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CHAT TIME



WRITING



GRAMMAR



MY STORY

I aced my chemistry test.

A schedule

Tag questions

Schedules and routines

How do I print?

Instructions for a computer

Comparative and superlative adverbs

Using technology

I've just invested in a property.

A post for rent

Would rather, had better

Where I live

I have a problem.

A description of a chart

Modals for deduction

Places around town

Are you ready to pump some iron?

My favorite sport

Present simple and present continuous tenses

Stress and relaxation

He's a bit of a couch potato.

An invitation letter

Defining and non-defining attributive clauses

Heroes and leaders

Every dog has its day.

A recommendation letter

Phrasal verbs

The perfect job

Thank you for your donation.

A consolation letter

Passive voice

Helping others

FLTRP

U

N

1

I

T

“My schedule is crazy.”

GOALS

- Learn how to talk about schedules
- Learn to discuss how to stop procrastinating
- Learn how to use tag questions

WARM-UP

Look at the picture. Complete the passage with words from the boxes.

organize

tourism

schedule

assignments

semester



As a freshman, I have a very busy (1) _____ and I always have to stay up late to stay on top of things this year. I'm a(n) (2) _____ major and I have so much to do. This month I have three big (3) _____ to complete. I want to keep going with free time activities this (4) _____, such as sports clubs, voluntary projects and my part-time job, which I do every Saturday. How am I going to (5) _____ my time and not get too stressed out?



VOCABULARY BUILDER



A Listen and repeat.



assignment



productive



due date



skip



enrolled



concentrate



grades



schedule



dormitory



semester

B Complete the sentences with words or the expression from Exercise A.

- Sally just _____ in a new music class. It starts next month.
- I never _____ class. I think it's important to go to every class.
- What is the _____ for this? Is it the 7th or the 8th of November?
- Tom finds it hard to _____ at home. It's too noisy.
- We got our final _____. I'm so happy I got an A.
- I live in the school's _____. It is very cheap and convenient.
- Check the _____. The first class starts at 10 a.m.
- Did you finish the _____? We have to give it to the teacher tomorrow.
- William had a very _____ weekend. He finished all his homework.
- This _____ I will be very busy because I have many courses to take.

LANGUAGE NOTE



grade 多指“学习成绩”，如：get a grade A in math（数学得了个A），get good grades（取得了好成绩）。**score** 多指“学生考试或测验的分数”，如：a score of 90%（百分制的90分）。**score** 也指比赛中的得分，如：a score of 3-2（3比2的比分）。

CULTURAL NOTE



semester: 学期。美国大学中常见的学制有学期制（semester）和学季制（quarter）两种。学期制是将一学年划分为春、秋两个学期，多数高校采用这种学制。学季制是将一学年划分为春、夏、秋、冬四个学季，美国的斯坦福大学采用的就是学季制。



C Listen and complete the conversation.

Tim: Hey, Hilary. How is your (1) _____ this semester?

Hilary: Let me see. I have it right here. It looks pretty busy. I have math class on Tuesday and Thursday morning. On Monday, Wednesday and Friday afternoon I have physics. Those are my (2) _____ courses because I'm a physics major.

Tim: How about (3) _____ classes? Are you taking anything else?

Hilary: Yes, I'm taking a course in Roman history as an elective. The class is every Friday morning. How about you, Tim? How is your schedule this (4) _____?

Tim: It's crazy! I have English class every day. I am taking a Shakespeare class, too. He is my (5) _____ writer. It's going to be a busy semester.

Hilary: You can say that again.

D Put the letters in the left column in the correct order. Then use the numbered letters in the right column to spell the final word.

1	ISPK	S K I P	①
2	CNETRACTONE	_____	② ⑧
3	COHSLO	_____	③
4	MEGASSINTN	_____	④
5	VEROPUDCTI	_____	⑤ ⑥
6	RELNOL	_____	⑦

The final word is: S _____
① ② ③ ④ ⑤ ⑥ ⑦ ⑧

WORDS & EXPRESSIONS



- assignment** /ə'saɪnmənt/ *n.* 作业; 任务
- concentrate** /'kɒnsəntreɪt/ *v.* 专注; 集中注意力
- dormitory** /'dɔ:mətəri/ *n.* 学生宿舍楼
- enroll** /m'rəʊl/ *v.* 注册 (课程); 招 (生)
- grade** /greɪd/ *n.* 成绩; 分数
- productive** /prə'dʌktɪv/ *adj.* 富有成效的
- schedule** /'skedʒu:l/ *n.* 日程表; 时间表
- semester** /sə'mestə/ *n.* 学期
- skip** /skɪp/ *v.* 逃 (课); 不做 (本来常做或应做的事)
- due date** 到期日



