

Unit 1

College culture

Passage 1

Directions: Read the following passage, and then answer the questions. For questions 1-7, choose the best answer from the four choices marked A), B), C) and D). For questions 8-10, complete the sentences with the information given in the passage.

▶▶ 快速阅读自测表

阅读和练习建议用时	11分 45秒
实际用时	
正确答题数	

Meeting and Making Friends on Campus

What can you do when you find yourself in school without enough friends? Making friends on campus is not the easiest thing to do, especially when you are new on campus. Meeting people at school need not be a discouraging task. There are several methods that are not difficult to master and you may find easy when you try them out.

Start by looking around at people you tend to see very often, such as people who you see in your classes, dorms and dining areas. Often an easy way to start a conversation is to focus on an area of obvious common interest. This gets you past the most difficult part, which is starting the first conversation. Be sure to introduce yourself before the end of the conversation.

If your campus has a dining facility, café or coffee cart, then there will be more opportunities for meeting people. After you've introduced yourself and talked about class, it's the perfect time to ask the other person to join you for a cup of coffee. Once you are at the table it should be easier to talk about where you're from, what is your major, what you think of the class, whether it is easy or hard. Once you start a conversation, you've gotten past the most difficult part. It will be much easier to suggest meeting again for coffee, or meeting socially off campus.

Go to study lounges (休息室)

Study lounges are great places to meet people as well because there is only so much time people will study before they take a break. People have to take study breaks and if you are in

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the lounge with them, there's a good chance that you'll be able to strike up a conversation.

Work on campus

Working on campus is a good way to meet people, as well as put some money in your pocket, solving two problems at once. It depends on the job. If you have a job where you interact with people, and have some time to talk with them, then you are going to meet a lot more people who you will see repeatedly. Beware, if your job involves wearing a silly uniform, it may not help you to meet people, and may even hinder meeting people.

Join social events

Social events can be good ways to meet people. School dances, campus socials and happy hours may seem unfashionable and they are, but don't dismiss them immediately. Other people may have the same feelings about it, so you could approach someone and say, "These things are really boring, aren't they?" or say, "Don't you hate these things?" These are good ways to start a conversation, because suddenly you've something in common to complain about.

Take active actions

Activism (行动主义) very often brings people of like minds together. If you believe strongly in something and you join a cause, you will meet other people who share your passions. That passion translates into a sense of belonging and connection between people. There is nothing like a gathering followed by some time in prison with your new friends to inspire a sense of fellowship against a common enemy. You may want to look at your college policy about these matters before you attempt radical actions that may get you thrown out of school.

Make a table your office

Sit in the same area several times a week, and you are bound to meet and get to know people who are also there very often. As you keep doing so, people will begin to feel that they know you. While this will work at any eating area, it is especially good in a coffee house environment, if your school has one. There is something about coffee or tea that brings people together and stimulates conversation.

Form study groups

Forming study groups has the added benefit of helping you to study in a more enjoyable way and get better grades. Spending long hours studying together creates a feeling of common cause and may lead to social meetings for coffee or drinks.

Be polite and outgoing

In general, if you spend time in places with other people, being polite will go a long way to break the ice. Saying hello to people, smiling and asking about them will make them more interested in knowing you. It's not so hard to meet people if you simply start the conversation.

Take advantage of the Internet

Use online personals (交友网站) and chat rooms to meet people. Both are good ways to

get to know people before meeting them. Using online personals tends to be better than chat rooms because the formal procedure of setting up an ad leads to more honesty. Remember to take the time to ask the proper questions and get to know the person first. If you decide to meet someone, always meet first in a public space such as a café. Personals can help you to screen out hundreds of losers and focus on someone who you are more likely to like.

(843 words)



1. Which of the following is an appropriate strategy to start a conversation on campus?
 - A) To talk about the weather.
 - B) To talk about the class.
 - C) To talk about local customs.
 - D) To talk about common interest.

2. According to the writer, where is a good place to start a conversation with people around you?
 - A) In the classroom.
 - B) In the school library.
 - C) At a coffee table.
 - D) At a dinner party.

