.m. I wake up at 8:45 a.m. No one has woken me up. Strange.
- 15 I pull on some clothes and run to the lecture hall.
- 16 The lecture takes an hour. At the end I look at my notes, and I can't read my handwriting.
- 17 The girl sitting beside me is called Sophie, and she's an English literature undergraduate, like me. She looks frighteningly clever. When we talk after the lecture, she tells me she read the whole of this term's reading list during her gap year. That's impressive! I feel so ignorant ... I don't even feel worthy of breathing the same air as her.
- 18 Mum calls. She asks if I slept OK.

## Thursday

- 19 It's the freshers' fair today, and Sophie and I go along to see how many clubs we can join. We agree that we want to get out and meet lots of different people, so I sign up for the Dancing Club, the Artificial Intelligence Society, and the Extreme Sports Club. Sophie signs up for the Theatre Club and the Singing Club. I wonder if Sophie and I are going to stay friends.
- 20 Mum calls. My brother has tried to rent out my bedroom at home. Mum reassures me that it's mine for as long as I need it, that it's my home, and that they miss me very much, especially the dog. I burst into tears.

## Friday

- 21 In the morning, I go to the library. But it seems I need a student card, which I don't have yet. For some reason, I also have to swear that I won't break the library rules, and if I do, I'll be sent to prison. (What!? For speaking too loudly?) It seems that it's a very old library, and the university is inordinately proud of it.
- 22 Tonight is club night at the Students' Union, but I've run out of clean clothes. I'm not sure what happens to my dirty clothes after putting them in the clothes basket and before finding them clean, ironed, and ready to be worn again. Maybe Mum will call soon.

### Notes

A **coffee morning** is an informal social event in the morning where people drink coffee or tea, talk, and make new friends.

A **gap year** is a year usually between finishing high school and starting college when you travel or work. Young people take a gap year in order to become more independent and gain work experience before starting college, or if they are not sure what they want to study.

A **freshers' fair** is an event when all the college clubs and societies try to attract new members.



# Getting the idea

1 Complete the following table about the author's challenges.

Challenges faced by the author	
Sunday	The room: 1) _____
Monday	The tutor: 2) _____
Tuesday	Food: 3) _____
Wednesday	Time arrangement: 4) _____ Classmates: 5) _____
Thursday	Making friends: 6) _____
Friday	The library: 7) _____ Clothes: 8) _____

2 Check (✓) the true statements and correct the false ones.

- 1 The author adapted very well to college life during the first week.
- 2 Living far away, the author took a plane to the college.
- 3 Sophie and the author were both English literature undergraduates.
- 4 The college clubs covered a wide variety of hobbies and interests.
- 5 The library had very strict rules.
- 6 Most of the diary entries ended with a call from the author's mother, which shows that the author was homesick.



# Analyzing writing techniques

## Using exaggeration in writing

Exaggeration is a writing technique that we can use to make a feature of something more impressive. By using exaggeration, we stress the feature to such an extent that it can attract the readers' attention, arouse their imagination, or resonate (引起共鸣) with them.

In the text, the author writes, "I can stretch out full-length on the bed and touch three walls without moving a muscle." It doesn't really mean that the room is so small that one doesn't need to move a muscle to touch a wall. The author uses exaggeration to stress the smallness of the room, creating a humorous effect.

When using exaggeration, the author uses unrealistic comparisons and statements. For example, the author writes that "I feel like I haven't eaten for three days," which is quite uncommon in real life. If exaggeration is too close to reality, it will be difficult to tell the difference. What's more, the situations or things the author exaggerates are all based on life experiences. Exaggerating aspects of things familiar to readers will be more effective.



### 1 Note down other examples of exaggeration in the text.

Sunday	
Monday	
Wednesday	
Friday	

### 2 Work in pairs and discuss what effects are achieved through the above examples of exaggeration.

# Building your language

## 1 Complete the following sentences with the correct form of the expressions in the box.

make an effort    be worthy of    run out of    sign up for    burst into tears

- 1 My friend suggested that I should \_\_\_\_\_ to balance my study and social activities in college.
- 2 The day I left my home for college, I couldn't control my feelings and \_\_\_\_\_.
- 3 If you have an interest in traditional Chinese calligraphy, you can \_\_\_\_\_ the Calligraphy Club.
- 4 Mary called her mom yesterday and said she \_\_\_\_\_ money for the month.
- 5 You have worked hard at your academic work, and you \_\_\_\_\_ the first prize scholarship.

## 2 Complete the following paragraph with the correct form of the expressions in the box.

as a fresher    a hall of residence  
a university canteen    an English literature undergraduate  
have a student card    one's first lecture

Many years have passed, but I still remember how I spent my first week 1) \_\_\_\_\_ at university. For the first time, I had to leave home and live in 2) \_\_\_\_\_. The room was so small that I couldn't even stretch out on the bed. Each student was assigned a tutor, and at the coffee morning I met mine. He was friendly but seemed a little nervous. When I went to the self-service counter, I suddenly lost my appetite after seeing someone piling too much food on his plate at 3) \_\_\_\_\_. Mum wasn't there to wake me up in the morning, and I was late for 4) \_\_\_\_\_. A girl called Sophie was sitting beside me. She was also 5) \_\_\_\_\_. We had different hobbies and interests, so we joined different clubs. I went to the university library, which was very old. But they wouldn't let me in, because I didn't 6) \_\_\_\_\_ with me.

**3** Translate the following sentences into English with the words and expressions in parentheses.

1 这所大学新建的图书馆藏书丰富，设施先进，令人印象深刻。（impressive）

2 我和我的室友对中国传统剪纸（paper cutting）很感兴趣，所以我们加入了剪纸俱乐部。（go along）

3 学生食堂汇集了中国各地的美食。我每天都能品尝不同的菜，从来没有过食欲不振。（lose one's appetite）

4 很多高校本科生担任了2022年北京冬奥会志愿者，他们用行动表达了对祖国的热爱。（college undergraduate）

5 中国大学生一般住集体宿舍，大家应该约束自己，不能破坏宿舍的规定。（break a rule）

## Sharing your ideas

Have you encountered any problems similar to those revealed in the diary entries? What problems are not mentioned by the author but exist in your life? Write a diary entry in no less than 80 words to describe the problems you have encountered as a freshman. Try to use exaggeration in your diary entry.

DATE	/	/	Sun.	Mon.	Tue.	Wed.	Thur.	Fri.	Sat.