A Watch the video. Match the pictures to the sentences which best describe them.



a



b



c



d

- 1 Naomi calls Hector.
- 2 Hector is trying to study at home.
- 3 Naomi, sitting on a sofa, explains how to follow a schedule.
- 4 Mrs. Sanchez asks Hector what the problem is.

B Read the statements. Write T (true) or F (false).

- 1 Hector can't concentrate on his studies.
- 2 Hector is having a good day.
- 3 Naomi's call interrupts Hector.
- 4 Naomi studies at the library three days a week.
- 5 Naomi writes down her study schedule.



00:05 / 03:00

C Watch the video again. Complete the conversation.

Naomi: And you wouldn't skip a day of work, either. Treat your studies in the same way, and your grades will (1) _____.

Hector: That's a great (2) _____, thanks.

Naomi: Well, now you know what you have to do. So go do it! If you get (3) _____, you'll feel more productive. Trust me.

Hector: I'll give it a try. What have I got to (4) _____, right?

Naomi: Good luck. Tell me how it's (5) _____ later on.

Hector: I (6) _____. Talk to you later.

Hector: Hey, Naomi. What's up?

Naomi: Oh, I forgot to (7) _____ one really important point.

Hector: Really? What's that?

Naomi: Don't forget to make time for your friends, too!

D Choose the correct words or expressions to complete the sentences.

- 1 There's too much noise and it's difficult for Hector to _____ (communicate / concentrate).
- 2 Hector says his _____ (schedule / organization) is crazy and he has no time to study.
- 3 Naomi suggests that Hector _____ (make time / write down) where and when he is going to study.
- 4 A schedule will help Hector _____ (get organized / spend time with friends).
- 5 Naomi tells Hector a schedule will make him _____ (productive / smarter).

