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UNIT 1

Spreading your wings

Warm-up

Directions: You will listen to someone talking about what it is like to start university and be a fresher. After listening, complete the exercises in "What did you hear?" and "How would you respond?"

1 What did you hear?

Decide whether the following statements are true (T) or false (F) according to what you have heard.

1) (T/F) Becoming a new college student can be frightening.
2) (T/F) It is exciting to be far from home.
3) (T/F) You hope your friends are having a lot of fun.
4) (T/F) University provides opportunities to meet interesting students.
5) (T/F) You should try to find roast beef and Yorkshire pudding at university.
6) (T/F) You may miss your mum's cooking but you should try new food.

2 How would you respond?

Please give your personal opinion by answering the following questions.

1) How do you feel about becoming a college student?

frightened excited

2) What makes you feel excited at college?

famous professors new friends

3) What makes you feel worried about your new life at college?

being homesick living alone

Listening

Understanding a conversation

Directions: Listen to a conversation and choose the best answer from the four choices provided for each question.

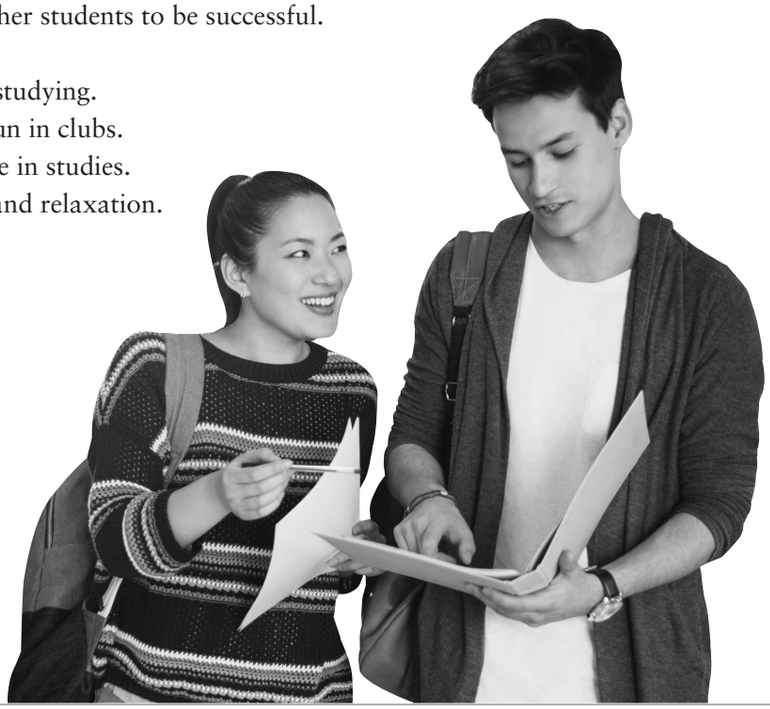
The following questions are based on what you have just heard.

1
A) What the purposes of support services are.
B) What issues new college students will face.
C) What the purposes of the freshman introduction are.
D) What new college students should know before they arrive.

2
A) She finds the information a little confusing.
B) She finds the information a little frightening.
C) She considers it as a chance to make new friends.
D) She considers it as an exciting meeting for students.

3
A) He will join a club outside his major.
B) He will take as many courses as he can.
C) He will use the campus support services.
D) He will help other students to be successful.

4
A) Focus only on studying.
B) Have a lot of fun in clubs.
C) Enjoy their time in studies.
D) Balance study and relaxation.



Understanding a passage

Directions: Listen to a passage and choose the best answer from the four choices provided for each question.

The following questions are based on what you have just heard.

1

A) Canada is more secure.
B) Canada is more modern.
C) Canadian people are friendlier.
D) Canadian places are more beautiful.

2

A) Canada is much colder in winter than the UK.
B) The UK is much colder in winter than Canada.
C) Products sold in Canada will have a sales tax added to the price.
D) Products sold in the UK are often more expensive than in Canada.

3

A) Sales taxes are lower.
B) The price of wine is lower.
C) The cost of beer is higher.
D) The cost of petrol is higher.

4

A) They don't bite people.
B) They come out in winter.
C) They are in small numbers.
D) They can survive cold winters.

Speaking

Practicing conversational skills

Useful expressions: Greetings and introductions

Greetings and introductions

Good morning/afternoon/evening!

Hello. / Hi. / Hey. How are you? / How are you doing?