# Further exploration

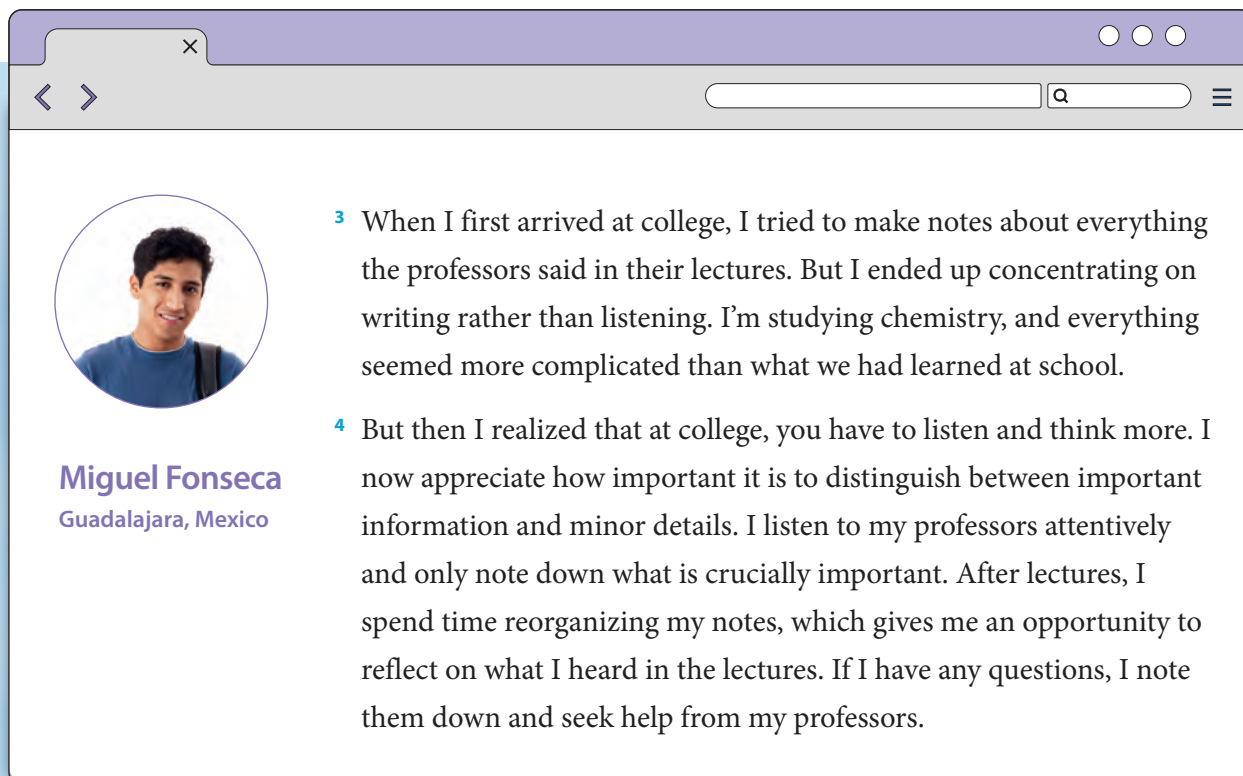
In *Active reading*, we learned about some challenges we may encounter as freshmen. Faced with various challenges as you transition to college life, you are probably wondering how to solve them and how to achieve personal growth in college. In this section, we will learn from college students and professors about how to live a meaningful college life.

## Settling down around the world




**Tanya Zarutskaya**  
Moscow, Russia

- 1 This time last year I was anxious about my new life. I didn't have any friends, and it was my first time away from home. At first, my schedule was full of learning tasks. I worked all the time, going to lectures and studying late into the night.
- 2 But then I realized I was missing out on so many other things at college. I talked to Mom, and she suggested I join a club. Frankly, I had no particular interest in joining any clubs. When I found out my roommate was in a dance club, I just went along with her. We get together to dance every week and have fun together, and I've got to know lots of interesting people there. As well as studying hard, I now enjoy myself.



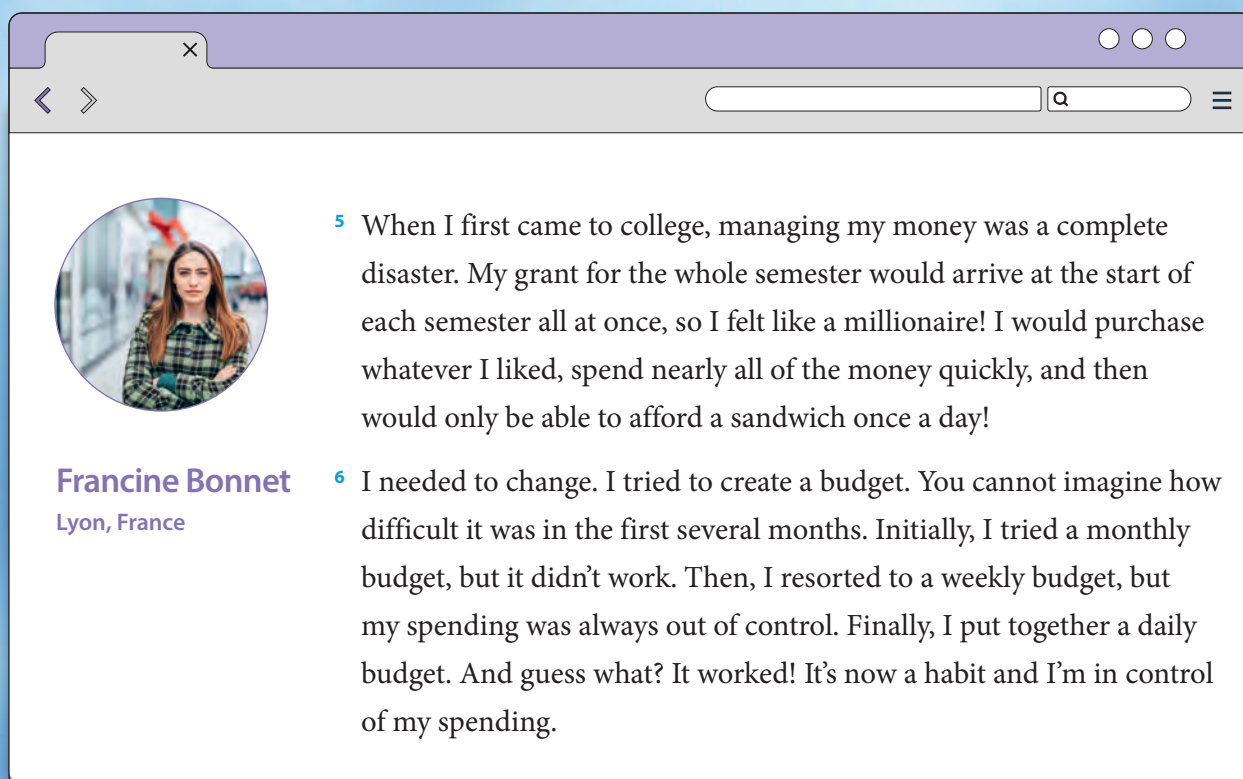
A browser window mockup with a purple header bar containing window control buttons (close, maximize, minimize) and a search bar with a magnifying glass icon. The main content area is white and contains a circular profile picture of Miguel Fonseca, his name, and his location. To the right of the profile information are two numbered paragraphs of text.