3. You are very likely to start a conversation with students in study lounges when they _____.
 - A) have discussions
 - B) stop to have a rest
 - C) face difficulties in their studies
 - D) look for some reference books

4. A job on campus may have a negative effect on making friends if it _____.
 - A) involves an embarrassing uniform
 - B) has nothing to do with meeting people
 - C) is too time-consuming
 - D) is manual labour with low pays

5. The significance of social events in making friends is that _____.
 - A) you can enjoy yourself with others of similar social background
 - B) you can find something in common with others in conversation
 - C) they offer you a chance to meet people from all over the country
 - D) they encourage you to show yourself in front of many strangers

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6. Taking part in activism enables you to _____.
 - A) have the right to throw bad people out of school
 - B) foster a sense of responsibility towards others
 - C) discuss college policies with school authorities
 - D) develop a strong sense of connection with others

7. Once you make a table your office, people will probably feel that you are _____.
 - A) hard-working
 - B) eager to make new friends
 - C) familiar to them
 - D) fond of working at coffee tables

8. Studying in groups would probably give you a chance of social meetings for drinks because it can produce a sense of _____.

9. People will probably show their _____ in knowing you if you are open and friendly to them.

10. Before you decide to meet someone from the Internet, it is advised to take some time to get to know the person first by asking the _____.

Passage 2

Directions: Read the following passage, and then answer the questions. For questions 1-7, mark Y (YES) if the statement agrees with the information given in the passage, mark N (NO) if the statement contradicts the information given in the passage, or mark NG (NOT GIVEN) if the information is not given in the passage. For questions 8-10, complete the sentences with the information given in the passage.

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Best Jobs for College Students

These days, a good job is hard to find. But that won't be a proper excuse for a slim résumé when you're sitting across from the recruiter (招聘人员) next year. Like it or not, college students are expected to be capable of pulling good grades in tough classes while gaining professional experience on the side (作为兼职). Hiring managers want to know that they won't need to train new employees in the basics of life on the job. The jobs listed below are great choices for students because they look good on a résumé, work around class schedules, offer decent pay, or — if they're really great — all of the above.

On-campus IT support job

This is one of the best work-study jobs you'll find if you are working on a degree in a relevant area. You'll be able to gain real-world experience without leaving campus. Sue Dahlin, a career adviser, says technology services work can involve solving technical problems for other students and teachers as well as installing and setting up computer systems on campus. "We encourage our students to get as much career experience as possible," Dahlin says. Plus, such jobs are more convenient and profitable than unpaid, off-campus internships (实习).

On-campus career services

It isn't easy for college students to learn the ins and outs of the professional world while keeping up their grades. Working in career services can help you become familiar with the job-hunting process and become comfortable talking with employers and recruiters, says Kitty McGrath, director of career services at Arizona State University. Students in McGrath's office give presentations to fellow students about the career services and resources offered.

Paid internship

This is the gold standard of college jobs: You get professional experience and working-world connections, you build knowledge in a real-world work setting, and someone wants to

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pay you for it. If the work is relevant to the career field you're likely to pursue, even better. This is the best way to test the waters and find out if a particular field is right for you, says Brad Karsh. Recruiters like to see students showing an active — and early — interest in their industry, and they look for students who demonstrate a passion for their work, says Holly Paul, the national sourcing operations leader for campus and experienced recruiting at Pricewaterhouse Coopers.

Unpaid internship

This is clearly not as great for your wallet as a paid internship, but the good news is that recruiters don't care. Pricewaterhouse Coopers' Paul says he's never asked a candidate whether an internship was paid or not. If you're in a financial position to take this work, it will pay off later. And if you're having a tough time finding work, consider proposing an unpaid internship to a company you're interested in. While summer internships are great, a part-time internship during the school year might be even better. "It shows you can handle a lot of work," says Karsh, a former recruiter for an advertising giant. "It's not easy to work while you're in school full time."

Waiter or waitress

Don't turn up your nose. This is honest work, you can earn a good amount of money, and employers will typically work around your school schedule. Even better, you can often return to a restaurant after taking time off, and consistency looks good to a hiring manager. The bottom line for your pocketbook and for your future job interviews: "Working while you go to school is always going to be more beneficial than not working," Karsh says.

Lab assistant

This can be a great choice for a student seeking a career in the laboratory sciences. Off-campus lab assistant positions are often part-time and may require only a high school degree. Colleges often employ lab assistants in campus research labs, sometimes through work-study programmes.