Nice/Glad/Pleased/Good to meet you.

How's everything? / How's it going? / How are things going?

Hi, I'm Sarah. I'm from London.

Responses

Good morning/afternoon/evening!

Hello. I'm good/fine. / Good. / Great. / Couldn't be better.

Nice to meet you, too. / Me, too. / Same here.

Everything is good/fine. / Pretty good. / Not bad. / Things are great/all right.

Hi, Sarah. I'm Nick. I come from Hawaii. It's nice to meet you.

Model dialogues

Dialogue 1

A: Good morning. I'm Angela.
B: Good morning. I'm Susan.
A: Nice to meet you, Susan.
B: Nice to meet you, too. Where are you from?
A: Rome. How about you?
B: I'm from Paris. Have you been to Paris?
A: No, not yet. But I'd like to go there.
B: You really should. It's a very lovely city.

Dialogue 2

A: Hey, Larry. How are you?
B: Pretty good. Yourself?
A: Couldn't be better.
B: Great! Nice to hear that.
A: Are you from New York?
B: Yes. It's my hometown. Where are you from?
A: The West Coast, where there is a lot of sunshine.
B: Guess you're from Los Angeles.
A: You got it.

Now, it's your turn!

Situational dialogue 1

Work in pairs. You are roommates and just met today. Greet your partner and introduce your hometown.

Situational dialogue 2

Work in pairs. You are high school friends and you are talking on the phone about your majors.

Listening and speaking: Conversation

Task 1 Listen to a conversation. Fill in the blanks with the information you have heard.

1) Michael was travelling to an island, spending most of the days _____.
2) Michael was surprised at how green and rich the area was and he was amazed at the _____ of the water.
3) One day, Michael walked and crawled through small caves. At the end of the day, he was completely _____, but he thought it was _____ it.

the Virgin Islands:
英属维尔京群岛

Task 2 Listen to the conversation again. Decide whether the following statements are true (T) or false (F).

1) (T/F) Michael just came back from a historic place.

2) (T/F) He just returned, fully relaxed, from taking a vacation at a seaside place.

3) (T/F) He was very excited about going to pubs or dancing there.

4) (T/F) He enjoyed walking and crawling through the caves created by huge rocks.

5) (T/F) He enjoyed the local seafood there.

Speak out!

Work in a small group and discuss the following questions.

1. Do you like travelling? Why do you like travelling? Please explain.
2. Where do you prefer to go, big cities like Beijing or New York, or quiet places like what Michael chose?
3. When was the last time you travelled? Where did you go? How did you like it?

Listening and speaking: Passage

Task 1 Listen to a passage. Fill in the blanks with the information about what the Freshman 15 is and what causes it.

1) The passage discusses the Freshman 15. It represents the amount of _____ that a freshman gains during his/her first year of college.
2) If the Freshman 15 is true, this means that freshmen gain 15 pounds on average due to changes in their _____ and _____.
3) Thrown into a demanding environment, students may have difficulty _____ the stress, and then they may turn to _____ even when they are not hungry. When people eat to reduce stress, it is called _____.
4) When they have busy schedules, students often eat _____ and eat unhealthy food with a lot of fat and _____.
5) There is also a change in students' lifestyle. They may become less active. For example, they may get stuck in their rooms or the library studying instead of _____ in sports or other activities.

Task 2 Listen to the passage again. Decide whether the following statements are true (T) or false (F).

1) (T/F) Students may be able to avoid the Freshman 15 if they include regular exercising into their schedule.

2) (T/F) Many universities have sports classes for students to take and receive credit for.

3) (T/F) Students should make better choices when it comes to eating. They should not eat pizzas or sandwiches.

4) (T/F) The good news is that the Freshman 15 is not true at all. No freshman gains any weight.

Speak out!

Work in a small group and discuss the following questions.

1. Do you think you will gain some weight or lose some weight during the first year? Why?
   Reasons for gaining weight:
   - have a lot of junk food and drink: pizza, fried chicken, Coke
   - sit in front of the computer all day, not having enough exercises

   Reasons for losing weight:
   - dislike the food at the school cafeteria
   - have too much pressure from course work

2. In the passage, the speaker suggests exercising and eating healthier food to reduce stress. What do you usually do when you have stress?
   - talk to family and friends
   - listen to music
   - go jogging

UNIT REPORT

To many freshman students, starting college means facing a great number of big and small changes. What changes are you experiencing now? Make a list. Then work in a group and compare your list with your partners'.