**Miguel Fonseca**  
Guadalajara, Mexico

3 When I first arrived at college, I tried to make notes about everything the professors said in their lectures. But I ended up concentrating on writing rather than listening. I'm studying chemistry, and everything seemed more complicated than what we had learned at school.

4 But then I realized that at college, you have to listen and think more. I now appreciate how important it is to distinguish between important information and minor details. I listen to my professors attentively and only note down what is crucially important. After lectures, I spend time reorganizing my notes, which gives me an opportunity to reflect on what I heard in the lectures. If I have any questions, I note them down and seek help from my professors.



A browser window mockup with a purple header bar containing window control buttons (close, maximize, minimize) and a search bar with a magnifying glass icon. The main content area is white and contains a circular profile picture of Francine Bonnet, her name, and her location. To the right of the profile information are two numbered paragraphs of text.



**Francine Bonnet**  
Lyon, France

5 When I first came to college, managing my money was a complete disaster. My grant for the whole semester would arrive at the start of each semester all at once, so I felt like a millionaire! I would purchase whatever I liked, spend nearly all of the money quickly, and then would only be able to afford a sandwich once a day!

6 I needed to change. I tried to create a budget. You cannot imagine how difficult it was in the first several months. Initially, I tried a monthly budget, but it didn't work. Then, I resorted to a weekly budget, but my spending was always out of control. Finally, I put together a daily budget. And guess what? It worked! It's now a habit and I'm in control of my spending.

1 Complete the following tables about each student's problem and solution.

Tanya Zarutskaya	Miguel Fonseca	Francine Bonnet
<p><b>Problem</b></p> <p>Studying all day long and 1) _____ other things</p>	<p><b>Problem</b></p> <p>Making notes about 3) _____ rather than listening to professors</p>	<p><b>Problem</b></p> <p>Having a lot of trouble 5) _____</p>
<p><b>Solution</b></p> <p>2) _____ and enjoying herself</p>	<p><b>Solution</b></p> <p>Listening to professors attentively and noting down what is 4) _____</p>	<p><b>Solution</b></p> <p>Putting together 6) _____</p>

2 Check (✓) the true statements and correct the false ones.

- 1 At first, Tanya had a strong interest in dance and thus joined a dance club.
- 2 Tanya got to know lots of interesting people at the dance club.
- 3 Miguel sought help from his classmates if he had any questions.
- 4 Miguel learned to rearrange his notes after lectures so that he had a chance to reflect.
- 5 Francine was poor and she could only afford a sandwich once a day.
- 6 Francine solved her problem quickly and easily by creating a budget.



## New words and phrases

**inherently** /ɪn'herəntli/ *ad.* 固有地; 内在地

**intelligent** /ɪn'telɪdʒənt/ *a.* 有智慧的; 聪明的

**GPA** *n.* (美国教育体制中的) 平均学分绩点

**weed sb. / sth. out** 除去, 淘汰 (不合格的人或物)

**dumb** /dʌm/ *a.* 愚蠢的

**deficiency** /dɪ'fɪʃənsi/ *n.* 缺点; 毛病

**embrace** /ɪm'breɪs/ *vt.* 欣然接受, 乐意采纳 (新思想、意见等)

**vice** /vaɪs/ *n.* 邪恶; 恶行

**virtue** /'vɜ:tʃu:/ *n.* 善; 美德



Video

# What is the point of college?



- 1 Watch the first part of the video and complete the following table about the idea of proving your intelligence.

### Proving your intelligence

#### Grades

Somewhere along the way, we get the idea that our grades are 1) \_\_\_\_\_.

#### Tests

We fear tests as ways to 2) \_\_\_\_\_.

#### Teacher comments

We believe teacher comments are point-by-point reasons why we are 3) \_\_\_\_\_.

#### Taking classes

We start looking for the easy classes that won't 4) \_\_\_\_\_ our GPAs.

#### Struggle

Struggle is a sign of 5) \_\_\_\_\_.

- 2 Watch the second part of the video and complete the following table about the idea of growing your intelligence.

Growing your intelligence	
Grades	None of these things 1) _____ us. They're all about 2) _____. They tell us "This is where you are right now," not "This is who you 3) _____ are."
Tests	
Teacher comments	
Taking classes	If we get As in a class but 4) _____, we're no smarter than if we didn't take the class at all.
Struggle	When we struggle, that's when we learn. And struggling in college means we're 5) _____.

- 3 Watch the video again. Then work in pairs and discuss the following questions.

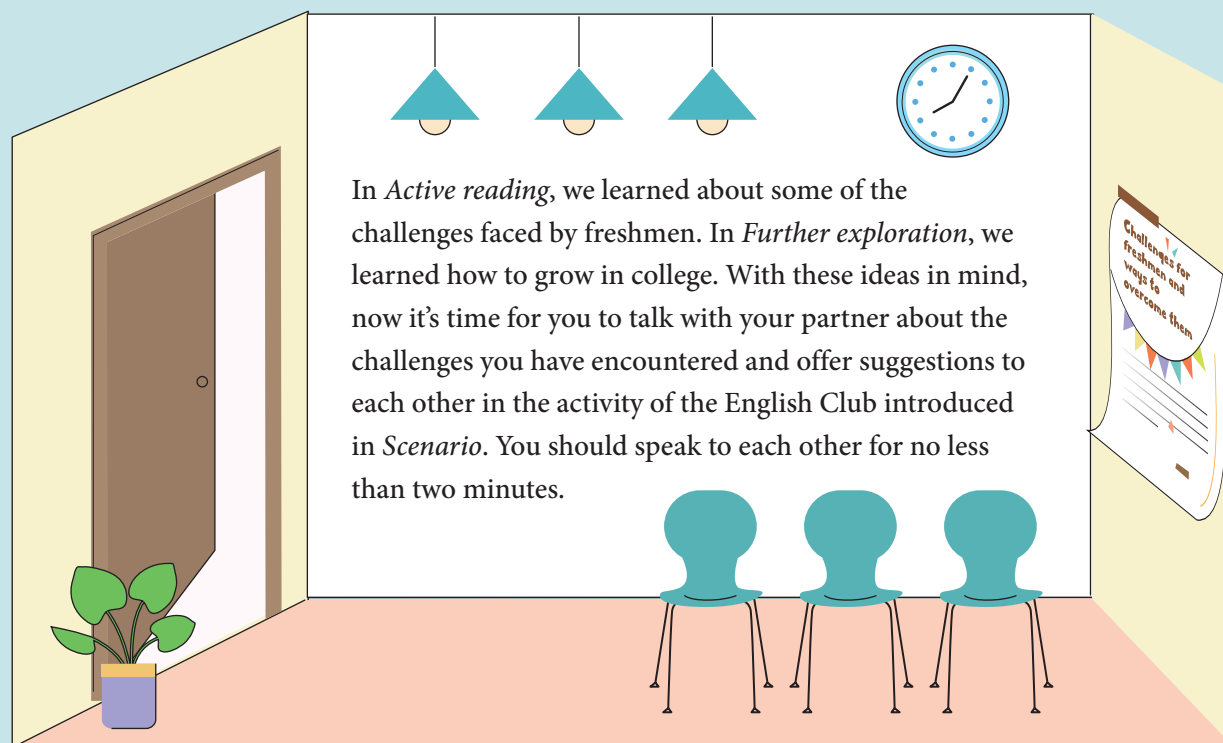
- 1 According to the video, what could be the consequences if we follow the idea of proving our intelligence?
- 2 According to the video, what should we do if we want to grow our intelligence?
- 3 Besides intelligence, what abilities do you think college students need to develop?