Professor's research assistant

If you're having a tough time finding a job, consider working closely with a professor as a research assistant. You might propose a position to a professor in your field. Not only will the skills you learn improve your career prospects, you'll also form a beneficial connection. "The recommendation you're going to get from that professor is better than from one who knows you only in the classroom setting," Shatkin says.

Writer

If you're headed for a career that involves communications — and most do — you may gain advantages working, paid or not, as a writer. You might find work with a campus publication or the school paper. Alison Green, a hiring manager, says her college job writing for the school's magazine looked great on her résumé. You might even find online editing work.

Bank teller (出纳员)

About one in four tellers work part-time, so college students might find flexibility in a bank job. You'll gain customer service experience, and you'll be forced to become familiar with numbers. Sometimes students who are interested in working in the financial industry get their feet wet as tellers. Remember, when searching for a job, you're ideally looking for something that's relevant to your future career.

(843 words)



- _____ 1. Hiring managers hope that college graduates can start work without too much training.
- _____ 2. An on-campus IT support job is one of the best work-study jobs regardless of your major.
- _____ 3. Working in career services can help students find jobs in related fields after their graduation.
- _____ 4. According to Karsh, a paid internship is the best way for students to determine their potential career.
- _____ 5. Employers care little about whether you've been paid for an internship.
- _____ 6. A part-time internship during the school year is not as good as a summer internship.
- _____ 7. It is beneficial to work as a waiter or waitress because you can gain some valuable work experience from it.
- _____ 8. You might apply for a position to a professor in your field if you want to work with them as _____.
- _____ 9. You can have a better chance at a career involving communications if you work as _____.
- _____ 10. One advantage of working part-time as a teller is that it will help you gain _____.

Passage 3

Directions: Read the following passage, and then answer the questions. For questions 1-7, choose the best answer from the four choices marked A), B), C) and D). For questions 8-10, complete the sentences with the information given in the passage.

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Fraternities and Sororities: the Secret History of Greek Societies

While the secretive worlds of fraternities (男生联谊会) and sororities (女生联谊会) are not too familiar outside of North America, within the US they play a large part in university life. If you are considering studying in the US, you will no doubt come into contact with fraternities and sororities, and it may help to know a little about these organizations before you get there.

The names fraternity and sorority come from the Latin words *frater* and *soror* meaning brother and sister. In the United States and Canada, fraternities and sororities are most commonly known as social organizations for undergraduate students. Fraternities are usually all male while sororities are usually all female, though some co-ed (男女同校的) organizations do exist. Fraternities and sororities do exist outside of North America, most notably in the Philippines and in a few European countries, but for the most part they are a solely American institution.

The general purpose of fraternities and sororities is to provide social support for their members. Different types of fraternities and sororities emphasize service to the community, professional advancement, or academic achievement.

Many fraternities and sororities are national or international organizations with chapters at individual schools. Most top universities in the US have chapters on campus and some even house the organizations' headquarters or nationals on their campus. The societies' headquarters help to decide policies regarding membership, housing and behaviour of members.

Traditionally, North American fraternities and sororities use two or three Greek letters to form their name. This explains why fraternities and sororities are often referred to as "Greek societies". Phi Beta Kappa, founded on December 5, 1776 at the College of William and Mary is generally held to be the first organization to use Greek letters in its name. Sigma Phi, founded on 4 March 1827 at Union College is reported to have been the first fraternity to go national when it opened a second chapter at Hamilton College in 1831. Pi Beta Phi, founded in

1867 at Monmouth College, was the first sorority, based on the model of the male fraternity.

Today there are over 1,500 fraternities and sororities in existence that use Greek letters in their names. Many Greek organizations are informally known more by their nicknames than by their Greek letters. For example, Alpha Epsilon Pi is more commonly referred to as “A-E-P” and Kappa Alpha Order is known as “KA”. Sometimes an invented word based on the letters, such as “Pike” from Pi Kappa Alpha, or “Sammy” from Sigma Alpha Mu, is used. At other times the letters of the organizations are shortened or removed completely, for example Psi Upsilon as “Psi U” and Pi Kappa Phi as “Pi Kapp”. Some organizations choose to go by just the dominant letters in their name, which includes “Betas” for Beta Theta Pi, and “Kappas” for Kappa Kappa Gamma.