- living in a very different environment
- having to do my own laundry
-
-
-
-
-

Homework

Section A: Understanding news reports

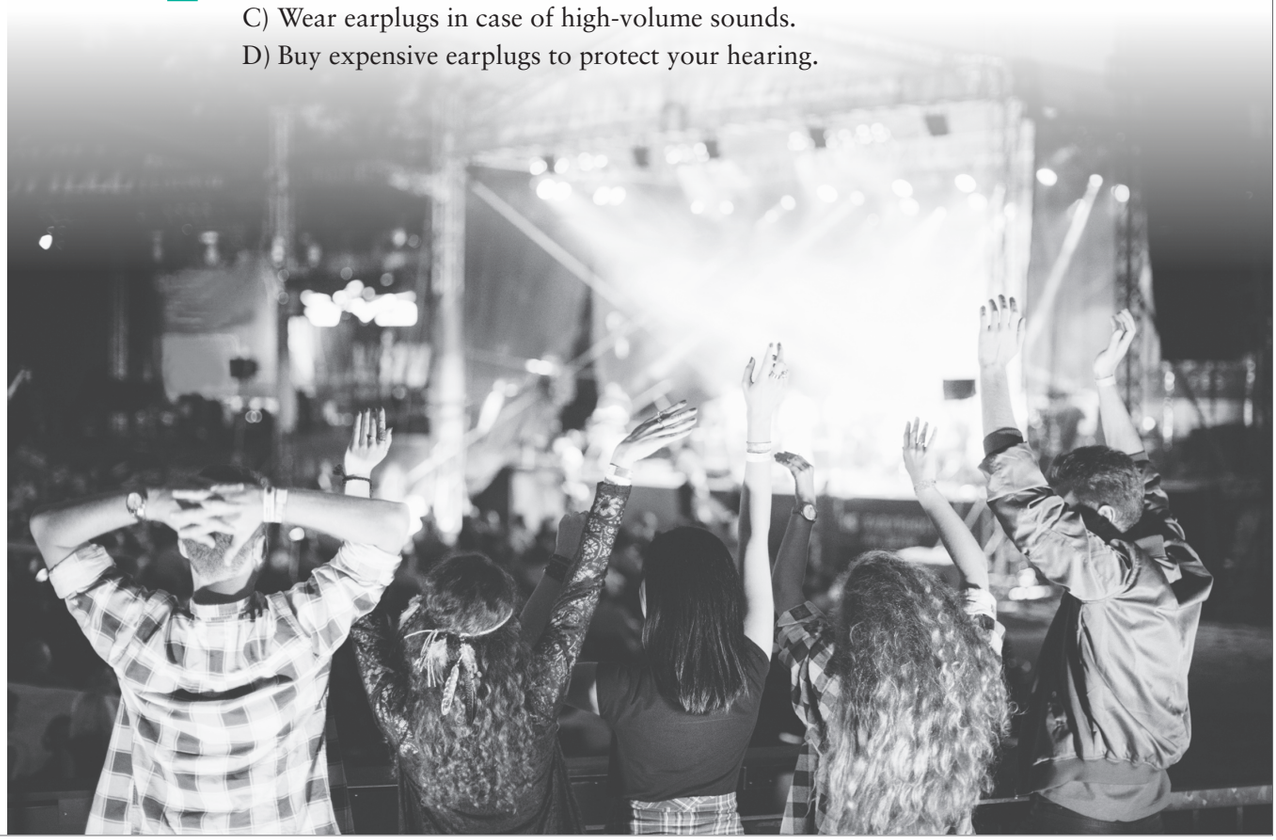
News report 1

Directions: Now you will hear a news report. At the end of the report, you will hear some questions. After you hear a question, choose the best answer from the four choices.

The following questions are based on what you have just heard.

1
A) Long-time exposure to ear pressure.
B) Long-time exposure to loud sounds.
C) Listening to music without wearing fashionable earphones.
D) Listening to music without wearing specially-made earplugs.

2
A) Wear your earphones wherever you go.
B) Follow the fashion of wearing earplugs.
C) Wear earplugs in case of high-volume sounds.
D) Buy expensive earplugs to protect your hearing.



News report 2

Directions: Now you will hear a news report. At the end of the report, you will hear some questions. After you hear a question, choose the best answer from the four choices.