In the previous *Sharing your ideas*, you wrote a diary entry about the challenges facing you as a freshman. Work in pairs. Exchange your diary entries and talk to each other about possible solutions.

# Project

## Hold a conversation: Challenges for freshmen and ways to overcome them



### Using turn-taking appropriately in a conversation

Turn-taking is the skill of knowing when we should start and finish talking in a conversation. When communicating with others, we would not expect one person to speak continuously while the other listens and waits for a long time. Appropriate turn-taking makes a conversation interactive and allows both participants to express themselves. Here are some tips for turn-taking in a conversation.

- The speaker can ask a question to give the listener a turn. For example, the speaker

can prompt the listener to speak by saying, "I felt quite uneasy in the first few days ... How about you?"

- The speaker can invite the listener to join in by directly asking for their opinion. For example, the speaker can ask, "What do you think?"
- The listener can signal that they wish to take a turn. For example, by using words like "um" and "yes," the listener can indicate that they have something to say.



Micro course



## STEP

## 1

**Brainstorm your ideas**

Mind maps can help you develop your ideas. Work in pairs and complete the following steps.

- Draw a mind map of your challenges as a freshman at college. You should divide your challenges into different areas and specify your problems. Here are some areas that you may consider: academic work, daily life, and social connections.
- Exchange your mind map with your partner.
- Draw another mind map to provide suggestions for overcoming your partner's challenges. You can just respond to one or two of them if the list of challenges is too long.

## STEP

## 2

**Structure your conversation**

After developing your ideas, consider how to organize them in your conversation. The following is a suggested structure for the conversation.

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### Conversation structure

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**Initiate the conversation**

A: Greet B.

B: Greet A.

**Discuss the topic**

A: State your personal challenges.

B: Respond to A's challenges.

A: Thank B and invite B to talk about B's challenges.

B: State your challenges.

A: Respond to B's challenges.

...

**Conclude the conversation**

A: Wish B well.

B: Thank A and wish A well.

**STEP**  
**3****Enhance your language**

Find useful expressions or sentences in this unit to enhance your language. Write them down according to the following functions.

- **Function: Describing the challenges you face**

e.g. I didn't have any friends, and it **was my first time** away from home.

- **Function: Explaining how to overcome challenges**

e.g. If I have any questions, I note them down and **seek help from** my professors.

**STEP**  
**4****Present your conversation**

Rehearse your conversation and present it in class. Listen to feedback and revise your conversation. Now you are fully prepared for the English Club activity.

Starting a new life at college might be challenging and tough. However, college can also be one of the most rewarding experiences of our lives. It is worth the effort required, and it means a great deal for us. The following text details several reasons why college is the best and most interesting time of our lives. Read the text and find out the answer.

## Why is college the best time of your life?

- <sup>1</sup> Whether you are at the beginning of your studies or at the very end, you will have heard countless times that college is the best period of a person's life. However, how can this be true with all that students have to deal with, from the worry of leaving your school routine and childhood friends to the stress of studying for important exams? We are going to give you some good reasons that prove college is the best and most interesting time of your life.
- <sup>2</sup> You are finally independent. You can arrange your free time the way you please. This is something every young person dreams of. You can finally live by your own rules rather than those of your parents. This could include a party, food you like, and sweet treats for lunch. Why not?
- <sup>3</sup> Although living away from home for the first time can be both difficult and stressful, it will contribute much to your personal development. At first you might think you cannot survive without your mom's cooking. But soon the idea that you can eat anything at any time becomes more appealing!
- <sup>4</sup> For those of you who have moved far away from your families to study, your self-reliance is no doubt tested even further. Without the security of your families and high school friends close by, you slowly develop the confidence to manage your life on your own.
- <sup>5</sup> This is perhaps the one period of life when you are able to spend all your time studying a subject that you really enjoy in depth. Although you must manage a busy timetable of seminars, projects, and assignments, your time is your own to explore your subject of choice. Your major may be challenging, but great satisfaction can be gained when you finally understand issues you have been struggling with in your studies. These small achievements can add to your continued growth in self-confidence.



- 6 Life outside of your class can also be beneficial for your personal growth. There are numerous associations and extracurricular activities where you can develop your interests and even gain some additional skills. Whatever your hobbies are, you can connect with like-minded people when you join a club. Even if there isn't a club for your particular interest, you can always set one up. You can also choose to spend some of your free time working. Some students decide to volunteer at local charities to give back to the community, while some pick up part-time jobs to support themselves financially.
- 7 It's also one of the most sociable times. You can meet lots of new people, some of whom will become your friends for life. They may be people with similar interests to you or even people very different from you. College is a melting pot of people – with different nationalities, cultural beliefs, and points of view. It's a unique opportunity to explore friendships with people you might not have come into contact with before. Regardless of who you are, you will all find yourselves in the same situation, with shared experiences and difficulties. This can bond people for life. According to statistics, people create the largest number of lifelong friendships at college. Many students also meet their greatest love there!
- 8 By navigating the ups and downs of student life, you are able to grow up and take responsibility for yourself. So at the end of your college life, do not be surprised to find you started your academic education as one person and finished it as another – usually a better version of yourself!
- 9 “College days are the best days of your life,” they say. Is it a cliché? Yes! Is it true? Yes, for most people it is. So make the most of the opportunities available to you at college so that you can look back and say the same!