The process of joining a fraternity or sorority by undergraduates or international students usually begins with “rush week”. During rush week a series of events and activities are organized by existing members, so potential members can learn about each other and the organization. At the end of rush week, the various organizations offer invitations of membership.

There is often a period of “pledgeship” before a full invitation to the society is extended. During this time pledges must fulfill a number of requirements that may be imposed either by the school or the organization itself, often including a minimum grade point average, wearing a pledge pin, learning about the history and structure of the fraternity or sorority, and performing a public service.

Finally, there is a full initiation into the society by those pledging. The initiations often involve some form of secret ceremony known only to those in the particular fraternity or sorority. There is also a fee required to join a fraternity or sorority, which is decided by the society. If you’re considering joining a society, this cost needs to be calculated into your student finances.

Fraternities and sororities also provide university housing for their members, the idea being that living together in a large house or apartment complex reinforces the bonds of brotherhood or sisterhood. Houses provide accommodation for visiting society members from different chapters, for international students, or those on study abroad programmes. This can be a good way of seeing different parts of the US in an inexpensive manner and with locals who already know the area.

The decision of which fraternity or sorority to join, or whether to join at all, is very subjective and down to the individual. Some undergraduates find their loyalty to a fraternity or sorority an important aspect of their identity both during their time of study for their university degree and in their career beyond. However, many people also decide that being part of a fraternity or sorority is an unnecessary drain on their student finances and get along just fine without joining one.

(817 words)



1. Fraternities and sororities are popular in universities in _____.
 - A) South America
 - B) North America
 - C) European countries
 - D) developing countries

2. The members of fraternities and sororities are mainly _____.
 - A) undergraduates
 - B) postgraduates
 - C) overseas students
 - D) top students

3. What is the general purpose of a fraternity / sorority?
 - A) To establish regulations for its members.
 - B) To give social support to its members.
 - C) To help its members look for part-time jobs.
 - D) To offer its members academic assistance.

4. Fraternities and sororities are often referred to as “Greek organizations” because they _____.
 - A) often establish headquarters in Greece
 - B) derive many traditions from Greece
 - C) often recruit international students from Greece
 - D) have Greek letters in their names

5. What is special about Sigma Phi?
 - A) It was the first fraternity with branches nationwide.
 - B) It was the first fraternity at Union College.
 - C) It was the first sorority at College of William and Mary.
 - D) It was the first sorority with branches abroad.

6. Rush week is a time when _____.
 - A) a fraternity / sorority prepares all sorts of parties at the end of the year
 - B) a fraternity / sorority organizes different tests to recruit new members
 - C) students get to know about the fraternity / sorority they are interested in
 - D) students participate in all kinds of activities to join a fraternity / sorority

7. During the period of “pledgeship”, the potential member of a fraternity / sorority has to _____.
- A) attend a secret ceremony arranged by the organization
 - B) accomplish some tasks assigned by the organization
 - C) offer some social service to the organization
 - D) write a formal application to the organization
8. If you have decided to join a fraternity / sorority, there is a fee that you need to include in your _____.
9. It is thought that if students live in a house together, their friendship bonds may be _____.
10. Some students choose not to join a fraternity / sorority because they think being a member of the organization is _____ on their student finances.

Passage 4

Directions: Read the following passage, and then answer the questions. For questions 1-7, mark Y (YES) if the statement agrees with the information given in the passage, mark N (NO) if the statement contradicts the information given in the passage, or mark NG (NOT GIVEN) if the information is not given in the passage. For questions 8-10, complete the sentences with the information given in the passage.

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Colleges See Rise in Mental Health Issues

They may not tell their roommates or even close friends, but on college campuses all across the United States, more students than ever before are seeking mental help, according to recent national surveys of campus counsellors (咨询专家).

And it's not just for homesickness and relationship problems, says the University of Michigan's Daniel Eisenberg. He directs the Healthy Minds Study, a study that surveys mainly students, but also a sampling of college counsellors, about mental health issues, including the commonness of clinical depression, anxiety and eating disorders on campus. Eisenberg says his findings agree with those of a large national survey of counselling centre directors, led by the University of Pittsburgh's Robert Gallagher.