WORDS & EXPRESSIONS



miss /mɪs/ *v.* 错过

volume /vɒljʊm/ *n.* 音量

keep down 使……安静点; 使……小声点

later on 过后; 以后

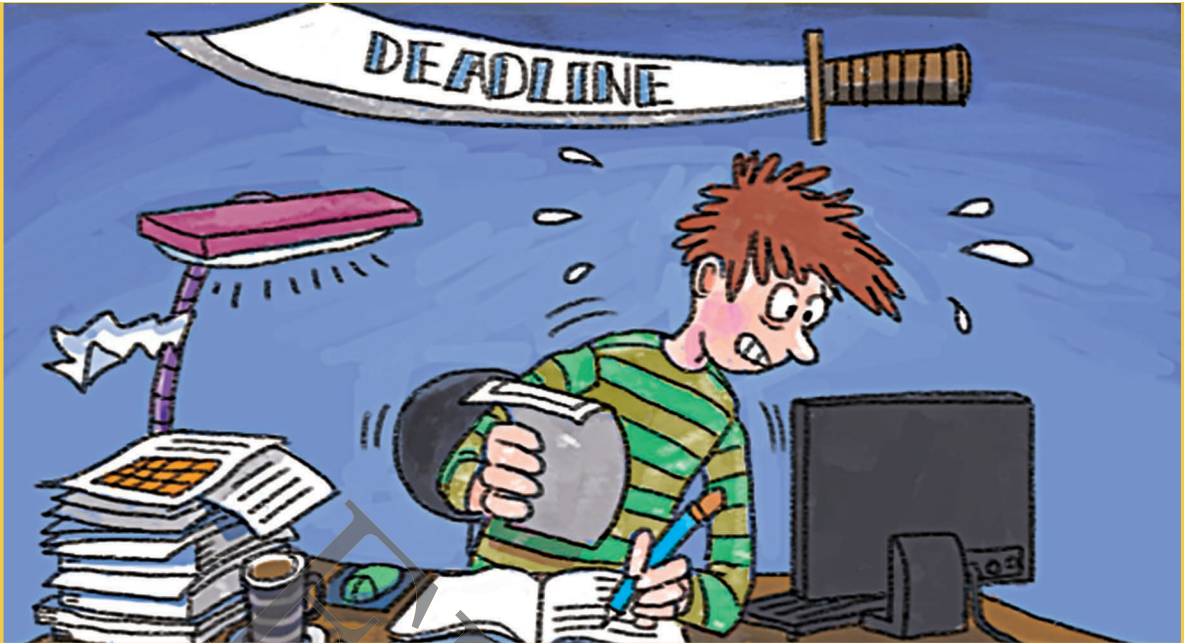
make time 抽空; 抽出时间

sort of 有点; 有几分

turn down 调低

turn up 调大; 开大

write down 写下; 记下



How to **STOP** procrastinating **?**

It happens to all of us sometimes, doesn't it? You have a deadline to meet, but instead of doing your work, you check Facebook or do some online shopping. This is called procrastination, and it affects everyone. So how can you stop procrastinating?



We often procrastinate because a task seems too big, or impossible to achieve. Try breaking down the task into smaller pieces. For example, instead of thinking, "I need to finish this essay by 10 p.m. tonight," tell yourself, "I'm going to make a short outline, fill that in, and then look for quotes."



Another important factor is your environment, isn't it? If there are too many distractions in your work space, you may be tempted to procrastinate more. Are there any things in your work space (for example, a TV) that could be causing you to lose focus?



Making a timeline with goals and deadlines is a great way to stop yourself from procrastinating. However, it is important to make your deadlines realistic so that you can be sure you'll stick to them.



Some people like to wait for the perfect time to start a task, while the perfect time is often now. Try something called the Two-Minute Rule to help you get started. This idea comes from David Allen's best-selling book, *Getting Things Done*. It states that if something takes less than two minutes, such as washing your dishes after a meal, then you should do it now.

So, what are you waiting for? Follow these tips and stop procrastinating today!

A Choose the best answer.

- Procrastination means _____.
a doing your work quickly
b doing your work well
c putting your work off till later
- Sometimes we procrastinate because a task seems too _____.
a easy b big c fun
- Having a TV in your work space is an example of an environmental _____.
a distraction b reaction c attraction
- The writer suggests _____ to help stop oneself from procrastinating.
a making a timeline b listening to music c checking Facebook
- Setting realistic _____ is a good way to stop procrastinating.
a deadlines b environments c focus
- The Two-Minute Rule states that if something takes no more than two minutes, you should _____.
a put it aside b do it later c do it now

B Read the statements. Write T (true) or F (false).

- 1 Procrastination isn't an issue for too many people.
- 2 According to the writer, it's a good idea to break down a task into smaller pieces.
- 3 If you are a procrastinator, changing your environment can help you.
- 4 Making your deadlines realistic is very important.
- 5 According to the writer, if something only takes two minutes, it can't be very important.
- 6 The writer advises readers to wait until tomorrow before they stop procrastinating.

CHINA HIGHLIGHTS

逝者如斯夫！不舍昼夜。

——《论语》

How all things in nature are moving along even like this,—ceasing neither day nor night!

—from *The Analects*

WORDS & EXPRESSIONS



achieve /ə'tʃi:v/ v. 实现；取得

affect /ə'fekt/ v. 影响

#best-selling /,best'selɪŋ/ adj. 畅销的

deadline /dedlaɪn/ n. 截止时间；最后期限

distraction /dɪ'strækʃən/ n. 使人分心的事物

factor /'fæktə/ n. 因素；要素

outline /'aʊtlaɪn/ n. 纲要；要点

#procrastinate /prə'kræstəneɪt/ v. 拖延；耽搁

quote /kwəʊt/ n. 引文；引语

realistic /riə'lɪstɪk/ adj. 现实的；能够实现的

tempt /tempt/ v. 诱惑；引诱

#timeline /'taɪmlaɪn/ n. 时间表

break down... into 把……分成若干部分

stick to 遵守；坚持

#代表超纲词汇



READING

C Match the words to the definitions.