**Match the following statements with the paragraphs which contain the corresponding information.**

- a. Having no family members and old friends around provides an opportunity for you to manage your own life.
- b. In college young people can realize their dream of living by their own rules.
- c. If you make the most of college life, you will look back favorably on this period of time.
- d. When you overcome challenges in your studies, you will benefit a lot.
- e. You will become a better person after your college education.
- f. Common experiences bind college students together.
- g. Some college students choose to work as volunteers to serve society.

# Self-reflection

What have you learned in this unit? Complete the reflection sheet in English or Chinese.

	Aspects	Gains
Content	Introducing freshman challenges	I am able to describe my problem of homesickness; _____
	Suggesting solutions to the challenges	I am able to overcome homesickness by joining the reading club and making new friends; _____
Language	Vocabulary / Sentence / Style	Vocabulary: lose one's appetite / be anxious about / resort to _____
		Sentence: I didn't have any friends, and it was my first time away from home. _____
		Style: I know my conversation should be casual ... _____
Structure	Organizing a conversation in a clear and logical way	I am able to use greetings to start a conversation; _____
Communication	Taking turns appropriately in a conversation	I am able to use "what do you think" to invite others to share their opinions; _____
Action	Growing as a person by solving various college problems	I have become more outgoing by making friends at the English Club; _____

# Vocabulary

## Diary of a fresher

### New words

- ★ **fresher** /'freʃə/ *n.* [C] (*AmE* **freshman**) a student who has recently started studying at a college or university (学院或大学的) 一年级新生

*Freshers often attend events so that they can make new friends.*

**hall of residence** /'rezɪdəns/ *n.* [C] (*AmE* **dorm**) a college or university building where students live (学院或大学的) 学生宿舍

*The university built two new halls of residence for its students.*

**flushed** /flʌʃt/ *a.* red in the face 脸红的

*Unable to answer the question, her face was flushed with embarrassment.*

**gasp** /gɑ:sp/ *vi.* breathe quickly in a way that can be heard because you are having difficulty breathing (由于呼吸困难而) 急促吸气

*I came out of the water and gasped for breath.*

- ★ **barely** /'beəli/ *ad.* in a way that almost does not happen, exist, etc. 仅仅; 勉强地; 几乎没有

*The road was barely wide enough for two cars to pass.*

**full-length** *ad.* sb. who is lying full-length is lying flat with their legs straight out 脚伸直地; 平躺地

*She stretched out full-length on the bed.*

- ★ **muscle** /'mʌsəl/ *n.* [C, U] one of the pieces of flesh inside your body that you use in order to move, and that connect your bones together 肌肉

*Athletes usually have strong muscles and a high level of fitness.*

- ★ **suitcase** /'su:tkeɪs/ *n.* [C] a large case with a handle, used for carrying clothes and possessions when you travel (旅行用) 手提箱

*My dad took this old suitcase all over the world.*

- ★ **tutor** /'tju:tə/ *n.* [C]

1 a teacher in a British university or college (英国大学或学院中的) 导师, 助教

*Every week, Jane meets her tutor to discuss her academic progress.*

2 sb. who gives private lessons to one student or a small group, and is paid directly by them 家庭教师; 私人教师

*Her husband wanted their kids to be educated at home by tutors.*

- ★ **sloping** /'sləʊpɪŋ/ *a.* having one end higher than the other 倾斜的; 有坡度的

*My brother enjoys racing his toy cars down the sloping land.*

- ★ **peer** /pɪə/

*vi.* look very carefully at sth., esp. because you are having difficulty seeing it (尤指因看不清而) 盯着看, 凝视

*I peered at the old book, trying to read the faded words.*

*n.* [C, usu. pl.] (*fmI.*) your peers are the people who are the same age as you, or who have the same type of job, social class, etc. 同龄人; 社会地位相同的人; 同行  
*As a teenager, I cared deeply about my peers' opinions.*

**jerk** /dʒɜ:k/ *v.* move with a quick sudden movement, or make part of your body move in this way (使) 猝然一动; (使) 猛然一动

*When a large fish came near, she jerked her feet from the water.*

- ★ **spill** /spɪl/ *v.* (*BrE* **spilt, spilt**) (*AmE* **spilled, spilled**) if you spill a liquid, or if it spills, it accidentally flows over the edge of a container (使) (液体) 溢出 (泼洒, 溅出)