"One of the questions is whether they're seeing an increase in the number and seriousness of students with mental health problems," Eisenberg says. "And over 90 per cent of college counselling services are saying yes to that question." Just one example: In 2007, around 15 per cent of students reported having been diagnosed with depression at some point in their lives; that's up from 10 per cent in 2000.

Better diagnosis and treatment

Eisenberg and other experts say they haven't yet teased out all the reasons behind the rise of mental health issues on campus, but think it doubtful that today's teenagers are more psychologically disturbed than past generations. Other explanations seem more likely.

Better screening and earlier diagnosis of mental illness in high school and even before may be one factor, Eisenberg says.

"Especially when drugs to relieve mental depression came onto the scene in the late 1980s and in the 1990s, the likelihood of teenagers getting treatment went way up," he says.

Now, many of those teens getting treatment are in college and are accustomed to turning to counsellors for help.

Researchers suspect the increased seriousness of mental illness that counsellors are seeing may be partly the consequence of a good thing: better treatment. Twenty years ago, many high school students with an illness as difficult as bipolar disorder (躁郁症) or deep, persistent depression might never have made it to college or been able to stay there. Now such students are on every campus. Many are thriving, but in need of significant support to make it through.

Knowing when to ask for help

Some are first hit with the illness in college. Stanford University senior Amanda Gelender found herself battling a deep depression for the first time her freshman year. After weeks of going it alone, exhausted and “crying under the covers for hours” in the dorm, she says, she finally called her doctor. She was eventually diagnosed with bipolar disorder and found significant relief, with the right medication and other support, that enabled her to stay on campus and even keep up her near 4.0 grade average.

Still, for years, she never told friends, professors or dorm-mates of her diagnosis or ongoing struggle. “I felt like the most isolated person in the world,” she says of that time. “I didn’t feel like anybody would understand what I was going through.”

Last January, Gelender broke her silence. She’s the co-founder of a student theatre group called Stanford Theater Activist Mobilization Project (STAMP), and for a project last winter, STAMP appealed for nameless true-life letters from schoolmates living with depression, panic attacks, obsessive-compulsive disorder (强迫症) and other mental health problems. In January, Gelender and the group dramatized the accounts as plays in their theatre production, *Out of Sight, Out of Mind*.

Educating others

The student actors performed the plays in various locations around campus – including 13 student dorms. After each performance, Gelender and several other students acknowledged their own diagnoses and took questions.

The campus response to *Out of Sight, Out of Mind*, was irresistibly positive, Gelender says. One student residence adviser told her it was “probably the best thing that has been done for mental health on campus in a long time. He could really sense a change in his dorm.”

“Just giving voice to these thoughts can open a floodgate,” says Alex Holtzman, one of the student actors. Holtzman performed the anonymous plays about a student with obsessive-compulsive disorder. “There were many people at these performances in the dorms who had never talked about their mental illness to anybody else.

“I used to hide all these things,” Gelender says. “But I don’t want to do that anymore. It’s a big part of my life, and I’m trying to be franker about it.” Her classmates and professors know about all her accomplishments — her academic scholarships and public service awards. Why not, when appropriate, let them in on her struggles too?

“I think that some people definitely look at you differently when they find out,” she says.

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But she's also convinced that the only way to change that is if more people are willing to be open and show classmates just how many people on college campuses — roughly 18 million by some estimates — are dealing with mental health issues today.

(830 words)



- _____ 1. American college students are reluctant to share their mental health concerns with their friends.
- _____ 2. According to Eisenberg, students suffer clinical depression more than eating disorders.
- _____ 3. According to college counsellors, the number of students turning to them for help is on the rise.
- _____ 4. Experts have figured out all the reasons for teenagers' psychological problems.
- _____ 5. It is common for today's college students to seek professional help when they have mental illnesses.
- _____ 6. It was easier for those with mental illnesses to receive higher education two decades ago.
- _____ 7. When Amanda Gelender suffered from depression in her first year in college, she went to the professionals immediately.
- _____ 8. In order to help those with mental health problems, last January Amanda Gelender co-founded _____ called STAMP.
- _____ 9. Students' response to the play *Out of Sight, Out of mind* proved to be _____.
- _____ 10. It is estimated that at present about 18 million college students are suffering from _____.