- | | |
|---------------|--|
| 1 outline | a a plan for how long you think something will take |
| 2 distraction | b showing a practical idea of what you can expect |
| 3 focus | c a date or time by which you should complete something |
| 4 deadline | d the main point of interest or attention |
| 5 realistic | e the most important parts of something (without details) |
| 6 timeline | f something that stops you from paying attention to what you are doing |

D Complete the sentences with words or expressions from the boxes.

state

best-selling

stick to

tempted

break down... into

affects

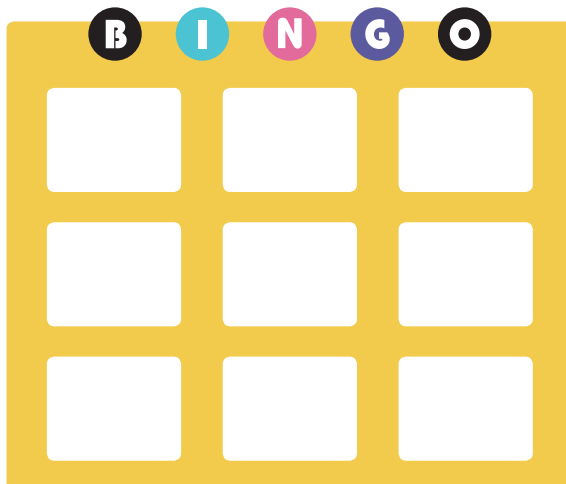
- J. K. Rowling is a(n) _____ British novelist.
- We'd better _____ the question _____ two parts.
- This cold winter weather _____ the homeless people on our streets.
- If you want to lose weight, you'll need to _____ your diet.
- Our college rules _____ that smoking is not allowed inside the building.
- When people find the money on the street, they are very _____ to keep it.



E Bingo.



First write the words into the blanks randomly (随意地). Then listen to the definitions and cross out (划掉) the word that matches the definition. If you cross out a line, call out "Bingo" to win the game.



task

perfect

factor

goal

procrastinate

tip

achieve

shopping

quote

BEYOND THE TEXT

A Read what the two procrastinators say. What advice would you give them?



Olivia

I can't finish this essay. There are so many interesting things on TV tonight!

Your advice

I think you should move into a room where there isn't a TV until your essay is finished. You could watch something when you finish your essay.



Nick

I really want to get fit. Maybe I will start... someday.

Your advice

B Some say that procrastination is an art of wisdom. Do you agree? Read the following quotes and sayings about procrastination. Put them into the two boxes. Then share your opinions with a partner.

1

Procrastination is the thief of time.

2

For me, writing is 75 percent procrastinating and 25 percent actually sitting down and working.

3

Procrastination is like a credit card: it's a lot of fun until you get the bill.

4

Procrastination is the art of keeping up with yesterday.

5

Procrastination is opportunity's assassin (暗杀者).

6

I work better under pressure, so that's why I usually put things off.

Pros

Cons

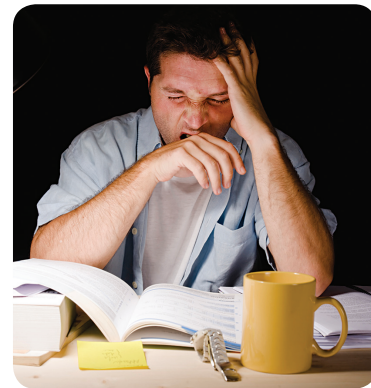


CHAT TIME



A Listen and complete the conversation.

James: How did you do on your midterm tests?
 Wendy: Pretty good. (1) _____
 James: That's great.
 Wendy: (2) _____. How about you?
 James: Not so good. I pulled an all-nighter at the library the night before my tests, and then I was too tired to think.
 Wendy: (3) _____. It's better to study a little every day.
 James: I know. It was stupid. I talked to my advisor and he told me I need to plan my time better.
 Wendy: Well, what's stopping you?
 James: I just got accepted into a fraternity. (4) _____
 Wendy: I see. Well, you'd better change your ways. It's important to get good grades.
 James: True. I'm going to turn over a new leaf this semester.
 Wendy: Good luck. (5) _____
 James: Thanks, I will.



B Ask your partner about studying.



Sam

Have you ever failed a class?
Which one? Why?



You



Sam

What is the highest score you have ever got? Which class was it in?



You



Sam

What is your favorite course?
Why?



You

LANGUAGE NOTE



to turn over a new leaf 意思是“重新开始”。早在16世纪，英国人将书本的页称作 leaf。当人们想要开始做新的事情时，通常会写在新的一页上。现在该短语多用于表决心，表示“从头再来”，同类习语还有：go back to square one, go back to the drawing board 等。



C Talk about studying.

You meet your friend, who has just failed a math test. Talk about the reasons for your friend's bad result and offer suggestions for how to resolve the situation.