*The careless waiter spilled soup all over my new shoes.*

- ★ **splendid** /'splendɪd/ *a.* (*old-fashioned*) very good 极棒的; 极好的

*We bought a splendid painting at a market this morning.*

注: 单词表中带★符号的为大学英语四级词汇或其派生词。

- ★ **sip** /sɪp/  
 n. [C] a very small amount of a drink 一小口 ( 饮料 ); 一啜之量  
*She took a sip of coffee from the thick mug.*  
 v. drink sth. slowly, taking very small mouthfuls 小口地喝; 抿; 呷  
*Jane is sipping her drink because it is very hot.*
- stumble** /ˈstʌmbəl/ vi.  
 1 walk in a way which does not seem controlled 跌跌撞撞地走; 蹒跚而行  
*I woke up early this morning and stumbled sleepily to the kitchen.*  
 2 hit your foot against sth. or put your foot down awkwardly while you are walking or running, so that you almost fall 绊脚; 绊倒  
*He stumbled on some loose stones and nearly fell over.*
- ★ **canteen** /kænˈtiːn/ n. [C] (AmE **cafeteria**) a place in a factory, school, etc. where meals are provided, usu. quite cheaply ( 工厂、学校等的 ) 食堂, 餐厅  
*I really enjoy the surprisingly good food the college canteen serves.*
- ★ **wind** /waɪnd/ v. (**wound, wound**) follow a course or path that curves or twists a lot ( 沿路线或小道 ) 弯曲前进, 迂回行进  
*The footpath winds along the coast and provides excellent views.*
- self-service** a. a self-service restaurant, shop, etc. is one in which you get things for yourself and then pay for them ( 餐馆、商店等 ) 自助 ( 式 ) 的  
*Supermarkets are large self-service stores selling all kinds of food.*
- ★ **pile** /paɪl/  
 vt. fill a place or container or cover a surface with a large amount of things 堆放; 摞起  
*I get annoyed when my sister piles her dirty clothes on my bed.*  
 n. [C] a group of several things of the same type that are put on top of each other 堆; 叠; 摞  
*I found Roger sitting in front of a big pile of books.*
- ★ **appetite** /ˈæpətaɪt/ n. [C, usu. sing., U] a desire for food 胃口; 食欲  
*My aunt said that her appetite increased when she became pregnant.*
- ★ **lecture** /ˈlektʃə/ n. [C] a long talk on a particular subject that sb. gives to a group of people, esp. to students in a college or university ( 尤指大学里的 ) 讲座, 演讲  
*We went to a fascinating lecture about ancient history last week.*
- ★ **literature** /ˈlɪtərətʃə/ n. [U] books, plays, poems, etc. that are considered to have value as art and not just entertainment 文学; 文学作品  
*She likes to share her opinions on Chinese literature with her classmates.*
- ★ **undergraduate** /ˌʌndəˈɡrædʒuət/ n. [C] a student at college or university, who is working for their first degree ( 在读的 ) 大学 ( 本科 ) 生  
*My cousin is a second-year undergraduate at a top college.*
- ★ **frighteningly** /ˈfraɪtnɪŋli/ ad.  
 1 used for emphasizing sth. ( 用于强调 ) 非常, 极其  
*It was a frighteningly bad movie, so I left the cinema early.*  
 2 in a way that makes you feel afraid or nervous 令人恐惧地; 令人不安地  
*The forest looked frighteningly unfamiliar in the fog.*
- ★ **impressive** /ɪmˈpresɪv/ a. sth. that is impressive makes you admire it because it is very good, large, important, etc. 令人钦佩的; 给人深刻印象的  
*In my opinion, the band gave a very impressive performance.*
- ★ **ignorant** /ɪɡnərənt/ a. not knowing facts or information that you ought to know 无知的; 愚昧的  
*I have to admit that I'm ignorant about new technology.*
- artificial intelligence** /ˌɑːtɪfɪʃəl mˈtelɪdʒəns/ n. [U] (abbr. AI) the study of how to make computers do intelligent things that people can do, such as think and make decisions 人工智能  
*His contributions to artificial intelligence have led to major advances in the field.*



★ **rent** /rent/

vt. (also ~ **out**) let sb. live in a house, room, etc. that you own, or use your land, in return for money 出租 (房屋、房间、土地等)

*I rent out my spare bedroom to make some extra money.*

v. regularly pay money to live in a house or room that belongs to sb. else, or use sth. that belongs to sb. else 租 (房); 租用

*My friend Jim rents an apartment near the hospital in the center of the city.*

**reassure** /ˌriːəˈʃʊə/ vt. make sb. feel calmer and less worried or frightened about a problem or situation 使安心; 使放心; 使消除疑虑

*The kids were worried about the coming storm, so I attempted to reassure them.*

★ **swear** /sweə/ (**swore, sworn**)

vt. promise that you will do sth. 起誓保证 (做某事)

*Laura swore that she would visit me on my birthday.*

vi. use rude and offensive language 诅咒; 咒骂; 说脏话

*Parents should never swear in front of kids.*

**inordinately** /ɪn'ɔːdɪnətli/ ad. to a far higher degree than is usual or expected 过度地; 超乎预料地

*The coffee I ordered was inordinately expensive but tasted really awful.*

★ **iron** /'aɪən/ vt. make clothes smooth using an iron (用熨斗) 熨平

*You should iron your shirt because it is very wrinkled.*

## Phrases

**out of order** if a machine or piece of equipment is out of order, it is not working (机器或设备) 发生故障的, 失灵的  
*We took the stairs as the elevator was out of order.*

**stretch out** lie down, usu. in order to sleep or rest 躺下 (睡觉或休息)

*He yawned and stretched out on the sofa after doing the housework.*

**make an effort (to do sth.)** (mainly spoken) do sth. even you do not want to or find it difficult 尽量试着, 勉强试着 (做某事)

*Everybody is asked to make an effort to recycle as much of their waste as possible.*

**join a queue** (AmE **join a line**) go and stand at the end of a line of people who are waiting for sth. 排队  
*I always seem to join a very slow queue at the supermarket.*

**pull on sth.** put on clothes, esp. quickly (尤指迅速地) 穿上, 戴上

*When the wind started to blow, I pulled on my wool coat.*

**go along** go to an event or a place where sth. is happening 去参加; 去往  
*George and Harriet went to a book club, but I decided not to go along.*

**sign up for sth.** put your name on a list for sth. because you want to take part in it 报名

*Not enough people signed up for the singing lessons so they were canceled.*

**as long as** used to say that one thing can happen or be true only if another thing happens or is true 只要  
*He can play video games as long as he finishes his homework first.*

**burst into tears** suddenly start crying 突然哭起来  
*The boy burst into tears when the dog barked at him.*

**run out of sth.** use all of sth. and not have any more left 用完; 耗尽

*I ran out of money while traveling and had to ask my parents for help.*

## Proper nouns

**Edinburgh** /'edɪnbərə/ 爱丁堡 (英国北部城市, 苏格兰首府)

## Settling down around the world

## New words

★ **anxious** /'æŋkʃəs/ a. worried about sth. 焦虑的; 不安的  
*I know that traveling by airplane is safe, but I always feel anxious.*

★ **schedule** /'skedju:l/ n. [C] a plan of what sb. is going to do and when they are going to do it 计划表; 日程表  
*We're working to a very tight schedule at the moment.*

- ★ **frankly** /'fræŋkli/ *ad.* used to show that you are saying what you really think about sth. 坦白说; 坦率地说  
*Frankly, I'm disappointed by your behavior and I think you can do better.*

**roommate** /'ru:m,meɪt/ *n.* [C] sb. who you share a room with, esp. at a college or university ( 尤指大学里的 ) 室友  
*I like to hang out with my roommates because we have similar interest and taste.*

- ★ **complicated** /'kɒmpliceɪtɪd/ *a.* difficult to understand or deal with, because many parts or details are involved 难懂的; 难处理的; 复杂的  
*Many people complained that the website was too complicated to use.*

- ★ **appreciate** /ə'pri:ʃieɪt/ *vt.* understand how serious or important a situation or problem is or what sb.'s feelings are 理解; 明白  
*It's hard for us to appreciate the challenges of life before modern medicine.*

- ★ **distinguish** /dɪ'stɪŋgwɪʃ/ *v.* recognize and understand the difference between two or more things or people 区分; 辨别  
*Some people seem incapable of distinguishing between real and fake news.*

- ★ **minor** /'maɪnə/ *a.* small and not very important or serious, esp. when compared with other things ( 尤指与其他事物相比 ) 小的, 不很重要的  
*The car has a few minor scratches that you can only see if you get close.*