The following questions are based on what you have just heard.

1
A) Study programmes.
B) Outdoor programmes.
C) Socialising programmes.
D) Typical sports programmes.

2
A) To let students have fun.
B) To teach students to do those sports well.
C) To let students enjoy climbing mountains.
D) To show students how to jump out of an aeroplane.

3
A) Students will receive transport and equipment.
B) Students will feel excited with outdoor activities.
C) Students will have special experiences to enrich their lives.
D) Students will form close relationships with their classmates.

Section B: Understanding passages

Directions: Now you will hear a passage. At the end of the passage, you will hear some questions. After you hear a question, choose the best answer from the four choices.

The following questions are based on what you have just heard.

1

A) She considers herself very special.
B) She considers herself the same as others.
C) She considers herself a confident woman.
D) She considers herself an experienced doctor.

2

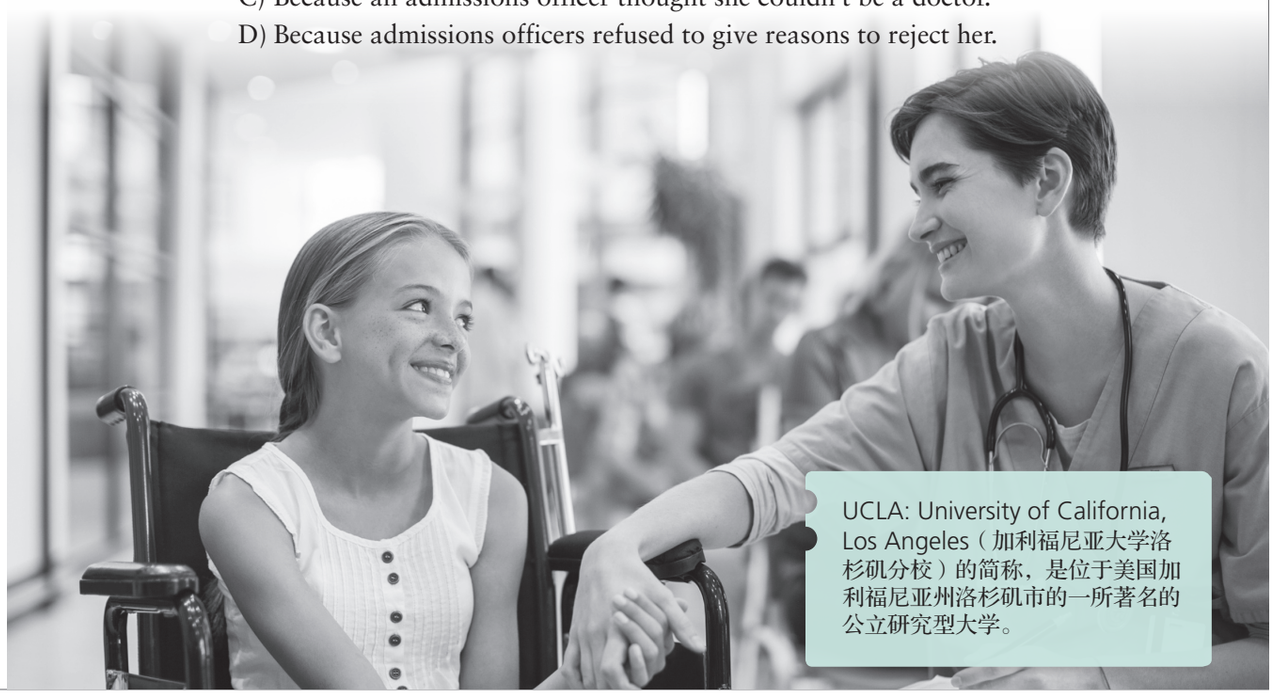
A) She lost an arm and a leg.
B) She began to live a normal life.
C) She moved to China with her family.
D) She almost died from a serious disease.

3

A) Because she wanted to save people's lives.
B) Because she got excellent scores on exams.
C) Because she was so confident in herself.
D) Because her mother was born blind.

4

A) Because she had strong anxiety to help patients.
B) Because she would not let others see her missing limbs.
C) Because an admissions officer thought she couldn't be a doctor.
D) Because admissions officers refused to give reasons to reject her.



UCLA: University of California, Los Angeles（加利福尼亚大学洛杉矶分校）的简称，是位于美国加利福尼亚州洛杉矶市的一所著名的公立研究型大学。