Greet B. Ask B what the matter is.

Explain that you have just failed a math test.



Say you're sorry. Ask what went wrong.

Explain that you were too busy to prepare for the test.



Offer to help B to organize B's schedule so that B has more time to study.



= A



= B

Agree to A's solutions. Express thanks.



Useful language

You

- What's the matter?
- Are you OK?
- You look a bit down.
- What a pity.
- Do you know where you went wrong?
- Would you like me to help you?
- I can help you with that if you like.
- Maybe you need to write a schedule with all your deadlines and tests noted down.

Your friend

- I failed my English test.
- I hadn't done enough revision.
- I wasn't well-organized.
- I just remembered the physics test the night before the test.
- That sounds great.
- I'd love that.
- That's a really kind offer.
- I'd really appreciate your help.

EXAMPLE

A: Hi Mary. What's wrong? You look a little sad.
 B: Oh, I'm just a bit down because I failed my math test.
 A: That's too bad. I'm sorry to hear that. Do you know what went wrong?
 B: Yeah. I wasn't prepared. I was too busy doing other things.
 ...

WORDS & EXPRESSIONS



ace /eis/ *v.* 在……中取得好成绩

cram /kræm/ *v.* 死记硬背; 临时抱佛脚

fraternity /frə'tɜːməti/ *n.* 男生联谊会; 兄弟会

pull an all-nighter 通宵学习



WRITING

A schedule (时间表)

A Read the notes and match them to the entries on the schedule.

1

Kara,
If your head is still sore today,
I really think you need to go
and see Dr. Smith about it!
Please make an appointment
after school. Don't forget.

2

Hi Kara,
Luke called you. He wanted to
remind you about the surprise
birthday party for Mel at
Carlos Café tomorrow at 7 p.m.
Don't forget!

3

Dear students,
Just to remind you that we're
having a math test this week.
We'll cover all we've learned in
Unit 1.
Thanks,
Mr. Sandison

- a Study for the math test b Meet at Carlos Café, 7 p.m. c Phone Dr. Smith

B Organize the schedule entries under the headings.

- Mel's birthday (must remember to buy him a present), Sunday 7 p.m.
- Work at the café 5 p.m.—10 p.m. Shifts for this week: Thursday, Friday, Saturday
- Interview for a new job at a sports shop, Wednesday 4 p.m.
- Math test, Friday 10 a.m.
- English test, Wednesday 9 a.m.
- Dr. Smith's appointment, Tuesday 3 p.m.

Daily Life

School

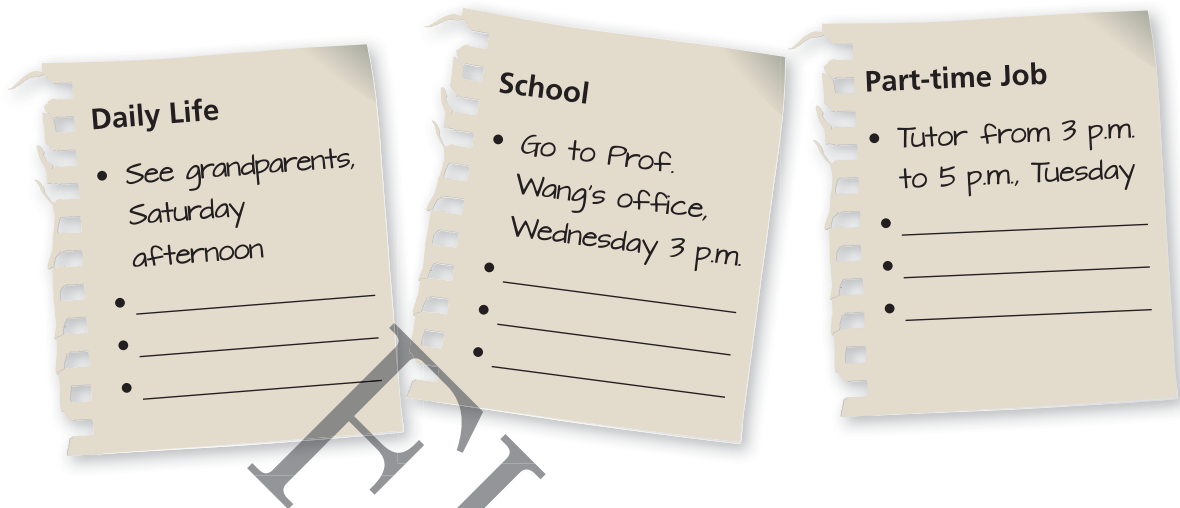
Part-time Job

C Organize the information from Exercise B into Kara's schedule. Write only the most important information.