- ★ **attentively** /ə'tentɪvli/ *ad.* carefully, in a way that shows a lot of interest 注意地; 专心地  
*Lucy wants to work in the TV industry, so she listened attentively to my advice.*

- ★ **crucially** /'kru:ʃəli/ *ad.* in a way that is extremely important 至关重要地; 关键性地  
*The new policy is crucially important for the city to recover from the economic crisis.*

- ★ **disaster** /dɪ'zɑ:stə/ *n.* [C, U]  
1 sth. that is very bad or a failure, esp. when this is very annoying or disappointing 灾难; 不幸; 彻底失败  
*Her first business was a disaster, and she lost a lot of money.*

- 2 a sudden event such as a flood, storm, or accident which causes great damage or suffering 灾难; 灾祸  
*Every time disaster strikes, there is something to learn from the experience.*

- ★ **grant** /gra:nt/ *n.* [C] an amount of money given to sb., esp. by the government, for a particular purpose ( 尤指政府发给的 ) 补助金, 拨款  
*If you want to apply for a grant, please email Peter.*  
*vt. (fml.) give sb. sth. or allow them to have sth. that they have asked for 给予; 准予*  
*The government has already granted the company permission to build a branch here.*

- ★ **millionaire** /,mɪljə'neə/ *n.* [C] sb. who is very rich and has at least a million pounds, dollars, etc. 富豪; 百万富翁  
*Many of today's millionaires made their money in the technology industry.*

- ★ **purchase** /'pɜ:tʃəs/ *vt. (fml.) buy sth. 买; 购买*  
*Robert purchased a new TV with his first month's pay.*

- ★ **initially** /ɪ'nɪʃəli/ *ad.* at the beginning 起初  
*Initially, her cat and dog didn't get on, but now they're like best friends.*

### Phrases

**all the time** (*also the whole time*) continuously or very often 一直; 始终; 经常  
*I go to that restaurant all the time because they serve the best coffee.*

**miss out on sth.** not have the chance to do sth. that you enjoy and that would be good for you 错失机会  
*They missed out on the free food because they arrived late.*

**end up** be in a particular situation, state, or place after a series of events, esp. when you did not plan it ( 尤指经历一系列意外后 ) 最终处于, 到头来  
*We ended up staying in an expensive hotel because we couldn't find a cheaper one.*

**note sth. down** write sth. down so that you will remember it 记下  
*I have a terrible memory so I noted down the directions on a piece of paper.*

**all at once** together, at the same time 一起; 同时  
*Several people spoke excitedly all at once, and I had to ask them to be quiet.*

**resort to sth.** do sth. bad, extreme, or difficult because you cannot think of any other way to deal with a problem 采取, 诉诸 (不好的方法)  
*Finally, I resorted to legal action as I felt I had no other options.*

**put sth. together** prepare or produce sth. by collecting pieces of information, ideas, etc. (通过收集资料、观点等) 整理出, 拼凑  
*The organization has put together a report on noise pollution in major cities.*

### Proper nouns

**Tanya Zarutskaya** /ˌtænjə ˌzɑ:rʊts'kɑ:jɑ:/ 塔尼娅·扎茹茨卡娅 (人名)

**Moscow** /'mɒskəʊ/ 莫斯科 (俄罗斯首都)

**Miguel Fonseca** /miˌɡel ˌfɒn'sekə/ 米格尔·丰塞卡 (人名)

**Guadalajara** /ˌɡwɑ:dələ'hɑ:rə/ 瓜达拉哈拉 (墨西哥第二大城市)

**Mexico** /'meksɪkəʊ/ 墨西哥 (北美洲西南部国家)

**Francine Bonnet** /frɑ:nˌsi:n ˈbɒnɪt/ 弗朗辛·邦尼特 (人名)

**Lyon** /ljɒŋ/ 里昂 (法国中东部城市)

## What is the point of college?

### New words

**inherently** /ɪn'herəntli/ *ad.* according to or because of the basic nature of sb. or sth. 固有地; 内在地  
*Mencius believed that human nature is inherently good.*

- ★ **intelligent** /ɪn'telɪdʒənt/ *a.* an intelligent person has a high level of mental ability and is good at understanding ideas and thinking clearly 有智慧的; 聪明的

*Do you believe that dolphins are more intelligent than humans?*

**GPA** *n.* [C] (**grade point average**) the average of a student's marks over a period of time in the U.S. education system (美国教育体制中的) 平均学分绩点  
*The first semester GPA is an early indicator of college success.*

- ★ **dumb** /dʌm/ *a.* (*informal*) stupid 愚蠢的  
*No one would like to appear dumb in front of their friends.*

- ★ **deficiency** /dɪ'fɪʃənsi/ *n.* [C, U] (*formal*)  
 1 a weakness or fault in sth. 缺点; 毛病  
*The structural deficiency explains why this apartment has not been sold.*

- 2 a lack of sth. that is necessary 不足; 缺乏  
*One of the signs of vitamin C deficiency is getting tired easily.*

- ★ **embrace** /ɪm'breɪs/  
*vt.* (*formal*) eagerly accept a new idea, opinion, etc. 欣然接受, 乐意采纳 (新思想、意见等)  
*The author embraced the critique of his paper from one reviewer.*

- v.* put your arms around sb. and hold them in a friendly or loving way 抱; 拥抱  
*The champion cried with joy and embraced his coach with both arms.*

**vice** /vaɪs/ *n.*

- 1 [C, U] a bad or immoral quality in a person, or bad or immoral behavior 邪恶; 恶行  
*Rewarding virtue and punishing vice is the basis of a civilized society.*

- 2 [U] criminal activities that involve sex or drugs (涉及性或毒品的) 罪恶, 恶行  
*The police are fighting vice on the streets by increasing patrols.*

- ★ **virtue** /'vɜ:tʃu:/ *n.* [U] (*formal*) moral goodness of character and behavior 善; 美德  
*My grandmother is regarded as a symbol of virtue in my family.*

## Phrases

**weed sb. / sth. out** get rid of people or things that are not very good 除去, 淘汰 (不合格的人或物)

*The manager suggested that we should weed out unqualified applicants before the interview.*