Kara's Weekly Schedule

Time	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
Morning							
Afternoon							
Evening							Mel's birthday

D Think about all the things you need to do this week. Write notes under the headings.



E Now organize your weekly schedule. Write only the most important information.

My Weekly Schedule

Time	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
Morning							
Afternoon							
Evening							



A Complete the sentences with proper auxiliary or modal verbs.

- 1 Peter loves his dog, _____ he?
- 2 You can't drive, _____ you?
- 3 James has taken my book, _____ he?
- 4 I am not invited to the party, _____ I?
- 5 We ate all the cake, _____ we?
- 6 He shouldn't be doing that, _____ he?

GRAMMAR NOTE



反意疑问句 (**tag questions**) 由两部分组成, 前面是陈述句, 后面为简短问句。

- 如果前面是肯定句, 后面一般为否定问句, 如:
John really likes math, doesn't he?
He went to Italy, didn't he?
- 如果前面是否定句, 后面多为肯定问句, 如:
It isn't Friday, is it?
You can't swim, can you?

B Complete the conversation with proper tag questions.

- Mom:** Come on, Tommy. It's time to get up. You don't want to be late for school, (1) _____?
- Tommy:** OK, Mom. Just coming.
- Mom:** You're a sleepy boy today, (2) _____?
- Tommy:** I sure am.
- Mom:** Come on, get dressed if you can find any clothes. This bedroom's a bit messy, (3) _____?
- Tommy:** Well, I know where everything is.
- Mom:** Come on, Tommy! I'll make you breakfast. You still like chocolate milk, (4) _____?
- Tommy:** Chocolate milk? Isn't there anything else?
- Mom:** Just hurry up, Tommy! Oh, there you are. Good boy.
- Tommy:** Mom?
- Mom:** Yes?
- Tommy:** Isn't it Saturday today? So, I don't need to go to school, (5) _____?
- Mom:** Oh no! Yes, you're right. Oh, I'm a silly woman, (6) _____? Just go back to bed, Tommy.





A Watch the video. Read the statements. Write T (true) or F (false).

- 1 Julianna has breakfast before she drives to work.
- 2 Woo Sung's sister goes to New York University.
- 3 Hana's sister practices tennis after school.
- 4 Jonathan plays the guitar every day.
- 5 Alejandra doesn't have a job.



B Watch the video again. Answer the questions.

- 1 What time does Julianna get up?

- 2 What is Woo Sung's sister studying?

- 3 What sport does Hana's sister play?

- 4 What instrument does Jonathan play?

- 5 What does Jonathan do at the end of the day?

C Answer the questions. Tell your own story.

1 What is your daily schedule at the moment?

My daily schedule is...

2 How do you usually remember your schedule?

I usually remember my schedule...

3 What do you usually do after school?

I usually...

WORDS & EXPRESSIONS



drum /drʌm/ n. 鼓

psychology /saɪ'kɒlədʒi/ n. 心理学

volleyball /'vɒlibɔ:l/ n. 排球

go out on dates 约会

wash up 洗漱



00:05 / 02:00





MY LEARNING LOG

WORDS

Words I have learned in this unit are:

- | | | | |
|--------------------------------------|--|-------------------------------------|-----------------------------------|
| <input type="checkbox"/> affect | <input type="checkbox"/> distraction | <input type="checkbox"/> productive | <input type="checkbox"/> skip |
| <input type="checkbox"/> concentrate | <input type="checkbox"/> enroll | <input type="checkbox"/> realistic | <input type="checkbox"/> tempt |
| <input type="checkbox"/> deadline | <input type="checkbox"/> procrastinate | <input type="checkbox"/> semester | <input type="checkbox"/> timeline |

Now I know _____ new words.

More words I have learned in this unit are:

EXPRESSIONS

Expressions I have learned in this unit are:

- | | |
|---|------------------------------------|
| <input type="checkbox"/> break down... into | <input type="checkbox"/> make time |
| <input type="checkbox"/> due date | <input type="checkbox"/> stick to |
| <input type="checkbox"/> keep down | <input type="checkbox"/> turn up |

Great! Now I know _____ useful expressions.