## Why is college the best time of your life?

## New words

- ★ **countless** /'kauntləs/ *a.* (*usu. before noun*) too many to be counted 无数的; 数不尽的  
*Countless people have devoted their lives to gaining the nation's independence.*
- ★ **routine** /ru:'ti:n/ *n.* [C, U] the usual order in which you do things, or the things you regularly do 惯例; 例行公事  
*My daily routine includes jogging in the morning and yoga in the evening.*
- ★ **stress** /stres/ *n.* [C, U] continuous feelings of worry about your work or personal life, that prevent you from relaxing 压力; 忧虑; 紧张  
*She was under a lot of stress before the final examination.*
- ★ **treat** /tri:t/ *n.* [C] a special food that tastes good, esp. one that you do not eat very often (尤指不经常吃的) 美味食物  
*The New Year's Eve party will have all sorts of treats.*
- ★ **appealing** /ə'pi:liŋ/ *a.* attractive or interesting 有吸引力的; 有趣的  
*Beijing has a wealth of attractions which make the city appealing to tourists.*
- self-reliance** /,self rɪ'laɪəns/ *n.* [U] the ability to do or decide things by yourself, rather than depending on other people for help 自主; 自立  
*Self-reliance is one of the most important abilities that children should have.*
- timetable** /'taɪm,tetəbəl/ *n.* [C]  
1 a plan of events and activities, with their dates and times (事件或活动的) 时间表, 日程表  
*The manager has a very full timetable and has no time to meet you today.*  
2 (*AmE schedule*) a list of the times at which buses, trains, planes, etc. arrive and leave (公共汽车、火车、飞机等的) 运行时间表, 时刻表  
*We can get the flight timetable and buy tickets online.*
- ★ **seminar** /'semɪnɑ:/ *n.* [C] a class at a college or university for a small group of students and a teacher to study or discuss a particular subject (大学里师生分组进行专题讨论的) 讨论课  
*Every week we have a seminar on English literature.*
- ★ **assignment** /ə'saɪnmənt/ *n.* [C] work that you must do as part of a course of study or as part of your job 作业; 分派的任务  
*Lucy is so busy because she has been given a lot of assignments this semester.*
- ★ **explore** /ɪk'splɔ:/ *vt.* discuss or think about sth. carefully 探讨; 探究  
*The engineers are exploring ways of improving the car's performance.*
- ★ **gain** /geɪn/  
*v.* gradually get more and more of a quality, feeling, etc., esp. a useful or valuable one 逐渐获得 (有用或宝贵的品质、感觉等)  
*Children gain confidence in their abilities through working independently.*  
*vt.* obtain or achieve sth. you want or need 获得, 赢得, 取得 (想要或需要的东西)  
*After studying hard for years, he has finally gained his degree.*
- ★ **beneficial** /,benɪ'fɪʃəl/ *a.* having a good effect 有利的; 有帮助的  
*Physical exercise has a beneficial effect on the immune system.*
- ★ **numerous** /'nju:mərəs/ *a.* many 许多的; 很多的  
*The factory director has stressed the importance of safety numerous times.*



**extracurricular** /ˌɛkstrəkəˈrɪkjʊlə/ *a.* (only before noun) extracurricular activities are not part of the course that a student is doing at a school or college 课外的  
*Extracurricular activities play an important role in shaping the character of a student.*

**like-minded** *a.* (usu. before noun) having similar interests and opinions 趣味相投的; 想法一致的  
*What attracts me most about the job is that I can work with like-minded people.*

- ★ **volunteer** /ˌvɒləntɪə/
  - v.* offer to do sth. without expecting any reward, often sth. that other people do not want to do 自愿 (做某事); 自告奋勇  
*People in our neighborhood volunteered to clear the road of snow.*
  - n.* [C] sb. who does a job willingly without being paid 志愿者; 义务工作者  
*Many volunteers joined the rescue work immediately after the earthquake.*
- ★ **charity** /ˈtʃærəti/ *n.* [C] an organization that gives money, goods, or help to people who are poor, sick, etc. 慈善机构; 慈善团体  
*Some charities provide aid to people with serious medical conditions.*
- ★ **sociable** /ˈsəʊjəbəl/ *a.* used about things such as jobs, times, and situations that allow you to enjoy being with other people or to live the type of life that most people live (工作、时间和环境等允许) 社交的, 交际的  
*College is a very sociable place where you can make many friends.*
- melting pot** /ˈmeltɪŋ pɒt/ *n.* [sing.] a place where people from different races, countries, or social classes come to live together 大熔炉 (指来自不同种族、国家或社会阶层的人生活在一起的地方)  
*The country has become a melting pot of different civilizations.*
- ★ **nationality** /ˌnæʃəˈnæləti/ *n.* [C, U] the legal state of being a citizen of a particular country 国籍  
*People of different nationalities may speak the same languages.*

- ★ **unique** /juːˈni:k/ *a.* very special or unusual 独特的; 罕见的  
*It is a unique business opportunity for both of the companies.*

- ★ **bond** /bɒnd/ *vi.* develop feelings of love, friendship, or duty toward other people, or make sb. develop these feelings 建立感情; 建立友谊; 团结在一起  
*After arriving in the village, the family bonded closely with their neighbors.*

- ★ **statistics** /stəˈtɪstɪks/ *n.* [pl.] a set of numbers which represent facts or measurements 统计数字 (资料)  
*Statistics show that the employment rate increased in the first three months of the year.*

**lifelong** /ˈlaɪflɒŋ/ *a.* (only before noun) continuing or existing all through your life 终身的; 毕生的  
*I was deeply moved by the interviewees describing their lifelong friendships in detail.*

**navigate** /ˈnævɪgeɪt/ *v.*

1 understand or deal with sth. complicated 理解, 应付 (困难复杂的情况)

*He successfully navigated the various stages of the job application.*

2 find which way you need to go when you are traveling from one place to another (为……) 导航, 指引方向  
*Some experienced explorers know how to navigate by the stars.*

**cliché** /ˈkliːʃeɪ/ *n.* [C] an idea or phrase that has been used so much that it is not effective or does not have any meaning any longer 陈词滥调; 老生常谈  
*I don't like this book because it is full of clichés.*

### Phrases

**(all) on your own** without anyone's help 独立地; 无援地  
*You can learn a lot from handling a task on your own.*

**in depth** considering all of the details of sth. 完全地; 彻底地

*I have great passion for music, and I want to study it in depth.*

**add to** make a feeling or quality stronger and more noticeable 增加, 增添 (某种情绪或品质)

*Her successful performance in this competition added to her confidence.*

**set sth. up** start sth. such as a business, organization, or institution 开办; 设立

*Some people will provide help for you if you want to set up a business.*

**regardless of** without being affected or influenced by anything else that happens or exists 不顾; 不管

*The sports event will be held regardless of the weather.*

**ups and downs** (*informal*) the mixture of good and bad experiences that happen in any situation or relationship 盛衰; 浮沉; 苦乐

*The film details the ups and downs of the economy over the last 30 years.*

**make the most of sth.** get as much advantage as you can from a situation while you are able to 充分利用某事物

*We'd better make the most of the summer vacation before returning to work.*