More useful expressions I have learned in this unit are:

I CAN

- talk about schedules.
- discuss how to stop procrastinating.
- use tag questions.

I CAN EVEN

- write a schedule.

Next Unit

U

N

1

I

T

临渴掘井 Start digging a well when thirsty

Duke Zhao of the State of Lu was on intimate terms with people of evil intentions and ignored the suggestions offered by noble-minded people. In the end, he was exiled and regretted trusting the wrong people. It is too late to dig a well when one is choking and needs water desperately. However fast you work, it will be too late. The idiom warns against not being prepared, and seeking help at the last moment.

U

N

2

I

T

别开生面 Opening up a fresh outlook

Cao Ba was a famous painter in the Tang Dynasty (AD 618-907) who specialized in drawing figures and horses. Even the Emperor Xuan Zong knew him and often asked him to the palace to paint in person. Later, Cao Ba left Chang'an because he hadn't handled a trifling matter well and was stripped of his title. Du Fu was very sympathetic to him and wrote the poem: "Portraits of founders in Lingyan Pavilion faded, they took on a new look under the general's brush." Later, "opening up a fresh outlook" indicated breaking new ground or creating a new style.

U

N

3

I

T

草船借箭 Borrowing arrows with straw boats

Zhou Yu burdened Zhuge Liang by ordering him to produce 100,000 arrows within ten days. The night of the third day, a thick fog enveloped the river. Zhuge Liang deployed his ships which carried more than one thousand straw men with soldiers' clothes on and ordered the soldiers to pretend to attack Cao Cao's troops. Cao Cao was taken in by the feint and hastily ordered his soldiers to shoot arrows towards those ships. When the straw men were shot full of arrows, more than 100,000 arrows were collected. In the end, Zhuge Liang fulfilled the mission of impossible within only three days and Zhou Yu's scheme against him failed. This idiom refers to achieve one's own goal by other's strengths.

U

N

4

I

T

完璧归赵 To return the jade intact to the state of Zhao

There was once a priceless gem named the Jade of the He, which was acquired by King of Zhao. The King of Qin also wanted to get the jade, promising to exchange it with 15 of his cities. Lin Xiangru, a famous diplomat, said that he would exchange the jade if the King of Qin kept his promise, otherwise, he promised to bring the jade back intact. When arriving at Qin, Lin noticed that the King of Qin was totally absorbed in the jade, and seemed to have forgotten his promise to give 15 cities. Then, Lin instructed a soldier to send the jade back after he cheat the King of Qin, never thinking about himself. This idiom means bringing something back intact.

U

N

5

I

T

拔苗助长 Helping the crops grow by pulling them upwards

A peasant in the State of Song found that the crops in his field grew too slowly, so he pulled the crops up from the ground slightly. As a result, the crops all died. The idiom indicates that we should let things go their natural course, which coincides with the proverb "Haste makes waste."

U

N

6

I

T

滥竽充数 Pass oneself off as a member of the ensemble

The King Xuan of the State of Qi was very fond of listening to *yu*, an ancient wind instrument, and especially enjoyed listening to performances by orchestras. Mr Nanguo, who couldn't play the instrument, passed himself off as one of the orchestras' musicians. In this way, he pretended to be an excellent player for years. Then King Xuan's son King Min, who preferred solo performances, succeeded to the throne. Scared of being found out, Mr Nanguo slipped away from the orchestra before it was his turn to perform. This idiom is used to describe those who have no actual skills but pretend to be experts.

U

N

7

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凿壁偷光 A light stealer

Kuang Heng loved reading but his family was too poor to afford candles for him to read with at night. Desperate to learn, he bored a hole on the wall between his room and the neighbor's to "steal light" in order to read. From then on, he would read by the hole night after night and in this way he became a famous scholar. People use the phrase "a light stealer" to refer to a diligent learner.

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同舟共济 Crossing a river in the same boat

Frequent wars between the Wu State and the Yue State had resulted in hostility between both groups of people. One day, a man from Wu met another man from Yue in a boat which was crossing a river. At first, the two men were hostile to each other, but by the time the boat had sailed to the middle of the river, the wind had become extremely strong. The two men worked together and with unity of purpose, which made them get to shore safely. Nowadays, the idiom means coming together to overcome difficulties.